

FAT BURNER

WHAT LIPOcel body sculpting

You may have heard of fat reduction devices using cooling technology (CoolSculpting), but LIPOcel is a new machine that uses the magic powers of the heating technology HIFU (High Intensity Focused Ultrasound). According to Danielle Smith, co-owner of Elite Body Contouring Australia, this device can target large areas of the body (like your stomach, bum, love handles and thighs) in a single treatment to shift stubborn pockets of subcutaneous fat that is often hard to budge.

'The fat is heated to 65-75 degrees, causing fat cell death, then disposed of through the body's lymphatic system over 12 weeks post-treatment,' she says. 'This means no strain is placed on the body, and you can expect to see a 20-40 per cent permanent fat reduction each session.'

COST From \$998.

VISIT elitebodycontouring.com.au



Kim and the Kardashians have skin-tightening treatments regularly

Tried & tested



MOLLY SIMS

BUM & TUM

WHAT TESLAFormer muscle definer

For a more toned tush and flatter JLo-esque abs, the newest muscle toning device is here – and it's bigger and better than its competitors. The treatment itself consists of six-to-eight 30-minute appointments, spread over two weeks, with each capable of running all muscle groups up to 50,000 contractions – the equivalent of 50,000 crunches!

Beauty Editor Elise tests the new pulsating tummy toner



VERDICT Beauty Editor Elise Wilson explains, 'I was strapped to a large toning paddle while lying on my back, and what started as a gentle, tickly buzz quickly became a fist-clenching contraction as the intensity increased. It doesn't hurt, but the pulses are nevertheless very vigorous.'

'When the paddle wasn't giving me crazy contractions, it was tapping and slapping my stomach to break down the fat and disperse any lactic acid, so my muscles wouldn't ache too much afterwards. Once I got used to the sensation, it became weirdly addictive – and that might be because of all the endorphins my "buzzed" cells released in one session.'

'All in all, I am beyond thrilled with my results from one session. And while I'm still waiting on my sixpack, my tummy is definitely much flatter and more toned, and my core strength is so much stronger. I can see why celebrities are addicted.'

COST From \$700 per session.

VISIT bodycatalyst.com.au