

The side-effects/downside?

While there are no side-effects to this treatment, Ultratone therapists do not treat people suffering from epilepsy, cancer patients or those who have electronic organ assistance, such as pacemakers.

Healthy eating 'For best results it is advised that patients follow a healthy eating plan. The Ultratone system will fast-track them to a healthier lifestyle by rebuilding their confidence and fitness levels. We gave Marie an eating plan that was easy to follow and the food was affordable.'

Treatments needed The number of treatments depends on your individual goal and your body shape. However Ultratone recommends an average of three 45-minute sessions a week for six consecutive weeks.

Marie says 'I must admit that I had my reservations about this treatment but I lost three kilograms in the first seven days. The eating plan was very easy to follow; everything on it was affordable and I could adjust it from day-to-day, which ensured there was enough variety in my diet. Although I lost only six kilograms in six weeks (and not the 15 kilograms I was hoping to lose!) this was a great achievement for me. At times during the treatment the vibration would be too high (the higher the vibration goes the better the result) and become uncomfortable but I soon became used to the vibrating sensation. I'm pleased that my thighs, buttocks and stomach are more toned.'

Where and how much? PW Aesthetics, 0861 112 939. It's R300 for a one-hour session. Facial bio-stimulation can be added to the package for an additional R100 per treatment.

Pear-shaped problem

Candace Balfour, 50, is a company director. She lives in Umhlanga Rocks, Durban with her husband. She has three children, aged 18, 29 and 30.

Treatment Mesotherapy

'I love clothes but as I approached 50 I became more pear-shaped. I replaced my "thin" clothes with tops that looked like sacks. I wanted to lose weight and centimetres but self-motivation is not my strong point.'

The science bit 'Mesotherapy is a minimally invasive procedure that works with micro-injections of substances such as vitamins, minerals and amino acids into the mesoderm (middle layer of the skin) to rejuvenate ageing skin, for spot-weight reduction or cellulite,' says Colleen Miller of Renew Time Restoration Clinic in Umhlanga Rocks. 'It also works for under-eye puffiness.'

The promise 'It offers a temporary reduction in the volume of fat globules and improvement in cellulite and skin tone.'

What's great about it? It's time-effective. 'The procedure takes about five minutes and is done once every two weeks for three months.'

The side-effects/downside

Minor bruising may result from the injections. Inflammation and allergic reactions, though rare, may occur.

Healthy eating The clinic recommended an eating plan for Candace. The plan concentrated on the basics such as portion control, unsaturated fats, drinking water and cutting out sugar.

Candace says 'Committing to this treatment was the motivation I needed. I now feel great. The needles are short, and the injection so quick that it feels like a tiny sting followed by a slight itch. The first couple

of injections caused minor bruising but I bruise easily. After the first two sessions I was a bit itchy in the areas where I was injected. I never imagined that I could lose that much weight. I'm building up my new wardrobe faster than you can say "glamorous granny".'

Where and how much? Renew Time Restoration Clinic, 031 561 1277. From R5000 for six treatments depending on the size and number of areas treated. ▷

'I lost 7,6kg in three months.'



Candace's story

Area	Before	After	Loss
Waist	90,5cm	79cm	11,5cm
Hips	106cm	98,1cm	7,9cm
Right thigh	60,7cm	54cm	6,7cm
Left thigh	61,5cm	54,5cm	7cm
WEIGHT	68,2kg	60,6kg	7,6kg