

first beauty

Bye-bye, trouble spots!

Move over, liposuction: A newly approved procedure melts fat on contact

Sharon Ingber had been battling excess weight on her thighs

since her third child was born six years ago. "I tried diets; I tried exercise, but nothing worked," says the 41-year old. "My self-image plummeted. I began wearing the baggiest pants as a kind of security blanket." But that all changed when a friend told Sharon about a procedure called mesotherapy, which has been used successfully in France for more than 50 years and now is available in the United States.

Fast, easy and effective

The principle behind mesotherapy is simple: Instead of suctioning the fat from trouble spots, as with liposuction, doctors inject a combination of chemicals into the problem areas. The compounds (which include plant extracts, vitamins and a muscle relaxant) stimulate the cell receptors to break down fat, explains Marion Shapiro, D.O., a mesotherapist with practices in New York and New Jersey. The body then metabolizes the fat and excretes the by-products.

Typical treatment consists of ten 20-minute visits (costing \$500 each) over a 10-week period. And while the total cost of the procedure is comparable to liposuction, mesotherapy is much more convenient. "With three small children at home, liposuction was just not an option for me: I couldn't



be out of commission for the two weeks that it takes to heal," says Sharon. "With mesotherapy, there was no downtime. It was perfect for me." Patients typically notice a quarter to half-inch reduction from trouble spots after each session. And the loss is permanent as long as a sensible diet is followed. The result: a sleeker, trimmer, cellulite-free body.

A new beginning

"I lost seven inches from my thighs," says Sharon. "In fact, now my legs are so much slimmer and smoother that I've thrown out all my baggy jeans and sweats and replaced them with more figure-flattering clothes. I even feel better naked! I'm free to be myself. For the first time in a long while, I'm in charge of my body, not the other way around and it feels great!"



Sharon Ingber, 41, Millburn, NJ