

Every woman is bombarded with images of impossible perfection, especially on the eve of the bikini season. Whether photo-shopped or not, these visuals project an ideal that can intimidate even the most confident lady when it comes to braving the seashore. So how do you achieve a lean and toned physique in this lifetime? **Cassandra Brown** talks to aesthetics and cosmetic surgery experts who detail how to achieve the very best version of you.

Dr. Dirk Kremer, an expert plastic surgeon with clinics in Dubai and London, explains that whilst cosmetic surgery can help someone to achieve their body image goals, it is not a quick-fix easy option. "Liposuction, for example is ideal to help remove stubborn pockets of fat from the flanks or saddle bags, but not as a massive weight loss solution – on the safer side, no more than seven litres of fat can be removed in one procedure," he explains. Liposuction has become extremely popular, and can be used to boost the confidence of someone who just can't seem to shift the extra pounds, even in difficult places such as knees, calves and upper arms.

Dr. Kremer explains that Vaser Lipo is popular in the UAE and the Middle East, "It utilises ultrasound to help emulsify fat and can be particularly effective to help avoid saggy skin, which occurs if a lot of fat is removed and the skin is left dangling." The addition of ultrasound within the procedure helps to contract the collagen so that skin is left tighter than in traditional liposuction.

Expert aesthetic plastic surgeon, Dr. Maurizio Viel (A4M) explains that "The ultrasound is set at a frequency that only targets fat cells leaving the surrounding tissue and blood vessels intact". This means that the surgeon can be more effective and accurate with his contouring, and the surgery looks more uniformed giving a better result. He adds, "The technology is more efficient than traditional methods, the patients have less bleeding and pain, and they recover much more quickly".

The use of radiofrequency and ultrasound technologies has hugely impacted the aesthetic industry and has allowed many developments within the past years. BodyTite, a radiofrequency technology, helps with minor skin tightening issues and is used in conjunction with the VASER Liposuction so that as the fat is removed, BodyTite will shrink the skin to deliver optimum results.

What else do woman seek to unveil a 'beach body?'

Dr. Kremer explains that the most coveted body shape in the Middle East is that of the curvy, bootylicious Kim Kardashian, but says, "Trying to obtain those fabulous buttocks is not as easy as one may think – Brazilian Butt Lifts, which are essentially fat transfer procedures (taking fat from one area of the body and injecting it into another) require at least one litre of fat per buttock, and within that transfer there can be as much as 60 percent of the fat that doesn't take." There can also be irregular outcomes, so talk carefully to the surgeon regarding the realistic outcomes of fat transfer.

Dr. Viel, who believes that achieving a perfect beach body is mostly about ratios, echoes this sentiment. "A good body means being in proportion, and it is what you are comfortable and confident with." The problem with defining a body aesthetic in the Middle East, is that it does not have the same meaning in Europe. In the Middle East, patients prefer to have rounder and fuller bottom halves whilst in Europe they would like their bottoms to be as small and petite as possible. Therefore, it is important to guide patients to be reasonable in what they want, explains Dr Viel. "This gives them the body confidence they seek by enhancing their natural assets and not changing them."

Prevention is better than cure

Don't forget that all surgical procedures can leave scars and a skilled surgeon chooses the location of incisions to reduce scarring carefully. A healthy scar will start off red, and then fade. Try this wonder product that helps against scarring. Its called Mesoesthetic Dermamelan Treatment Cream. A 30 g jar costs about Dhs1038 and its sheer value for money. Available at Alliance Medical Center, Jumeriah, Dermamelan reduces acne scarring, evens skin tone and eliminates skin blemishes. This home-care cream has high antioxidant and free antiradical power, stimulates collagen))





production and cell renewal, revitalising the complexion making it luminous and radiant. The results are better when it is used after the Dermamelan Mask treatment in the clinic.

You can also try a derma-roller – this can be done in-clinic, (using use longer lengths of micro-needle) and at home for maintenance. Sounds scary but actually isn't and with the shorter needle lengths, it is relatively comfortable and DIY.

And those dimpled thighs?

