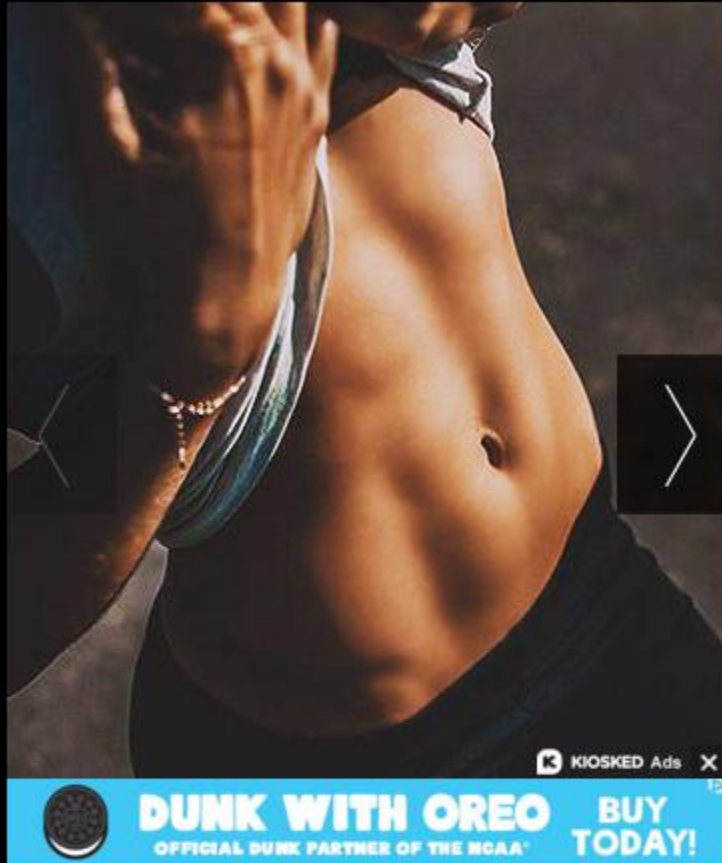


## 7 Best Body Sculpting Treatments to Get Rid of Fat

*Is body contouring the new liposuction? We got the facts on how to lose stubborn fat without going under the knife*

You've tried everything to lose your love handles and cellulite: eating right, spending countless hours in the gym, maybe even hypnosis (no judgments) -- with zero luck. To be frank, sometimes getting rid of fat is just effing hard. No matter how hard we try to lose fat in problem areas like the thighs, stomach and butt, sometimes it feels like our body just keeps giving us more to "love." While liposuction is always an option, the idea of going under the knife to lose our love handles can feel a bit extreme. That's where a new line of treatments called body contouring comes in.

This new, non-invasive fat loss method, which includes fat-freezing procedures like CoolSculpting, involves zero surgery, minimal pain and very little recovery time (if at all). For those reasons, New York-based plastic surgeon Lawrence Bass, MD, says there's been a 43 percent increase in the number of body sculpting treatments within the last year alone. "Everyone is in a rush to lose weight, and they're looking for ways to do it without surgery," he explains. "Body contouring isn't a weight-loss method, but it does allow you to manipulate the problem areas by killing fat cells." It's a procedure, he says, that can take off two to five inches from problem areas.



But there is a catch. If you're an instant gratification kind of person like me, the procedure might test your patience: All body-contouring procedures take at least six weeks to show changes, and full results come at two to three months. So don't save this procedure for the week before a big event. Also, you'll achieve the best results if you adhere to a healthy lifestyle. While body sculpting treatments can reduce the appearance of existing fat, they can't prevent new fat from forming -- that part is up to you.

We spoke with three body contouring experts to get the inside scoop on the best procedures out there so you can finally get rid of those love handles -- without going under the knife.

\*According to stats on realself.com

## UltraShape

User rating: 91% said "worth it"

Average price: \$2,475\*

**How it works:** UltraShape is another body contouring method that uses HIFU to get rid of stubborn fat. Essentially, ultrasound energy sends shockwaves that tear apart the fat cell walls, releasing the fat in the form of triglycerides, says New York-based cosmetic dermatologist [Paul Jarrod Frank, M.D.](#) The liver then processes those triglycerides, which are then eliminated from the body naturally. Doctors recommend patients have three treatments over the course of two weeks.

**Who should try it:** Post-partum moms and those looking to reduce a small pooch or other areas of fat, like love handles, arm fat or knee fat. Doctors report patients losing up to four and a half inches of fat.\*

**Pros:** The procedure only takes an hour and is completely painless. Patients also report seeing results sooner than the typical six-week mark. One user even claims she noticed changes just 18 days after her procedure.

**Cons:** Some patients reported the heat made them "uncomfortable," but nothing unbearable. It's not a one-and-done treatment -- you'll need three treatments over two weeks.



The advertisement graphic features a pink background with a white lightning bolt icon at the top. The word "ULTRASHAPE" is prominently displayed in a white box. Below it, a person icon is followed by "AVG. RATING: 91%". A price tag icon is followed by "AVG. PRICE: \$2475". A thumbs-up icon is followed by "SEE SOONER RESULTS". A speech bubble icon is followed by "HEAT MIGHT BE UNCOMFORTABLE". At the bottom, there is a "KIOSKED Ads" logo and a banner for "STOCK UP ON Triscuit TODAY".

# Vanquish

**User rating:** 71% said "worth it"

**Average price:** \$2,325\*

**How it works:** Like most other body sculpting procedures, Vanquish uses a radio frequency to shock fat cells by use of heat. "It's almost like sitting in front of a radiator for an hour," says Frank. "It uses those radio frequencies to heat up and melt the fat. There's [credible] science behind it, but it's not as widely used as others -- though many patients have seen results."

**Who should try it:** Someone who's had liposuction in the past or has recently lost weight. This procedure is also primarily used to treat the abdomen.

**Pros:** Vanquish takes only 45 minutes. It's painless and requires zero downtime.

**Cons:** This requires multiple treatments (four to six sessions) as it cannot treat all problem areas at once. Also, compared to other treatments, Vanquish's results are "subtle," says Frank.

**VANQUISH**

— —  
AVG. RATING: 71%

— —  
AVG. PRICE: \$2325

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