

Body Sculpting in the city

Do you get fat easily? Why are you not in a shape? And In the city now there is a way for reducing those fats that accumulate in your body. There are many interesting techniques that contour the physique of individuals especially women. As the growth in intake of junk foods and abundant lifestyle move people to unhealthy body even. Meanwhile it is common that everyone needs a 'perfect shape' of thin hourglass figure. By the time the ideal body is slimmed down to a flattened figure everywhere. So this notion brings inferiority complex in women when compared to 'perfect models' in the media. So experts started experiment to find a solution, eventually found technological innovations to reshape the body.

Surgeries

Liposuction is a kind that permanently removes the fat deposits but through keyhole surgery. It is one of the most common cosmetic surgery performed in Kerala, because everyone need a flat stomach so they are ready to spent thousands for the purpose. It costs around 75,000 to 250,000 depending on the volume of fat and part of the surgery. There are hospitals that provide such surgeries in Kerala that becomes a hub of even normal people.

Over weight is an issue both as in health as well as in beauty, so that this concept provokes people to move to such clinics to get it treated. There is many such sort of surgery that is available at our fingertips that includes face lift, eyelid cosmetic surgery, double chin correction, neck lift, brow lift, dimple creation and so on. The expenditure for such methods is more than 50,000 which extends to lakhs.

Dr. Hari Menon, a consultant cosmetic surgeon says that "The clients include both men and women mostly between 20 and 40 years of age. The fat that is irreducible due to many reasons in different body parts are removed with these methods" He also shares that "this increases the confidence and self-esteem of every client who comes to me."

One of the patients says that "I was misfit to many clothes I wear but this deduced those fats which helped me to get a better body shape that increased the self-confidence in my relationship, profession and social life."

And cool sculpting is another proven contouring solution for the fluffy persons through less after effects. Actually it's a non-invasive fat reduction treatment developed by Harvard scientists so as to make your body 'in shape'. But it is not a treatment for obesity and fat management in the body. It is initiated to help people to alter their shapes in the body parts where they can have it in the right circumstances and physique.

Maria, a sculpting expert in the city shares that, "there are two types of fat in our body, visceral fat and subcutaneous fat in which former is underneath the muscle which is stiff that cannot be pinched in the process and latter is the fat that is soft and pinch-able which can be reduced through surgery like liposuction, and sculpting is a non-surgical method". This method can help to remove fats from parts like waist, abdomen, thighs, arms, love handles, upper back, and so on.

She also says that "there are many who comes up to this fat reduction method because of its fewer aftereffects in the body. It freezes the fat and takes 60 days for its absolute results. Sometimes the person would feel numbness in the parts after the treatment. But it decreases in the time." These techniques will create an individual treatment plans for every person with several sitting depending upon the person. Body contouring patients range from 18 years to 80 years of both genders.

And a Kochi native Sridevi M says that, "she has her friends who have spent lakhs on body treatments. People fully agree to deal with such risks to get a shape of body that they yearn for even without even knowing the side effects."

Reconstructive surgeries are not only meant for film actresses and fashion models but it's even available for conventional women of our society. There are enough services provided as category like cosmetic surgeries, deformity corrections and non-surgical reshaping. And there are latest technologies to reduce the pain and pressure of such methods, the advertisement even promises people 'with less invasive way to remove fat through treatments'.

Cosmetic surgeries are another field that enhances day by day which enhances the appearances of a person's face or body. These surgeries make the outer body beautiful and attractive for a client according to their needs. Facial rejuvenation removes face wrinkles and marks of irregular pigmentation through various methods. It costs about lakhs but you take back a beautiful body part as your

requirement. There are also minor treatments that are common which are done within less time, this include filler injection, chemical peeling, Botox applications and so on. One of the experts also says that “there is a general concept that these body sculpting is meant for celebrities and stardoms but it’s not true, these are accessible for ordinary men and women in those specialized clinics.”

These make women happier and optimistic, though it requires more cost on such techniques. Though people are far from rich yet they are ready to spent thousands to get a perfect body shape. They even believed that it changed their lives with positivity and swear it developed self-esteem in them.