



IN RECENT TIMES, WOMEN HAVE BECOME LESS AFRAID OF CHANGING A BODY PART THEY DISLIKE. AW LOOKS INTO THE NEWEST AND MOST POPULAR COSMETIC PROCEDURES

Last year it was reported that many well educated British-Asian women were combining their visits to their ancestral homes in India and Pakistan with a trip to the plastic surgeon for cut-price, nip-and-tuck operations. The desire for cosmetic surgery within the community is purported to be fuelled by the increasing popularity of Bollywood actresses (who have also been reported to go under the knife), the increase of serials on the Indian channels that are now available in the UK as well as the pressure to have Western-style physical features. A large majority of these women are British-Asians who are born and raised in the UK and have a high disposable income. Some of the most favourite operations are nose jobs, tummy tucks, liposuction and breast enlargements, with around four hundred women visiting both India and Pakistan every year. Cosmetic operations in India and Pakistan are not only much cheaper compared to the costs in Britain, there is also no waiting list. British surgeons however discourage cosmetic surgery abroad as, although they are confident surgeons abroad are more than capable, there are still many things to take into consideration, including psychological assessments and regular checkups and adjustments after surgery, which can work out costly if done in the UK three months later with a different surgeon as well as the in-flight risks of returning too quickly after surgery.

So for a British-Asian woman, looking great is very much at the top of her agenda and it's definitely no longer a taboo subject or limited to only the rich and famous. Cosmetic enhancements are becoming increasingly popular with women across the world as we try to fight the battle against aging and stubborn fat, adding something new and taking the old away. With new treatments and procedures developed every week, we take you through a comprehensive guide of what's new on the market in the UK (where over 100,000 cosmetic operations are carried out every year) and how cosmetic surgery really isn't as scary as it used to be.

# NIP TUCK LIFT SUCK

## 5 WAYS TO LUNCH HOUR PERFECTION

### 1. Botox on a Bike

Too busy to step out of your office for a lunchtime fix? Fear not, Dr Blum of Botonics brings us a botox on a bike service called HouseCall which provides dermal fillers/treatments to your office or home. The service is discreet as there is no branding on the bike, the doctor does not wear medical clothing and the vials are kept inside a standard briefcase. The HouseCall service is available in London Zones 1-6 and costs from £80.

[www.botonics.co.uk](http://www.botonics.co.uk)

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### 2. Laser Hair Removal

Laser hair removal is a popular treatment for unwanted hair. It works by targeting the hair follicle and destroying it, so that hair does not grow back. The treatment is quick and painless, and can be done on most parts of the body. The results are long-lasting, and many people only need a few sessions to see a significant reduction in hair growth. The treatment is also safe, and there are no side effects. The cost of laser hair removal varies depending on the area being treated, but it is generally worth the investment for the long-term results it offers.

[www.laserhairremoval.co.uk](http://www.laserhairremoval.co.uk)

### 3. Facial Massage

A relaxing facial massage can do wonders for your skin. It helps to improve circulation, which in turn helps to deliver oxygen and nutrients to the skin. This can help to reduce the appearance of fine lines and wrinkles, and can also help to soothe and hydrate the skin. Facial massages are also a great way to relax and de-stress, which can be beneficial for your overall health and well-being.

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