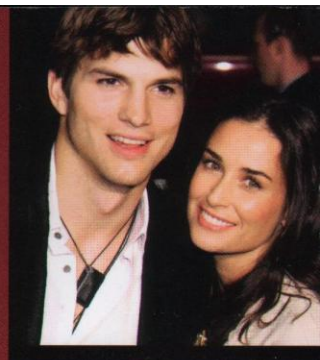


20 NOVEMBER 2017

GRAZIA



DID DEMI AND ASHTON HOOK UP IN RIO?

SHOP!

YOU CAN DO BLING ON A SHOESTRING



THE LUXE ISSUE

GET READY FOR GIOVANNA!

THE WOMAN WITH THE MOST FABULOUS LIFE ON THE PLANET

BARBIES & BILLIONS
CONFESSIONS OF A MILLENNIAL COUTURE COLLECTOR

HAYLEY ATWELL
'SEXISM IS MORE SUBTLE TODAY'

£2.20 SPAIN €3.75 GREECE €3.99
771745 956068 47 > ESQUE 664

THE BEST BODY THAT MONEY CAN BUY

GRAZIA

Grazia investigates the hottest contouring and lifting treatments coming to a clinic near you



LET'S BE BRUTALLY HONEST: the beauty industry has let your body down. In the past,

its best efforts were never-gonna-work cellulite creams, invasive and painful tummy tucks, or boob jobs that left you with obvious signs of surgery. But this is 2017 and now, if you so desire, you can freeze and heat, plump and inject, or bombard your bits with sound and radio waves, to bully your body into submission – no exercise or dieting required. So, for our luxe issue, we challenged beauty expert **Nadine Baggott** to trial the new money-is-no-object treatments that can tackle any body issue you could possibly imagine – and a few you probably can't!

PHOTOGRAPHS
SIMON EMMETT

£ THE DOUBLE-CHIN JAB

Dream of magically melting the fat under your chin? Now you can with a new injection called Belkyra. This sounds scary, but it's actually straightforward and there's very little downtime. Three treatments over three months can give you a positively chiselled jaw. What's more, the skin shrinks back, so you won't be left with even an inkling of turkey neck.

HOW IT WORKS A series of injections target fatty areas and break them down using an acid found in bile that helps us digest food. It's been used in the US for two years (where it's known as Kybella).

OUR TESTER SAYS Aside from a stinging sensation, it's painless and it removes any diet-resisting chins. Clear your diary for a week after each treatment – you may end up looking bullfrog-like. Belkyra hits the UK in 2018 (see allergan.co.uk). From £250 for three sessions. ▶

£ THE KNEE & ELBOW LIFT

Radio frequency (intense radio waves to you and me) has been used in hi-tech facials for a while, but now they're targeting bodies, too. Thermi is the latest treatment to hit the UK and can tighten loose skin anywhere from your chest to your vagina (yes, really). Stars like Demi Moore use it top to toe, but it's great if you've lost weight and have saggy spots around your knees and elbows.

HOW IT WORKS A probe conducting radio frequency is passed over an area to heat and tighten loose tissues by shrinking collagen fibres in the skin and encouraging new ones to grow.

OUR TESTER SAYS It feels hot, but not painfully so. You need four to six treatments over six to eight weeks to see a lift. The results are permanent but, since we continue to age, a yearly top-up is advised. Thermi is available at Mallucci London (mallucci-london.com); From £400.

£ THE BOTTOM BLASTER

In the US, fat and filler jabs for a bigger bum are huge news, but we Brits tend to want ours small and perky. SlimME is a triple-whammy treatment that slims, firms and smooths baggy bottoms.

HOW IT WORKS Ultrasound targets the layer of fat that attaches to the muscle to lift and firm, radio frequency tightens and smooths, and lymphatic drainage helps to get rid of the fluid that sits between fat cells.

OUR TESTER SAYS It can feel hot and achey, but does smooth the silhouette brilliantly. You need three to six treatments a month apart for best results; some testers lose inches, too. SlimME hits the UK in 2018 (lumenis.com). From £350.

£ THE DIMPLE FILLER

Traditionally, clinics have tried to shrink fat to treat cellulite, but now they're injecting filler into the dimples instead. Aesthetic practitioner Dr Sarah Tonks says, 'There are so many different types of hyaluronic acid filler these days. I can inject it into any part of the body to smooth your skin, from your hands to your knees, your chest to your bottom.'

HOW IT WORKS Conjugated hyaluronic acid is a thick gel that sits under the skin to fill out the dents in the thighs. It is injected into dimpled skin and the effects are almost immediate.

OUR TESTER SAYS It doesn't hurt and it definitely smooths out dimples, but it's undeniably expensive over a large area. That said, you only need one treatment and it lasts up to a year. Find Dr Tonks at TLC, 25 Walton Street, London SW3; [@theloveclinic](https://www.instagram.com/theloveclinic). The more dimples you have, the more syringes you will require and the more it will cost, but prices start at £250.

£ THE BOOB-CREASE FILLER

A new-gen filler is now available for the super-fine skin of your décolletage. It doesn't physically plump, but rather smooths the superficial skin, making it a great solution for the between-the-breast sleep creases common in anyone with a C-cup or more.

'HA Booster is a liquid hyaluronic acid that is injected under the skin – not to change the shape of the body, but to plump the surface,' explains dermatologist and aesthetic practitioner Dr Stefanie Williams. 'When applied in a series of mini-injections, it's very effective at making the skin less crêpey.'

HOW IT WORKS Smoother skin is possible in a single treatment because the hyaluronic acid mimics your own natural HA to attract water and hold it in the skin.

OUR TESTER SAYS It works brilliantly on fine, thin, creased skin, but beware – there are a lot of injections for needle first-timers, even though skin is numbed first. Results are immediate and last around three months. HA Boosters from Dr Stefanie Williams at Eudelo London (eudelo.com) cost from £350.