



ADVERTISEMENT FEATURE

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MIRACLE WEIGHT LOSS

HEALTH SPECIAL

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Fat-freezing, sound waves and mechanical rollers...
The new non-surgical, non-invasive treatment behind Coleen Rooney, Amy Childs and Alex Gerrard's fabulous figures is changing the world of weight-loss! Chloe Ramsden has the full story...

A NEW body-boosting treatment promises to permanently blast away fat cells, tighten skin and even banish cellulite - and celebrities can't get enough of it.

High tech 3D Lipo, which is entirely knife and jab-free, is the secret of Coleen Rooney's post-baby body, while Amy Childs, Alex Gerrard and Alexandra Burke credit it for their sleeker silhouettes.

Now the treatment, in which fat is permanently removed, is being offered by celebrity doctor, Dr Renée Hoenderkamp, at London's high profile Non Surgical Clinic.

Coleen Rooney, 28, started a course of treatment in November, six months after the birth of her second son. She recently showed off the results modelling skimpy swimwear for her latest Littlewoods collection.

Prices start at around £800 for a bikini body treatment in which extreme cold and sound waves kill fat cells, hot radio frequency tightens skin and a roller system smooths cottage cheese thighs.

Aimed at people with a BMI of under 30, the treatment is ideal for anyone hoping to "sculpt their body", says Roy Cowley, the managing director of 3D Lipo (3d-lipo.co.uk), the company behind the high powered beauty machines.

Mum Sharon Murrell, 37, tackled her post-baby body with 3D Lipo and lost an incredible 20cm around her waist after following a weight loss programme combined with cryolipolysis on the stubborn flab around her stomach.

The personal trainer from Rugby has now dropped from a size 14 and is enjoying her wardrobe full of size 8 to 10 clothes again.

"I've shrunk. My shape has changed," said the personal trainer. "It's completely different. I didn't like carrying the excess weight, now I've got people coming up to me saying 'you look really well, you look really healthy, how did you lose the weight?'"

3D Lipo combines cavitation - where painless ultrasound breaks down the fat cell membrane - and cryolipolysis or "fat freezing", which triggers "cell death". The destroyed cells are then eliminated by the body's waste processes.

Radio frequency then tightens skin and mechanical fat-rolling improves the appearance of cellulite.

"The average loss from cavitation is two to four centimetres in the first treatment," said Roy. "This improves over the following seven days. With cryo, you start to see results after a month, and the full effect in three months."

"With radio frequency you see immediate benefits but over a course of eight weekly treatments."

"If a woman generally wants to slim down, we'd offer cavitation and cryolipolysis element about eight weeks prior to holiday."

* For information about 3D Lipo call the Non Surgical Clinic on 0800 677 1688, email enquiries@nonsurgicalclinic.co.uk or visit nonsurgicalclinic.co.uk

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MUM: Sharon Murrell lost an incredible 20cm around her waist