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A hand-held device emits an ultrasound beam to dissolve fatty tissues. After the fat cells are broken down in the body, they are burnt as fuel. There is no down time, but at least five sessions are needed for results to show. Each session starts from \$2,500.

### BACK FAT

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**TRY!** Crunch exercises to tone your back. The most effective way to reduce body fat in these stubborn areas is to lift weights, says Ms Rebecca Scottmartin, a personal trainer at Pure Fitness.

"Most women are afraid of lifting weights because they think they will get big muscles," she says. "But our muscles actually become much more efficient at burning fat in these stubborn areas when we build our strength and muscle density."

She suggests the one-arm dumb-bell row to tone the middle back and shoulders:

- 1 Stand next to the wall with your legs shoulder-width apart, with knees slightly bent.
- 2 Bend forward from the waist until your upper body is parallel to the ground.
- 3 Prop your right forearm against the wall for support and pick the dumb-bell up with your left hand.
- 4 Pull the dumb-bells up to the side of your chest, keeping the upper arm close to your side. Keep your lower back straight and your torso still. Concentrate on squeezing back muscles.
- 5 Lower the weight back to starting position.

Complete three sets of 12 to 15 repetitions on each arm, with 30 to 60 seconds rest in between.

You should also reduce your body fat by eating less and increasing cardio, such as walking, says Ms Scottmartin.

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**KNINKLES**

Knee wrinkles - dubbed "kninkles" - usually afflict thin and older women whose skin is losing elasticity.

"This problem is most noticeable on exercise fanatics who are slim and youthful-looking everywhere else," says Dr Calvin Chan, medical director of Calvin Chan Aesthetic & Laser Clinic.

Stars who have kninkles but otherwise enviable bodies include fitness addicts Gwyneth Paltrow (left) and Madonna.

**TRY!** The procedure Thermage uses radiofrequency waves to regenerate collagen and tighten the skin's structure. It is performed by doctors.

Over time, the skin will be tightened and lifted, as well as plumped up eventually, says Dr Chan.

This is a one-off procedure which takes about 45 to 60 minutes and there is no downtime. It is usually done once every two to three years.

Prices range between \$3,000 and \$6,000 per session.

**REMEMBER THAT LIFE'S JOURNEY IS MORE THAN YOUR DRESS SIZE OR LOOKS. IN THE END, WHAT MATTERS ARE YOUR FAMILY, FRIENDS AND SPIRITUALITY - ALL OF WHICH HAVE NOTHING TO DO WITH TRANSIENT BEAUTY.**

Consultation provided by Dr Tan Ying Chien, Medical Director.

Skin on the neck and chest is much thinner than on the face, thus making it more susceptible to sun and environmental damage, says Dr Low Chai Ling, medical director of The Sloane Clinic.

As one ages, the skin becomes even thinner due to decreased levels of collagen production in the body.

All this leads to the appearance of sagging bands of skin around the neck and throat, as well as wrinkles on the chest area.

Furthermore, many tend to neglect their neck and chest area during their skincare regimen, which focuses on the face.

"Women have come to realise that skin around the face can show tell-tale signs of age, hence the neck has become a new focus for modern women," says Dr Low.

Botox can also help to paralyse the outermost layer of the platysma muscle that is responsible for wrinkles in the neck, says Dr Tan Ying Chien, consultant plastic surgeon at The Sloane Clinic Plastic Surgery Centre.

Botox treatments start from \$500 per session.

### CLEAVAGE WRINKLES & NECK RINGS

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Dr Calvin Chan, medical director of Calvin Chan Aesthetic & Laser Clinic, says neck and shoulder rings are genetic issues that can worsen with age or weight loss and when skin in the area loosens.

**TRY!** Use Elizabeth Arden's Ceramide Plump Perfect Ultra All Night Repair And Moisture Cream For Face And Throat (\$143), which is said to moisturise, smoothen lines and firm up delicate skin.

If you want more pronounced effects, you can try a Thermage procedure.

As with saggy knees, the radiofrequency waves of a Thermage treatment can be used to rejuvenate skin on the neck, shoulders and chest see "kninkles" on previous page for details.

For cleavage wrinkles, Dr Chan usually supplements a Thermage session with a dermal filler, such as hyaluronic acid, which replaces cellular water loss that occurs with age and skin damage, thus plumping up the lines.

A booting treatment for the filler might be needed after three to six months.

Yearly maintenance treatments are required after that. The filler and each booting is priced from \$1,500.

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