



*A woman is as beautiful as she feels*

*You have the power to transform yourself*

'Because all you feel is a tiny pinprick, the procedure is relatively pain-free,' says aesthetic nurse specialist at Sydney's Silkwood Medical, Marilyn Cassetta.

She advises that if you have a genetic predisposition, a family history of vascular problems, a job that requires you to stand for long periods or fluctuating oestrogen levels, it's advisable to have a check-up sooner rather than later because it could save problems in the future. A good preventative tip, Marilyn says, is to wear stockings with Lycra content whenever possible.

'Superficial layers of fat can be shifted with exercise, but deep pockets of fat often won't shift,' says liposculpture expert Dr Ben Norris. 'Liposculpture is a way to get rid of abnormally distributed fat and improve the look of your legs.'

So, if you've struggled with fat deposits that just won't shift, book in for a consultation with an accredited doctor or cosmetic surgeon to find out what is possible. Go away and think about your options before you decide, and ask the practitioner for before and after shots of their recent similar work.