

A helping hand

Want a little help shifting those excess lockdown pounds?

Mattie Lacey-Davidson shares her top three weight-loss treatments



Many of us piled on the pounds during lockdown, myself included, and while I'm now trying to lose that weight through diet and exercise, I found myself looking for a little extra help. The following three treatments, all painless and non-invasive, helped me target different areas.

MICROWAVING STUBBORN SPOTS

Onda Coolwaves, at Tempus Belgravia, uses a frequency of microwave that's able to bypass the skin completely, allowing energy to directly reach the fat layer below. The energy waves break down the fat cells, which are then disposed of through the lymphatic system.

The treatment itself was quick — only about 10 minutes — because it works on small areas (roughly 15sq cm). I chose to target a little pocket of fat on my lower abdomen. And while it promised to be painless, it can get rather hot as energy waves heat the cells to destroy them. Many people find the heat too much to bear towards the end of

the treatment, so short breaks might be needed (I had to take a couple of breaks towards the end). Prior to my appointment, I took photos of the target area, and when I returned for a second round four weeks later, I could see the difference. tempusbelgravia.co.uk

DISSOLVING FAT

The process involved is entirely different to mesotherapy facials. Body Slimming Mesotherapy, commonly referred to as a 'fat dissolve' treatment, is needle-free. It uses air pressure to penetrate the skin and inject a blend of natural ingredients that destroy fat cells, such as enzymes, permanently removing them from the target area.

I tried it out at the Renée Lapino Clinic in Knightsbridge, London, and was amazed at how painless the process of penetrating the skin was — it felt simply like gentle flicks. Small areas such as the arms, which I had treated, only require a couple of sessions, while larger areas require three to four. When I returned for my second treatment, I could already see a difference from photos taken the week before — my arms looked a little slimmer, more toned. reneelapino.com

SLIMMING WITH SKIN ENHANCEMENT

Accent Prime uses a combination of ultrasound

and radiofrequency for skin tightening and contouring, and can cover larger areas than the two previously mentioned treatments.

It's a two-step treatment, starting with ultrasound, which uses cold and hot ultrasonic waves to destroy fat cells and improve cellulite, while leaving surrounding tissue unharmed. The second step, after reducing fat, is to tighten the skin. This is where radiofrequency comes in, which is commonly used in facials to lift the face. In this instance, it was delivered directly to the tissue, causing a rapid rotation of water molecules. This rotation generates friction, which produces heat, causing water retention to dissipate while stimulating the formation of new collagen to tighten and firm the skin on the area being treated.

I had it across my entire stomach, hips and lower back at the EF Medispa clinic in London's Chelsea. For the most part, the treatment was relaxing and when having the heat of the radiofrequency waves applied to my back, I found myself drifting off. My stomach, on the other hand, was much more sensitive to the heat, which built up quickly. Due to having a larger area treated, I didn't need to stop, as the technician could focus more on another section while that area was left to cool. efmedispa.com

BackBaller — an Irish invention used by global sports stars

A small Irish company from Shannon, County Clare is offering relief to those unable to access their physiotherapist with a range of ingenious self-massage devices



It all started five years ago when Irish former international runner Noel Marshall was told he'd require back surgery to deal with a rupture between his L5 and S1 vertebrae.

At the time, Noel noticed modern-day athletes were very engaged with the process of foam-rolling. Noel bought one and started a programme from Gerard Hartmann with the aim of releasing the tight muscles causing lower back pain.

"We're exporting worldwide," says Noel. "We'll continue to grow as people are realising the importance of good health and looking after themselves."

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Since its launch in September 2016, BackBaller has become the go-to foam roller for many of the world's leading sports stars and teams, including Manchester City. Based in Shannon, Muscle Ballers is continuing to develop other self-myofascial release products as its sales rise. Last year's sales topped €1m (£870,000) and the company is on course to double that in 2020.

So, he made a prototype and began using it. Just four weeks later, he was pain-free and began to regain his full range of motion.

"I was able to run again," Noel says. "This thing changed my life and I knew it was a product that people would want."

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Full Body Self-Myofascial Release

16 Step
Baller Program

