

# Cellulite bytes

Cellulite - we all dread it! What's worse is that this nuisance seems to have a hard time disappearing. Owner of Ruimsig's Medi-Sculpt Clinic, Dr Anushka Reddy, tells us about the Velashape II, the latest machine that treats this stubborn problem.

**Y**ou don't even need to be overweight or fat to have cellulite — thin and slender people suffer as much from cellulite as their heftier counterparts.

"Get into shape this Spring firstly, by eating correctly. Take a look at your eating habits and improve on them — eat a variety of foods, especially pasta, rice, bread, and other whole-grains and don't forget the fruits and veggies! Making physical activity a part of your daily life is also an important way to help control your weight and lower your risk of health problems."

However, with regard to devices that can treat stubborn areas of cellulite and localised deposits of fat, a new FDA approved device, which combines four technologies in one, has been launched in SA — the Velashape II.

"The Velashape II is a medical treatment. It combines infrared light and radio frequency which heats the tissue, a vacuum which provides improved circulation and a mechanical massage modality which provides lymphatic drainage. It can be used to treat abdomen, buttocks or thighs in less than 30 minutes. The secret behind the device is that it is the only technology that combines radio frequency with vacuum and tissue manipulation to reduce the volume and appearance of fat tissues.

"Gradual improvement of the treated area can be seen, following the first treatment — with the skin surface of the treated area feeling smoother, firmer and tighter. Results in circumference reduction are seen from the first to second session and cellulite improvement is noticed in as few as four sessions. Cellulite reduction will be most apparent in six to eight weeks, following the final treatment session."



#### **How does the Velashape II work?**

VelaShape II uses combined energies know as 'elos' to precisely target and heat fatty tissues within the treatment area. In addition, the vacuum and tissue manipulation evens out the skin to reveal a smoother, tighter figure.

#### **How many centimetres can I reduce from my circumference?**

In clinical studies, patients report an average reduction of two centimetres post treatment. In clinical trials, the average range of circumferential reduction was between one and three centimetres.

#### **Will this treatment suit me?**

The Velashape II treatment is suitable for the majority of the population. Just consult with your physician prior to receiving treatments.

#### **Are the Velashape II treatments safe?**

Treatment is safe and effective for all

skin types and colours. There are no reported short or long-term health effects.

#### **Does the Velashape II treatment hurt?**

Most patients find VelaShape II treatments comfortable — like a warm, deep tissue massage. The treatment is designed to accommodate your sensitivity and comfort level.

#### **How will I feel after treatment?**

Post treatment skin on treated area could feel tighter. It is normal to experience a warm sensation for a few hours post treatment. Your skin may also appear red for several hours.

#### **How do I improve and maintain the results?**

Following your complete treatment regimen, it is recommended to get maintenance treatments periodically. Like all non-surgical or surgical techniques, results will last longer if you follow a balanced diet and exercise regularly.

#### **What are the Velashape II advantages compared to other methods?**

Today, there are no other methods available that include a combination of bi-polar RF, infrared light, vacuum and mechanical massage like VelaShape II. Neither can any other method guarantee the clinically proven results, efficacy and safety in just four treatments.

\* Expect to pay R1 250 per session.

*Anushka has more than 13 years medical experience, including five years of non-surgical cosmetic experience.*

**Details: Medi-Sculpt Clinic on 011 958 2261 or visit [www.medisculptclinic.co.za](http://www.medisculptclinic.co.za)**