

attitude

ACTIVE

REVIEW

LPG ENDERMOLOGIE

It's no secret that we all enjoy a good massage, to soothe away those aches and pains from exercise or bad posture, or just as a bit of treat-yo-self self-care. But finding a reliable massage therapist, who knows what they're doing and can apply the perfect amount of pressure, can be more than a little tricky.

Mechanical massage, while sounding more like a form of torture than pleasure, offers a solution, allowing consistent treatment regardless of the therapist. French brand LPG endermologie is one such technology, with fans apparently including Cristiano Ronaldo for post-training recovery. It's also touted as a cellulite-buster, although I can't attest to that, and for use in reducing the appearance of scars.

Ahead of my trial session at Dermaesthetics Clinic near London Bridge (LPG is available worldwide), I tried to give my muscles a bit of a workout with sessions of squash and tennis the day before. My therapist, Alex, explained

how the slightly intimidating-looking machine worked – essentially a small hand-held vacuum that's moved across the target area, sucking skin and muscle between rollers that pinch it. Smaller attachments are used for treatments on arms, legs and the face.

Then, I slipped (read: struggled) into a fetching skin-tight body suit and lay on the massage table. The 45-minute session was to focus primarily on my back, with the last 15 minutes on my stomach (for aesthetic purposes). It was a slightly uncomfortable experience to begin with, but the level of intensity can be adjusted to each person's pain threshold, and after the first few minutes I started to relax and almost fell asleep, despite the machine's fairly noisy whirring. Although my muscles felt soothed immediately afterwards, Alex advised me that it usually



takes three sessions (all within the same week or so) to see a difference aesthetically, with 12 sessions typically smoothing the appearance of skin and reducing stubborn fat and cellulite by stimulating blood and lymphatic circulation.

While not offering the versatility of massage technique that a pair of good, strong hands can afford, LPG works muscles in a different and consistent way with added fat-fighting benefits. Perhaps that explains Cristiano's rippling abs. *Review by Tim Heap*

From £2/minute, endermologie.com

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Words **Tim Heap**

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