



## Body Contouring Treatments

If you are one of those who have tried out dieting and exercising but just can't seem to shed the extra stubborn fat and cellulite, you are not alone. We are all born with a fixed number of fat cells in our bodies. While these fat cells can shrink with exercise and diet, they cannot be physically destroyed. This makes it extremely difficult to remove stubborn fat deposits in some areas of the body, for example, the belly (abdomen), love handles, bra fat and thighs.

Although most people may opt for liposuction which reduces the number of fat cells in a person's body, a study conducted by Drs. Teri L. Hernandez and Robert H. Eckel of the University of Colorado showed that the weight lost is typically regained within a year and redistributed to other areas.

Another top concern for most people would be the appearance of cellulite. Cellulite is caused by fat tissues which protrude into the skin. They pull on the skin surface, causing unsightly stretches of dimpled, lumpy skin on the thighs and buttocks.

### Body Contouring Treatments at Privé Clinic

1. Radiofrequency treatments such as **Vanquish**, **Thermage CPT**, **Exilis Elite** are based on the principal of skin and deep tissue heating through radiofrequency waves to heat energy, resulting in the stimulation of dermal thickening and deeper connective tissue thickening and reorganisation. This heating of the fat cell layer has been indicated to destroy fat cells, without harming the surrounding tissue. Most RF treatments require multiple treatments sessions for optimal results.

2. Cryolipolysis or 'fat freezing' such as **Coolsculpting by Zeltiq** is based on the principle that when the fat cells are exposed to low temperatures, fat cells are

triggered and gradually die and naturally eliminated from the body. In the weeks and months following the treatment, the remaining fat cells condense, reducing the fat layer.

3. **Liposonix** employs high intensity focused ultrasound (HIFU) energy to non-invasively destroy targeted subcutaneous fat. The ultrasound energy used allows it to cover a wider surface area and penetrate the targeted fat tissue without harming the skin or surrounding tissues. The dispersed fat is then naturally discharged by the body's lymphatic system, resulting in volume reduction and tightening.

Regardless of the procedures you would like to undergo, it's important to do your research as there are many low-priced imitation equipment which may have adverse effects and in some cases even cause burns.

In addition, one needs to be realistic about the outcome you are hoping to achieve as well. When you come to Prive Clinic, pre-treatment photography and volume measurement is an essential part of your consultation process. The doctor will also walk through with you on your dietary, exercise history and lifestyle factors that needs to be addressed. It's only with these information, the doctor will be able to discuss with you and advise you on the best treatment options for the best outcome.