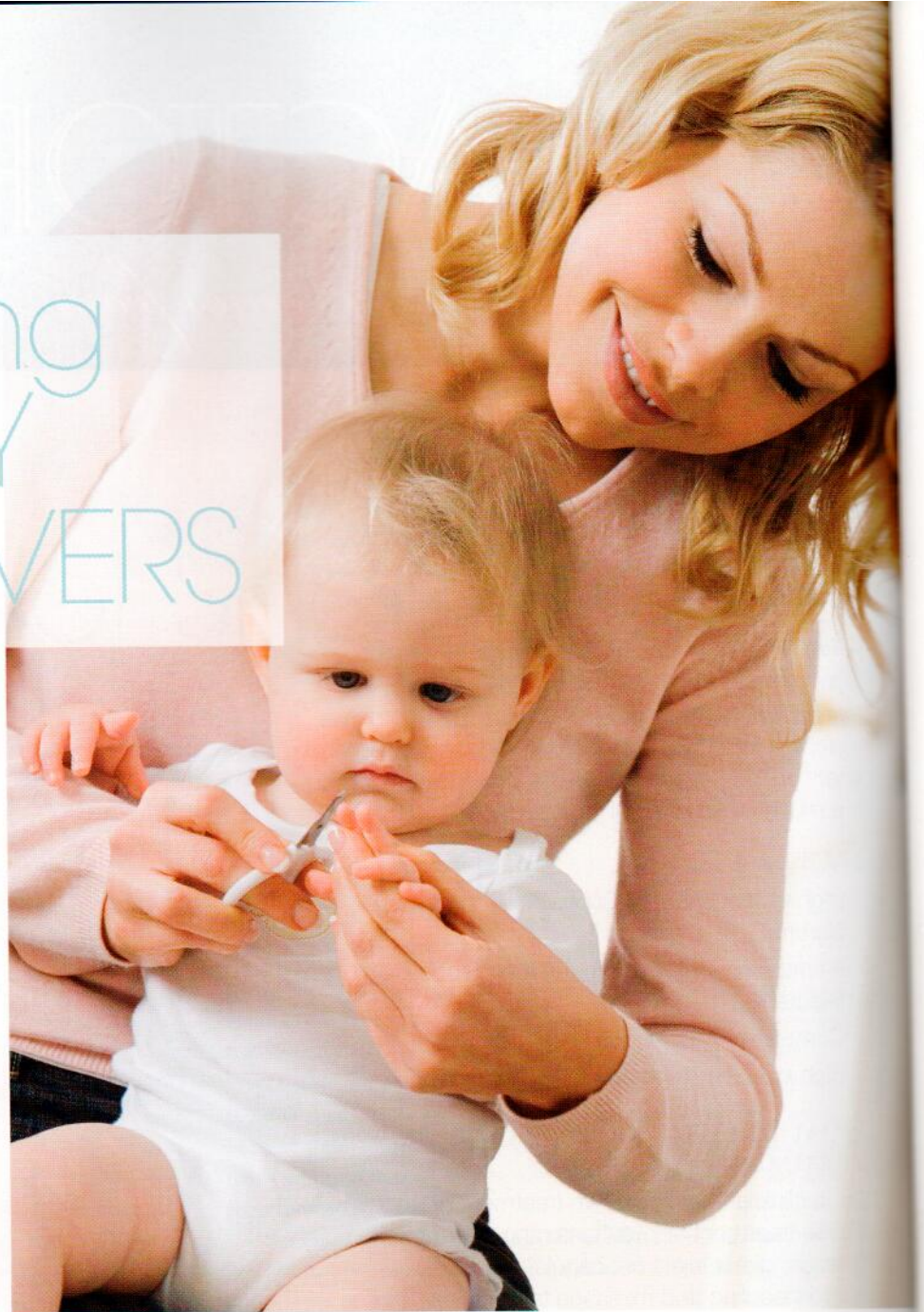


# Mastering MUMMY MAKEOVERS

Celebrity “yummy mummies” who bounce back into suspiciously fast pre-pregnancy shape can put depressingly unrealistic pressure on new mums, and those still struggling with weight and “trouble” spots even years after the event. Advances in technology have made “getting bodies back” eminently achievable.



**B**ulging bellies, loose skin, stretch marks, C-section scars and stubborn post-partum fat and/or cellulite (especially if it's way post-partum) are all too often part and parcel of producing bundles of joy.

“I Want My Body Back” was a popular theme at the A5M\* conference in Melbourne in August, as so-called Mummy Makeovers continue to soar in popularity.

It has become a catch-all phrase to describe a variety of cosmetic surgical procedures often performed together as a package, including breast lift, breast augmentation or reduction, tummy tucks and liposuction.