You can be slim but be plagued with cellulite, which is caused by a complex mix of genetics, lifestyle factors and diet. Tripolar radio frequency therapy, used by Dr. Fazeela Abbasi, from DFA Skin, Hair and Laser Institute reduces the dimply appearance of cellulite – the Tripolar radiofrequency (RF) penetrates the tissue to cause selective heating, resulting in a contraction of collagen fibres and stimulation of new collagen which results in a tightening of the skin layers, creating smoother and younger looking skin. At the same time, the Tripolar RF increases the metabolism of the area and heats fat cells to loosen them and eventually drain them off.

Try this anti-cellulite treatment

Dr. Jesse Chua from Icarer Clinic in AI Ain recommends BTL's Exilis Elite as an exceptionally safe and effective aesthetic device that "delivers highly controlled, volumetric heating to tissue for measurable cosmetic

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results." Scientifically proven and clinically tested, BTL Exilis Elite uses focused high frequency technology to redefine appearances by reducing wrinkles and treating laxity in just four comfortable treatment sessions. The key benefit is its ability to target the energy with the ideal combination of heating and cooling to achieve the best cosmetic outcome while keeping patients comfortable and pain-free. Dr. Chua adds, "Thanks to excellent aesthetic results, patients and providers have universally reported high satisfaction. There is no anesthesia, no pain just hot and no downtime after these treatments." Optimal results are achieved after four sessions over a period of one to two months. Each session is about 20 to 30 minutes in length.

www.btlaesthetics.com

Also on the treatment menu

Cellulite is the appearance of unsightly lumpy, dimpled skin, also known as 'cottage cheese' or 'orange peels'. It consists of fat deposits that appear mainly on the hips, thighs and buttocks. Sidra Zia, Head of the Aesthetics Department at Cooper Dermatology Clinic, Dubai recommends VelasMOOTH to treat cellulite. Sidra says, "Performed with an aesthetic medical device, VelasMOOTH is a breakthrough in cellulite reduction." This is because its a safe, comfortable and effective solution that addresses the incredibly high demand for cellulite reduction and body shaping treatments worldwide. VelaShape™

is the only FDA cleared device that effectively contours, shapes and slims the body by reducing cellulite and firms problem areas in six to eight treatments, in conjunction with a proper diet and regular exercise.

www.cooperdermatologyclinic.com

What's going on inside counts too

One thing that is clear when talking to any medical professional is that to achieve the best beach body, it is essential to maintain a consistent exercise regime, and combine this with a wholesome diet.

Kim Pearson is a qualified nutritionist who also works closely with patients undergoing surgical treatments. She says that instead of "crash dieting, develop something that's sustainable. A diet rich in fresh, natural and unprocessed foods are the best way to achieve a beach body that will last long. Don't starve yourself. Eat regular, balanced meals. Drink plenty of pure water. Avoid processed and packaged foods, even things like cereals and bread which are actually full of hidden sugars."

Bye bye to bloating

Ensure you're eating plenty of good quality protein (fish, seafood, eggs, tofu as well as a little organic meat). Protein is essential for supporting healthy muscle mass and keeping us satisfied while we shed unwanted body fat. Vegetables and low sugar fruits are a great source of essential nutrients to keep our bodies healthy and our skin glowing. In order to reduce body fat effectively we still need fats in our diet so don't be tempted by out dated low fat diets. Ingesting moderate amounts of the right fats are important.

Things to avoid apart from nourishing foods

Sugars, sugary foods and refined carbohydrates (such as bread, white rice, white noodles and pasta etc) promote weight gain. Watch out for foods marketed as 'healthy' such as granola, cereal bars, low-fat foods because these are secretly high in sugar.

Common culprits for causing bloating include wheat and dairy products so cut these foods out for a period of time to see if the bloating improves. Taking good quality probiotic bacteria also help.

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Of course one of the great things about getting to the beach is being able to get a tan (albeit safely and without burning). Despite the numerous risks associated with lying in the sun, some exposure is good for Vitamin D levels. So which foods help us to achieve a tan? Research shows that eating fruit and vegetables rich in carotenoid nutrients can give the skin a golden tan-like glow.

The red and yellow pigments in certain vegetables give the skin a golden colour. To increase the carotenoid intake, eat more sweet potatoes, melons, carrots, tomato juice, pumpkin, spinach and broccoli.

