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REAL LIFE 'MY LIFE IS PERFECT - SO WHY AM I DEPRESSED?'



CAN YOU REALLY FREEZE YOUR A*** OFF?

The latest fat-blasting treatment from the US claims to get you skinnier by freezing your fat to death. Brrrr! But does it work?

Right now, the idea of deliberately making yourself even colder may be a little unappealing. But you're probably keen on the thought of losing that post-Christmas cellulite. The connection? The latest fat-busting treatment from the US, Zeltiq, is also the chilliest – it is non-invasive and literally freezes fat to death.

During the procedure, a doctor puts icy paddles on the skin over fatty areas to gradually extract body heat. The subcutaneous fat (the wobbly layer just under your skin) is frozen, which damages the fat cells. These then wither and are metabolised by the body – a process called cryolipolysis. Surface skin isn't damaged as it stays within a normal temperature range.

'Think of it as being like an air-conditioning compressor,' says New York dermatologist David J Goldberg, who is involved in clinical trials of cryolipolysis. 'The heat that gets sucked out of the fat layer is deposited in the outer layer on its

way out, so the skin is protected.' He adds, 'This is a complete reversal of everything we've been doing with fat-melting lasers for the past 20 years, which has involved heating – not freezing – fat to get rid of it.'

So does Zeltiq actually work? Studies show it does, on just about everyone, with up to a 25 per cent reduction in fat deposits in treated areas. Results can take time to appear, as the fat is slowly absorbed over approximately 10 weeks. But, on the upside, there have been no side-effects, while results last up to a year and can even be permanent (depending on weight gain).

It's painless, though it causes numbness that can last for a week or so. The treatment works best where fat is most dense, which means love handles, thighs, stomachs and bottoms. Meaning you really *can* freeze your a*** off this winter! ■

Available at Beyond Medispa, Harvey Nichols, from £750. For more information, visit www.beyondmedispa.co.uk or www.zeltiq.com