

Create the Perfect you

HERE'S one woman who is in the business of making you look good. Dr Kshitija Rao is an obesity consultant and cosmetic physician with more than two decades of experience in clinical practice. She and Dr Sadhana Deshmukh are the founders of Perfect Image, a Cosmetology and Body Sculpting Clinic in Mumbai. The clinic has the latest techniques and technologies and offers a highly personalised and medically sound experience to clients. They render treatments across several verticals such as body contouring, weight loss, skin care, skin rejuvenation, skin anti-ageing and hair care solutions. **CS** speaks to her on the latest developments in weight loss treatments:

Ultrasound lipolysis

Millions of women suffer from stubborn fat which is not easy to get rid of. I have good news, a new technology called High Intensity Focused Ultrasound (HIFU) has been launched recently that literally explodes the fat cells in the body permanently. Each treatment session lasts for one hour and at the end of a session there is a guaranteed inch loss of 3-5 inches.

Apart from losing a significant amount of fat, the body also gets a firm, toned look because of the deep muscle toning, which is part of the procedure. There are no side-effects, no anesthesia and no hospitalisation. One can resume all activities immediately after the session. This Ultrasound Lipolysis technology has been devised, perfected and patented in Europe and USA and has benefited thousands of people. The technology is offered by very select clinics and Perfect Image has state-of-the-art Italian equip-



Dr Kshitija Rao on the latest developments in weight loss and body contouring treatments

ment to carry out the procedure.

Body contouring

People of all ages today are getting more conscious about their weight and appearance. Serving them without harming them and their body in any way is of utmost concern for us. Perfect Image offers treatments which involve the use of Prowave Ice, which is a revolutionary technology to shape and contour the body, abdomen, thighs, arms and the chin. The treatment is non-invasive, simple and shows immediate results that are free from any side effects. One can undergo this along with Ultrasonic Lipolysis or independently where only toning is needed.

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