



#NOWTRENDING

EMSCULPT

Inside the hot new body contouring treatment Drew Barrymore swears by

While there are a number of non-invasive body-shaping treatments on the market that address fat and skin, there hasn't been anything that also builds muscle – cue Emsculpt! The sales director for BTL Aesthetics Australia (the creators of Emsculpt), Gareth Pepper, reveals just how this innovative new therapy works...

PLEASE EXPLAIN!

Paddle-type applicators are positioned on the area of treatment and secured by straps, which then emit high-intensity electromagnetic pulses that induce 20,000 muscle contractions during a 30-minute treatment. It shouldn't be painful but it will

definitely feel like an intense workout and doesn't require any downtime. Afterwards you might feel sore, but it's the kind of good sore you feel after a solid exercise session.

WHAT ARE THE RESULTS LIKE?

"Patients can expect, on average, a 19 per cent reduction in abdominal fat, a 16 per cent increase in muscle mass and an 11 per cent improvement in diastasis [abdominal separation]," says Gareth. This is based off clinical databases on a series of four treatments, two a week over the course of two weeks. It's important to remember

Emsculpt does not replace exercise and you should still practise a healthy lifestyle.

HOW MUCH DOES IT COST?

The recommended retail price for each treatment is \$1000. Visit btlaesthetics.com/en for more info.

DREW'S GO-TO


Having struggled with her weight for years, Drew Barrymore finally found her holy grail in Emsculpt.

"My problem was that no matter how hard I dieted or exercised, after having two kids – and my genetic predisposition – I was never losing weight," she says.

"[Emsculpt] was a game-changer. I've been able to build my core and it's completely changing my life."

Drew knows it isn't a substitute for a healthy lifestyle though.

"You do have to maintain a workout routine, it's not a magic wand," she adds.



Drew says Emsculpt helped her lose 11kg.



DIARY DATE

YOU by Mel Watts,
July 20, Melbourne

Blogger Mel Watts has created an intimate event series to empower women in parenting, relationships, mental and physical health and business. Dates for Brisbane and Perth are coming soon! Tickets cost \$135. Visit youbymelwatts.com.au



JULY
20

SPA TREAT YOUR TEETH

A traditional clean and scrape can be invasive, but EMS Dental has created a spa treatment for teeth called AIRFLOW, which doesn't require metal tools. "It projects a controlled stream of air, warm water and powder to dislodge and remove food, bacteria and stains," says dental hygienist Tabitha Acret. Visit airflowdentalspa.com.au to find a dental practice.

