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SUDDENLY THERE ARE as many ways to get rid of fat as there are ways to gain it. New, non- or minimally invasive procedures can fry it or freeze it, suck it out or shrink it down. The little pooch that no amount of Pilates can erase? History. The upper-arm waddle that push-ups never seem to push away? One office visit and your arms can rival Michelle Obama's.

Choosing the right procedure depends on how much fat you have, where it is, how much time and money you're willing to spend, and, yes, your age. While results for all are permanent, none are a license to binge on Doritos. (The fat will just reappear in other places.) And, sadly, none are designed to treat cellulite.

The newest option is SculpSure, a noninvasive laser treatment that heats and liquefies fat cells, causing them to release from the surrounding tissue. Your body then naturally eliminates them over the next six to 12 weeks. "It literally melts fat away," says Bruce Katz, a New York dermatologist and laser expert who uses SculpSure on abs, love handles, upper arms, and even knees. "The heat also increases the production of collagen and elastin, which helps skin look firmer and younger," he explains. The one-time procedure takes about 25 minutes for abs and doesn't require anesthesia. There's no downtime or bruising—but don't cancel your gym membership just yet. Though Katz says patients may go down a dress size or two, "SculpSure is for body contouring, not weight loss." Cost: \$1,500 per area of treatment.

Robert Anolik, another in-demand New York dermatologist, prefers CoolSculpting, a noninvasive procedure that freezes targeted areas of fat cells, because it's ideal for minimizing problem bulges on women who are otherwise in good shape. While there is no need for anesthesia, there may be some discomfort as the device, which sits on the skin's surface, pulls bulges up and in to freeze the underlying fat cells. The cells are then metabolized by the body over time; best results can be seen in two to three months. "The controlled cool temperatures prevent damage to the surrounding area, and you can expect a 20 to 25 percent reduction in the fat you can pinch with your fingers," he says. Because of the various sizes of the applicators, CoolSculpting can be done on abs, thighs, upper arms, and even the neck. The one-hour treatment requires no downtime, but more than one session may be needed, which varies based on how much fat you want to remove. For those whose skin appears less than taut afterward, Anolik tightens it up with Thermage, a laser

device that operates on radio frequency. Cost for CoolSculpting: \$500–\$1,500 per session, depending on the area being treated.

New York dermatologist Paul Jarrod Frank's tool of choice is Liposonix, a handheld device that uses high-intensity focused ultrasound to destroy fat cells deep beneath the skin's surface, which are then, yes, eliminated over a period of eight to 12 weeks. (Instant gratification is just not a thing.) "I can remove an inch of fat in an hour," Frank says. Unlike CoolSculpting, no follow-up is needed, but Liposonix is more uncomfortable. Patients are given light anesthesia, and there may be some soreness and bruising afterward. Samantha, 27, went to Frank to remove her post-baby tummy pooch. "It was frustrating not to see results at first, but in three months my love handles were

gone and I went down one size in jeans," she says. "How cool is that?" Cost: \$1,500–\$5,000, depending on the area being treated.

If you're in reasonably good shape and under 45, these noninvasive options are a good choice. As you age, though, skin loses elasticity and won't spring back as readily. Do the math: If you're over 45 or have more than 10 pounds to lose, Frank says, you'll see better results with one of the new minimally invasive advances in liposuction. Celebs in L.A. and New York go to surgeon Aaron Rollins for his AirSculpt Laser Liposculpture technique. "Patients can lose up to 10 inches, and it's good for anyone 18 to 81," he says. During the one-hour procedure, patients remain awake under laughing gas. A laser

is used to soften fat, then Rollins inserts a tiny tube to suck out the fat cell by cell. While there are no stitches (the remaining scars look like freckles) and you may be able to go back to work the next day, you do have to wear a compression garment for two weeks. "You'll look better the same day," Rollins says, "but the best results take three months as your body rids itself of excess fluid." The most commonly treated area is abs, but Rollins has seen an uptick in celebs coming in to have their upper arms done before awards season. Up to four areas can be treated in one session, and as with any surgery there is the risk of infection. Cost: \$4,000 and up.

Susan*, 22, had her arms, legs, stomach, love handles, and back done by Rollins over two sessions. "I've been on every diet and had personal trainers, but nothing worked until this," she says. "I loved watching the fat come out of me. You can even use your phone while it's happening." She admits to being a bit loopy, though. "It's like drunk texting, but you wake up thinner, not hungover." ■ *Name has been changed

THE NEW FAT BURNERS

*Can a lunchtime doctor's appointment
get you out of your fat pants and into a bikini?*

Emily Dudding investigates.