

A BRAND NEW ATTITUDE  
**woman&home**  
**Smooth and firm up your bottom**

Reduce bottom wrinkles and orange peel look with Mesotherapy

If a perky bottom has collapsed into wrinkles, copy the French and go for Mesotherapy.

Tell me more: French women shun the gym, but still manage to keep dimple free with Mesotherapy, a cocktail of vitamins, amino acids and homeopathic medication micro-injected just under the skin.

Does it work? Practitioner Frances Furlong says a big yes! "It's good for cellulite, skin tightening and nourishing, and when injected deeper, reduces inches, saddlebags and love handles. But it's not a one-size-fits-all treatment," says Frances. "A blood test reveals any thyroid or hormonal problems, then a bespoke mix is created just for you." Reader Gail Irvine loved her treatment. "Even though I regularly went to a gym and ate healthily I still had stubborn cellulite. After nine mesotherapy treatments I couldn't believe the difference. My old lady wrinkled and orange peel effect bottom has smoothed out and firmed up. I know I'll never have a rear as gorgeous as Kate Moss, but I'm not anxious about wearing a bikini now and don't need to rush to find a cover up at the pool."

Does it hurt? Local anaesthetic sorts that (although discomfort is minimal anyway) and you're fairly good to go after treatment.

The cost? It's not cheap. £180 per treatment and you may need a course of six to ten, with occasional top ups. But as Frances says, "When you make an investment like this it encourages you to kick-start a healthier lifestyle. Like a lot of therapists, I use the time during treatments productively. We discuss diet, exercise and lifestyle changes that will help the therapy along."

Frances Furlong is at Skin Health Spa, (020) 7655 6920. Call 0800 0371090 for salons.

**Web link:** <http://www.womanandhome.com/articles/hairandbeauty/spaandtreatments/290861/smooth-and-firm-up-your-bottom.html>

