



# How laser liposuction COULD REVOLUTIONISE YOUR BODY

Laser liposuction is a non-surgical approach to tackling stubborn areas of fat on the body. **Dr Barbara Kubicka** of clinicbe explains the treatment and compares it to the more traditional liposuction surgery.

**T**his isn't science fiction; laser liposuction is a new technological breakthrough that has been proven to work. In fact, clinicbe has seen inch loss on the waistline of twelve centimetres in just four weeks using the I-Lipo system.

The technique is a non-surgical approach to tackling those stubborn areas of fat that can be hard to shift, despite following a sensible diet and regular exercise programme. I-Lipo works alongside the patient's existing diet and exercise habits, troubleshooting areas of the body to enhance visible results.

## **I-Lipo technology**

I-Lipo is a laser liposuction or lipolysis machine which combines three distinct technologies in a system designed to stimulate the body's own fat-busting and skin tightening mechanisms – laser, infra red vacuum massage and radiofrequency skin tightening. Any one of those alone could improve the appearance of the body; combining the three together gives a powerful combination of treatments. As well as body shaping, the system also works on cellulite and tightens the skin for a smoother, rejuvenated appearance.

The low level laser works to trigger a chemical signal in fat cells that breaks down stored fat. Using the body's natural metabolism processes, fat is reduced in the targeted area. In addition, the infra red vacuum massage works to reduce the appearance of bumpy cellulite for smoother, firmer skin. Finally, radiofrequency skin tightening promotes a smoother, firmer skin texture helping to create a leaner silhouette.

## **Which areas of the body can be treated?**

Laser liposuction can be used on a variety of areas of the body and even tackle facial

## I-Lipo system: the benefits

- Clinically proven results
- A non-invasive alternative to liposuction – safer with no recovery
- Combines three technologies for optimum results
- £220 per session at clinicBe - much more affordable than surgery
- Ideal for stubborn, fatty deposits in the most troublesome areas of the body

areas such as a saggy chin. As we age, it becomes harder to maintain a slyph-like figure and having children also alters the body.

The most popular area treated tends to be the tummy or abdominal area. This is a zone where fat tends to congregate, which is at odds with societal expectations for a firm, flat tummy. Those that have had children also find the body never fully recovers, leaving a 'mummy tummy' that can linger for years. Laser lipolysis works to blitz the fat cells, while vacuum massage helps to expel the fat and smooth out the skin. Radiofrequency waves penetrate deeply to tighten the skin. As well as a flatter tummy, patients see firmer, tighter skin and a reduction in stretch marks. Other popular treatment areas on the body include thighs, 'muffin tops', buttocks or the 'bingo wings' that can develop on the upper arms.

Laser liposuction can also be used to tackle fatty deposits in the chin and neck area. The non-surgical approach makes laser ideal for this delicate zone, giving a smoother and more precise finish than might be achieved using traditional liposuction. Again, the combination of therapies is also helpful in delivering a smoother, more toned result.

### Laser liposuction vs surgery

Compared to traditional liposuction surgery, there are some significant advantages of a laser liposuction approach.

Firstly, the price. Liposuction treatment generally costs several thousands of pounds, depending on the area treated. Laser liposuction costs just £220 per session at clinicBe in Knightsbridge. So it is more affordable. However, price is just one factor.

Secondly, the process is much safer. There is no need for anaesthetic and recovery is practically instantaneous, whereas those recovering from surgery must wear

uncomfortable, post-surgical compression garments and follow a series of aftercare precautions to recover from the rigours of surgery over several weeks, taking care with exercise and avoiding heavy lifting.

Thirdly, with laser liposuction, there are no real risks of infection as the skin isn't broken, whereas surgical liposuction involves making a series of incisions into the skin and drawing out the fat using a cannula.

Finally, the laser liposuction process complements the body's own metabolism, for a natural approach using the latest technology.

Dr Kubicka explains why she selected the laser liposuction system for her Knightsbridge clinic: "Many of my patients work out and watch what they eat, yet they still struggle with specific 'problem areas' on the body. This can be especially difficult after having children, which alters the body permanently for most women.

"In selecting laser lipolysis technology, I was keen to find something that would genuinely offer a less invasive, safer and more economical alternative to surgery. I spent many months researching the options.

"The appeal of the I-Lipo system is that it is designed to harness the body's own biological processes for a natural approach. The advanced technology works in a unique way to bio-stimulate the body's own metabolism and fat-burning, offering visible results without pain or side-effects.

"The fact that this system combines additional technologies: tackling cellulite and skin condition as well as fatty deposits, gives a particularly smooth and toned result. We are able to further enhance the treatment programme by utilising mesotherapy injections for even better results." ●

## essence info

clinicBe®

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**Dr Barbara Kubicka MD, CIME/ICAM, MBCAM is a fully qualified doctor, registered with the GMC and with additional qualifications in aesthetic treatments.**

### About clinicBe®

Dr Kubicka founded clinicBe to offer a new holistic approach to skincare treatments; treating the patient as a whole in order to obtain the best possible results from any treatments they may have. Private consultations include individual advice on nutrition and lifestyle to help tackle skincare issues from within and complement professional treatments. Popular treatments include wrinkle-relaxing injections and facial fillers as well as mesotherapy, a micro-injection treatment which nourishes skin from within.

Her unique and exclusive combination treatments include Neck & Jawline Programme, Eyedéalise, the Triple Synergy Hair Loss System and Exquisite Facial (for sun damage).