

# Prevention

AUSTRALIA

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# Hello summer

## 4 treatments you need now

The *Prevention* team put their bodies on the line to road-test the latest cutting-edge services. So do they work? Our verdict below

BY MELINDA AYRE

### YOU WANT: A FLATTER TUMMY

#### *SculpSure Hyperthermic Laser*

**What is it?** Like liposuction without surgery. This new laser technology targets stubborn fat (think love handles) by warming to a toasty 47 degrees. "The sculpSure wavelength penetrates deeply into the fat layer," says registered nurse Sandra Sostres. "The fat cells get eliminated through the body's metabolic pathway."

**What happens?** A frame is fitted across my lower abs then four big laser heads are slotted in. For two minutes they feel ice cold then deeply warm. For 25 minutes you'll alternate between heat (for 5 seconds) then cold.

**Does it hurt?** The heat is bearable. Think PMT cramps or a post-gym ab session.

**Does it work?** Straight after my tummy feels tender and swollen. But after six weeks I've dropped from wearing size 10 pants to a size 8.

**Best for?** Those who are already fairly fit but still frustrated by stubborn pockets of fat.

**How much?** One area costs from \$500–\$1000

**Try it:** Check out [www.cynosureaustralia.com](http://www.cynosureaustralia.com)

### YOU WANT: CLEARER SKIN

#### *Aveda Tulasara Dual Exfoliation Facial*

**What is it?** A plant-powered treatment that's designed to deliver improvements in skin texture and radiance. Ideal for sensitive skin, it's a kinder, gentler alternative to traditional glycolic chemical peels and microdermabrasion.

**What happens?** After slipping into a robe, the treatment began with a foot bath and herbal tea. Next, my therapist guided me through a

sensory ritual to help me select the ideal essential oil blend for my skin, based on the three Ayurvedic doshas. Over 60 minutes, the treatment combined gentle dry-brushing (to promote circulation and eliminate toxins), mechanical and biomechanical exfoliation plus massage to restore balance and harmony.

**Does it hurt?** Absolutely not. The entire treatment, including the peel itself, was 100% pain-free and thoroughly relaxing.

**Does it work?** Yes! I left the salon wearing zero make-up and couldn't believe how clear and healthy my skin looked. My skin looked even better a week later: smoother, plumper and with much less flakiness and dryness.

**Best for?** Women whose skin can't tolerate traditional peels. Think visible radiance results, but with absolutely no down time.

**How much?** \$155 for the 60-minute facial or \$200 for the longer, 90-minute treatment.

**Try it:** Find a salon: [www.aveda.com.au/locator](http://www.aveda.com.au/locator)

### YOU WANT: FIRMER THIGHS

#### *Body Catalyst Treatment*

**What is it?** A cellulite treatment combining three technologies. "Cellulite is essentially fat that has permeated through weak skin tissue," explains Samantha Barakat Light, founder of Body Catalyst. "We use a combination of three treatments to break down and eliminate fat, and stop the re-permeation of fat cells." By sending ultrasound to the fat cells, 3D Cavitation claims to disintegrate them into liquid fatty acids that are excreted by the body. Radio Frequency is a heating technology, designed to boost your collagen and elastin, while Dermology utilises a suction device to boost lymphatic drainage.

Best  
summer  
skin

Stay sun-safe  
and top off your  
treatment with  
a spray tan. Our  
top pick? Beach  
St tanning salon  
in Sydney