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YES, YOU CAN PULL OFF THAT '70s! '80s! SEXY! LOOK!
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KATY PERRY
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SHRINK TO FIT

Slimming down simplified: Katherine Kluznik gets the skinny on six smart new ways to blast away fat, no lipo required

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LIPO-202

Another injectable is being tested in clinical trials specifically to tackle the stomach. Lipo-202's active ingredient, salmeterol xinafoate, found in common asthma medications, whittles fat cells by targeting and diminishing the triglycerides they store (the more triglycerides a cell contains, the bigger it is). "Lipo-202 shrinks the size of the fat cell—it's not destroying it, like with other modalities," says

dermatologist Marina Peredo, MD. As a result,

"There is no recovery. There is no downtime." Better yet: Many patients report dropping a dress size. "That, I think, was the biggest wow factor," Peredo says. A full course of treatment involves a five-minute session of 20 tiny shots dispersed evenly over the abdomen, performed once a week for eight weeks. And while current trials address only belly issues, Peredo says, "I could see this being used in other areas, like arms or the back," as well as under the chin. But could the inches come back if we give in to a few too many doughnut binges? "We don't have the answer yet," says Peredo, who adds that new studies will look at the long-term effectiveness of the treatment.

Just one 60-minute session with a high-intensity ultrasound machine can erase a handful of pounds. During the procedure, molecular vibrations heat underlying tissues, increasing skin's tautness as well as killing adipose cells—which are then naturally processed by the body over the next several months. And while the results are similar to those of CoolSculpting (according to Frank, "You can get rid of a centimeter to a centimeter and a half"), Liposonix has the advantage of speed. Freezing multiple areas such as the stomach and hips could translate to six hours in the doctor's office, compared with only one hour for Liposonix. Nevertheless, many patients still opt for the big chill, no matter how slow: Frank says, "Liposonix hurts a lot more."

bellies, arms, and thighs in Europe, pulsed ultrasonic UltraShape has now gotten the FDA go-ahead to treat abdominal fat stateside. Brandt, who is among the first MDs to work with the device in the U.S., says that unlike other ultrasound treatments, "it's not a painful process" because the energy is pulsed. UltraShape delivers ultrasound to tissues in a way that eradicates cells through mechanical manipulation rather than thermal heat. Three sessions over six weeks can yield a 30 percent decrease in troublesome patches—results comparable to the popular Liposonix and CoolSculpting. "There is no recovery time," Kauvar says, "and results become visible as early as two weeks after the first treatment." ●

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