



Introduction to Mesotherapy for Targeted Fat Reduction

Want to drop 2 dress sizes in 7 weeks? Or lose those unsightly bingo wings? Mesotherapy could be for you.

What is Mesotherapy?

Mesotherapy is a non-surgical alternative to liposuction. Originally a medical technique devised in 1952 by Frenchman Dr Michel Pistor to treat a number of conditions, Mesotherapy has subsequently proved extremely successful in the treatment of cellulite and fat reduction. Patients can lose literally inches with one treatment a week for seven weeks.

The treatment stimulates the mesoderm, which is the layer of fat under the skin, which in turn helps to disperse the fat. It is particularly effective on those stubborn areas of stored fat which seem almost impossible to shift through diet and exercise. Popular target areas for Mesotherapy treatments are the stomach, buttocks and thighs, and of course the dreaded 'bingo wings' on women. It can also be used with great results on other areas such as flabby chins.

How does it work?

In traditional Mesotherapy a homeopathic blend of vitamins, minerals and amino acids is injected into the target area to rev the metabolism, disperse fat cells and tone the skin. The most recent development in Mesotherapy is the Eporex system from Italy. The Eporex system is a highly sophisticated and effective process which cuts out the need for needles. The homeopathic mixture is delivered through process called 'iontophoresis', an electrical current which forces the nutrients into the mesoderm. Eporex has already received great reviews from Richard and Judy, as well as Elle and many other celebrity magazines.

Sounds great. Where can I get it?

Zen Lifestyle, Edinburgh's multi award winning health and beauty clinic, is the first beauty salon in Scotland to offer Eporex Mesotherapy. The initial consultation is free and our friendly and professional therapists are fully certified to perform the treatment. Mesotherapy is offered at the Teviot Place salon, 2-3 Teviot Place, Edinburgh, EH11 1EG.

What commitment is required from the client?

For best results clients taking a course of Mesotherapy should reduce fat in their diet as much as possible, especially during the first four weeks. Reducing the carbohydrate balance in food intake

will also help to ensure that the excess fat cells being released back into the bloodstream are being burnt off as energy, so that they do not accumulate again as stored fat. Zen Lifestyle provides detailed guidance on how to eat to optimise the results of your programme. We can also provide a detailed meal plan and recipe schedule to make sure you receive a healthy, balanced and hearty diet through the period of your treatment programme. It is necessary to reduce your food intake to get the right results, but to make sure you are eating the right things.

How much does it cost?

A course of seven treatments costs £540. These should be taken once a week for seven weeks for optimum results. Call 0131 226 6777 for more information or visit the website www.zen-lifestyle.com.

Did you know?

Mesotherapy also works brilliantly well on cellulite. This is a separate procedure so please ask one of our receptionists or therapists for more information. Zen Lifestyle also offers an amazing anti-ageing facial using Mesotherapy. This is a highly effective way of introducing high concentrations of Vitamin C into the skin where it can be utilised by cells developing beneath. Vitamin C acts against cellular damage, inhibiting free radicals which damage the cells' DNA and also encourages the skin's production of collagen and elastin.