Of course not every woman wants or needs the invasiveness of surgery and with the advent of non-surgical permanent fat reduction, skin firming and smoothing device technology, real results with minimal

to no downtime involved are now within easy reach of the average woman.

SPA+CLINIC looks at some options and talks to women who've taken the plunge.

VelaShape III (V3) combines four technologies — infrared, bi-polar radio frequency (RF), pulsed vacuum, and massage rollers — to improve skin texture and reduce overall volume in areas such as the stomach, hips, thighs, upper arms and neck.

Clients can have one longer treatment session or three shorter ones at around two-week intervals.

The head of the machine uses a pulsed vacuum to pull tissue closer to the energy source, as infrared light and RF heat the fat cells in the targeted area. This increases the metabolism of the fatty area, resulting in smoother skin and circumference reduction.

V3 has been described as feeling like a warm deep-tissue massage with little to

no post-procedure downtime. It is highly popular in the US as a “lunchtime treatment” and among celebrities like the Kardashians.

Sally and Andrea each had a course of V3 treatments at the Urban Lounge in Hobart's Sanctum Medical Aesthetics over the past year.

Andrea, a trainer at Body Wise Mobile Personal Training, heard about V3 from cosmetic and colleagues and consulted cosmetic physician Dr Claire McCartney mainly about reducing stomach fat and the appearance of her C-scar.

“I have two children, five and two. The biggest challenge physically after having them was that I carried weight differently, most notably in my tummy area,” Andrea says.

“It affected me emotionally as much as anything. I started seeing myself as frumpy.”

Andrea had a treatment a week for a month. “There was a pinching and heat



sensation throughout the treatment," she says. "It also felt 'burny' at first but that didn't last for long.

"I noticed visible improvements after two treatments and even more after three. It was noticeable first on the sides of my lower back and that is the area I've seen most difference.

"My skin is tighter there, my scar less obvious and I have no cellulite.

"I feel so much better in myself and so now everything is better. I'm more confident with my body and I have more energy.

"As a personal trainer I already had a good nutrition and fitness plan and naturally I continued it throughout treatment.

"I would urge anyone else seeking fat reduction treatment to ensure they are eating well and exercising regularly to get and maintain the best results."

Sally heard about V3 while on the eight-week Body Wise training and nutrition program.

"I lost considerable weight on the program but problem areas on my arms and stomach I was finding hard to specifically target," she says.

"My children are 16 and 19. The biggest physical change for me after having kids was definitely the flabby stomach. Over the years, despite losing weight in other areas, I found this spot the most difficult.

"Having children is without a doubt the greatest gift. But despite being so happy and overwhelmingly in love with my babies, on a personal level it was the lowest point as far as self esteem.

"I recall feeling terribly unattractive and not being able to fit into any nice clothes. I was even wearing my husband's jeans at one point!"

It was Sally's personal trainer who referred her to the Urban Lounge.

"I had three treatments in all, both on my arms and stomach. I found the first treatment a little uncomfortable – a pinching sensation and the targeted area gets quite warm - but as it went on it was actually quite relaxing.

"I noticed the improvements after the second session and other people started noticing around this time too.

"In 16 weeks I have lost 16.5kg and 165cm. This was through a combination of Body Wise program - which I completed twice - and the V3 treatments.

"I was pretty focused on making lifestyle changes. I began eating more greens and fresh fruit and veg and less pre-packaged pasta and

rice etc. I did a daily exercise routine at home that was really easy and over and done with in about 15 minutes in front of the tele!

"Prior to this I was at a stage where I just wanted to stay at home. I knew I had let my weight get out of control and didn't want to face people. At one stage I gained 15kg in a little over a year!

"I don't even know if I can convey in words how much better I feel. The difference is incredible. I have so much more energy, I feel better at work and of course personally."

The treatment is suitable and effective for all skin types and colours. The ideal candidate is normal to overweight, with cellulite around the stomach, hips and thighs.

Before clients embark on a treatment plan, as the treatment clinician you should encourage them to be committed to a healthy diet and exercise regimen before, during and after treatment.

"One of the gyms we collaborate with has a personal trainer who puts our clients on an

eight-week fitness and diet program during and after the VelaShape treatment(s)," says Sanctum's Dr McCartney. "They will be educated about nutrition; the best foods for their needs and what to eat when.

"Another gym devises individually tailored programs for each client.

"We often find our clients are so thrilled with their results that they are motivated to come back for another round of V3 to improve on what's been improved.

"Another exciting development is that we've had clients come in who've considered surgery as their only option - one woman for loose and fatty upper arms, the other for her neck. I asked them to try V3 first.

"Both were so delighted by their results that they are no longer considering the invasiveness of surgery."

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SANCTUMMEDICAL.COM.AU

\* Australasian Academy of Anti-Ageing.  
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