

Show some leg

The ravages of time can take their toll but there are some remarkable treatments to improve your pins, writes AMANDA LEWIS

From a simple spray tan and gorgeous pair of heels to removal of unsightly veins and liposuction, there are many ways to make your legs look better.

Jonita David, business manager of GuestWell in Australia, a company that specialises in medical tourism holidays to Malaysia, says there are many invasive and non-invasive leg treatments available that can help improve the appearance of a person's legs.

Here's a look at some of the treatments on offer.

LIPOSCULPTURE

Legs can be sculpted and their overall appearance improved by targeting areas

such as the thighs, hips and buttocks through liposculpture, Western Australian Plastic Surgery Centre's Brigid Corrigan says.

"Liposculpture, or body contouring, is a surgical procedure using liposuction, or 'suction lipectomy', to remove localised bulges of unwanted or stubborn fat which persist after diet and exercise," Dr Corrigan, a specialist plastic surgeon, says.

"It involves a high-powered suction pump attached to a cannula which is inserted through a small incision, where excess fat is removed.

"A pressure garment is usually worn for two to three months after surgery to

decrease bruising and swelling and to encourage the skin to contract to its new shape."

Dr Corrigan says an advanced liposculpture technique is called ultrasound-assisted lipoplasty, which boosts the emulsification of fat cells and increases the tightening effect on the skin.

TUMESCENT LIPOSUCTION

The bonus of this treatment, says Argie Xaftellis of the Argera Centre, is that patients don't need to undergo a full general anaesthetic for the procedure.

"Because you have movement you can get better muscle tone, better proportions and the recovery time is less," Dr Xaftellis says.

"My patients who were running before the procedure are back at the gym in two weeks. There's hardly any down time – it's my favourite procedure."

The Argera Centre in Joondalup has recently undergone a \$250,000 renovation of its liposuction clinic and procedures such as the tumescent cost between \$2500 and \$3500 per area.

"It's important to remember that liposuction is for proportionality; it's not for weight loss and it's not for cellulite," she says.

COOLSCULPTING

Coolsculpting – also known as cool lipo – involves suctioning the area, usually the thighs, and freezing the fat cells.

Dermedica Cosmetic Medical Clinic cosmetic physician Joanna Teh says coolsculpting is a great way to remove



CELLULITE REMOVAL

Cellulite is a problem that affects women of all shapes and sizes and is often connected with lifestyle and genetic factors, according to Jonita David.

"Cellulite is one of the most frustrating aesthetics puzzles for women," she says. "It's actually not the skin that creates the problem but the connective tissue.

Cellulite happens when underlying fat cells balloon up against the limit of the face of the skin. It can be related to excess fat but it is also related to not drinking enough water and a heavy salt intake, as well as genetics."

"saddle bags" and achieve a thigh gap by reducing the fat cells in fat bulges that have not lessened through exercise. Women will see an improvement after one treatment but, if they have bigger fat bulges, they may need a subsequent session.

"Coolsculpting literally sculpts your body and probably has the highest patient satisfaction as there is very little discomfort and no downtime," Dr Teh says.

VEIN REMOVAL

Sclerotherapy is the treatment most commonly used to remove unsightly veins including varicose veins and broken capillaries.

For small capillaries, sclerotherapy involves injecting solution into the area to dissolve it immediately.

For bigger and more unsightly veins, sclerotherapy is still used but involves physically removing the vein through small incisions.

win Mind+Body and Dermedica Cosmetic Medical Clinic are giving away three \$100 gift vouchers to put towards coolsculpting or cosmetic treatments at its Scarborough clinic. To enter, write your name and address on the back of an envelope and post it to: Mind+Body Dermedica Competition, GPO Box 2908, Perth 6800. Entries drawn at random on Monday. Winners notified by mail. Employees of The West Australian and their immediate family are ineligible to enter. Entrants' details will be used for marketing. See WAN privacy policy at thewest.com.au/privacypolicy.



GuestWell

wellness in beauty AND health



Breast Surgery

Face Lift

Dental & Surgical

Tummy Tuck

Liposuction

PLUS MANY MORE!

24 hour nursing care post procedure

No waiting times

All safe, all affordable inclusive tailored packages

With Thailand being an unsafe destination for medical tourism, come with GuestWell to Malaysia and experience our platinum service

For a FREE consultation over the phone or at our Perth Clinic call us on (08) 9427 7515



www.guestwell.com

*Finance Options Available