

boyz looks

The latest treatments and advice for looking good from the Boyz Grooming Editor **Rajendra Shepherd**



If you have any grooming questions, stories or tips, email Rajendra at:

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You can't get rid of fat without tons of exercise, which makes getting those abs to show through a perpetual struggle - unless you're prepared to cheat that is. We explore an emerging technology that promises washboard abs in just six weeks...

Working-out to get defined is a long-term goal and for many an elusive target. It takes a combination of good genes, specific exercise and a diet that threatens to make you a social outcast. The recommendations are to eat six small protein-rich meals a day and exercise three times a week. Oh, and you have to be born with a lean frame predisposed to body fat below 10 per cent.

For some people, sinewy looks take no more effort than munching a bag of Kettle chips during the East-Enders omnibus, but for the average man who doesn't work out, body fat is around 15 per cent.

Your options to kick-start that summer body are varied: liposuction; a specialist exercise programme; or fat-melting machinery, like UltraShape,

which uses ultrasound to break down deposits under the skin, or Accent, a technique which relies on radiowaves to break fat down. I went for Accent and here's how I got on.

Consultation

My initial chat centred on which treatment would suit me best. UltraShape works best for higher percentages of body fat and 'penetrates deeper layers', explains Dr Beata Samborska. Accent on the other hand uses radiowaves that work more superficially. Ultimately, both are designed to do the same thing - raise the temperature in the area of fat to an estimated 70°C in order to melt the fat cells. The fat is then flushed out of the body by the liver, leaving you lovely and lean.

Week 1

Dr Tapan Patel performs the 15-minute treatment rubs all over my abdomen. Then she swipes the probe over my lower abdomen and around my bellybutton.



Week 2/3

My treatment is taken over by the practice nurse, Sonia Patel. On the first occasion she opts to treat the area in two halves in order to focus the benefits of the radio probe. However, as we near

areas of less fat (near the hip bone and below the navel), the heat becomes quite uncomfortable and she stops. The following week she stays nearer the navel, which is much more bearable.

Week 4

By my final treatment I noticed that my abdominal muscles appear more prominent and defined. This might be thanks to me improving my diet and doing a few extra crunches at the gym, but either way, I'm happy with the results. Tapan suggests that my body fat was already low and so I was less likely to see a dramatic benefit. But for people who want to burn away fat and get buff for the summer, she recommends a six-week course for maximum benefit.

An abdominal session costs between £100-150 depending on the area. Treatments are at Viva Clinic, 592 Finchley Road, London, NW11 7RX. Call 08456 528 999 for a free consultation. For more information see www.botonics.co.uk or call 0845 680 1964.

A bit of hard graft

Guys today have lots of options when they start to lose hair - including a non-surgical graft...

No one wants to lose their hair. Even if you're a fan of the bald look, you still want an option. Changes in a guy's hair pattern can in extreme cases cause him to modify his whole lifestyle, say International Hair Studio. 'For some it can be the start of depression. Many men and women stop social activities, hide behind hats or avoid photos,' they say.

As a result they offer non-surgical 'Step by Step' grafting that can restore hair to its original density. The latest developments use lasers to treat hair loss such as alopecia caused by hormonal changes or stress.

'I have always loved going to clubs, but I began to feel insecure and stopped going out when my hair started to thin,' says MB, 32, from Stockholm. 'So I started having laser treatments over the course of a year. It's now grown back to the way it was seven or eight years ago, which feels great.'

To talk to International Hair Studio's London office call 020 7486 7077 or e-mail them at info@international-hairstudio.com.



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