The final touch

Now a true beach body would be incomplete without paying attention to feet. In fact, it's our feet and hands that often give away the true age of a person. That's where the Queen of Feet, Margaret Dabbs comes in. Her medical pedicures remove dead, hard skin and correct any in-grown toe nails and treats fungal infections, so she gets feet ready to bare all. She also has a range of foot care treatments to keep feet healthy and looking their best all year round. Margaret says "Follow a good foot care regime; it gives you the confidence to step out with beautiful bare feet. Use a foot file on dry skin once a week and a foot scrub to rid the skin and nails of dead dry skin once or twice a week while you are in the bath or shower and a good foot lotion every day. It is absolutely liberating to have feet that you can show off at any time." ■



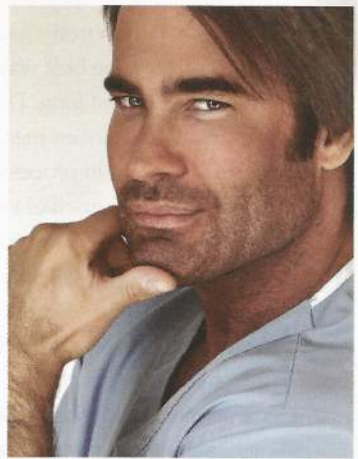
EXPERTS PROFILE



DR. FAZEELA ABBASI She is a consultant dermatologist and founder and director of DFA Skin, Hair and Laser Institute. She is considered to be an authority on lasers and advanced aesthetic procedures like fillers and botox. After completing her medical school at Nishtar Medical College she went on pursuing her post-graduation qualification in clinical dermatology from Saint Johns Institute of dermatology, Kings College London, the world's renowned dermatology institution. After that she started her MD in dermatology and completed her doctorate in medicine with a prestigious qualification in the field of dermatology. »



« **Dr. Jesse Adalbert Chua** is a Specialist Dermatologist at Health Authority Abu Dhabi and fellow of the Philippine Dermatological Society and an Associate of the International Society of Dermatology. He specialises in laser treatments, skin tightening, and body shaping using unique advanced RF and ultrasound techniques. »



DR. KREMER He trained as a plastic and reconstructive surgeon in Munich, Germany, and became a specialist plastic surgeon in 2003. Recognising his passion for cosmetic surgery, Dr. Kremer specialised in this field in America where he worked alongside the best plastic surgeons in LA and New York. Dr. Kremer is a new age plastic surgeon- down to earth and approachable. His consultations method seamlessly blends professionalism with a relaxed tone. He has spent many years refining his signature procedures which he now offers patients at his Harley Street practice in London. »



« **DR. MAURIZIO VIEL** He is a qualified plastic surgeon from Italy graduating from the University of Milan Medical School. He later went to London for his Fellowship in Aesthetic Plastic Surgery, and practiced plastic surgery with his twin brother at the London Centre for Aesthetic Surgery on Harley Street for over 20 years before opening their second branch in Dubai's Healthcare City back in 2008. Dr Maurizio also sees patients and hotel residents at the Atlantis Hotel Shuiqi Spa. »



MARGARET DABBS She is the company founder and Chief Executive of Margaret Dabbs Footcare, an independently owned brand, based in London, UK. Margaret Dabbs is the foot expert, a fully trained Podiatrist who set up a series of Foot Clinics starting in 1998 and pioneered the now renowned 'Medical Pedicure', a pedicure that has celebrity cult status. The vision is to provide a luxurious, innovative and effective service to provide beautiful feet and nails. »



« **KIM PEARSON** Qualified as a nutritionist at London's Institute for Optimum Nutrition in 2008, Kim has worked in the field of nutrition, diet and health for over eight years. Kim works in clinical practice to improve the health, wellbeing and beauty of her clients through nutrition. Her areas of speciality are fat loss, skin health and anti-ageing. She has a practical approach and believes in de-mystifying healthy eating, making it straightforward and enjoyable for everyone. »



SIDRA ZIA As Head of the Aesthetics Department at Cooper Dermatology Clinic, Sidra is a US certified Laser Specialist. She has undergone vigorous training in Aesthetic Laser treatments, slimming treatments and skin care regimes from the prestigious school of Laser Medicine (Arizona). »