

Time Out

An intelligent guide to life

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Satwaa

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BODY & MIND

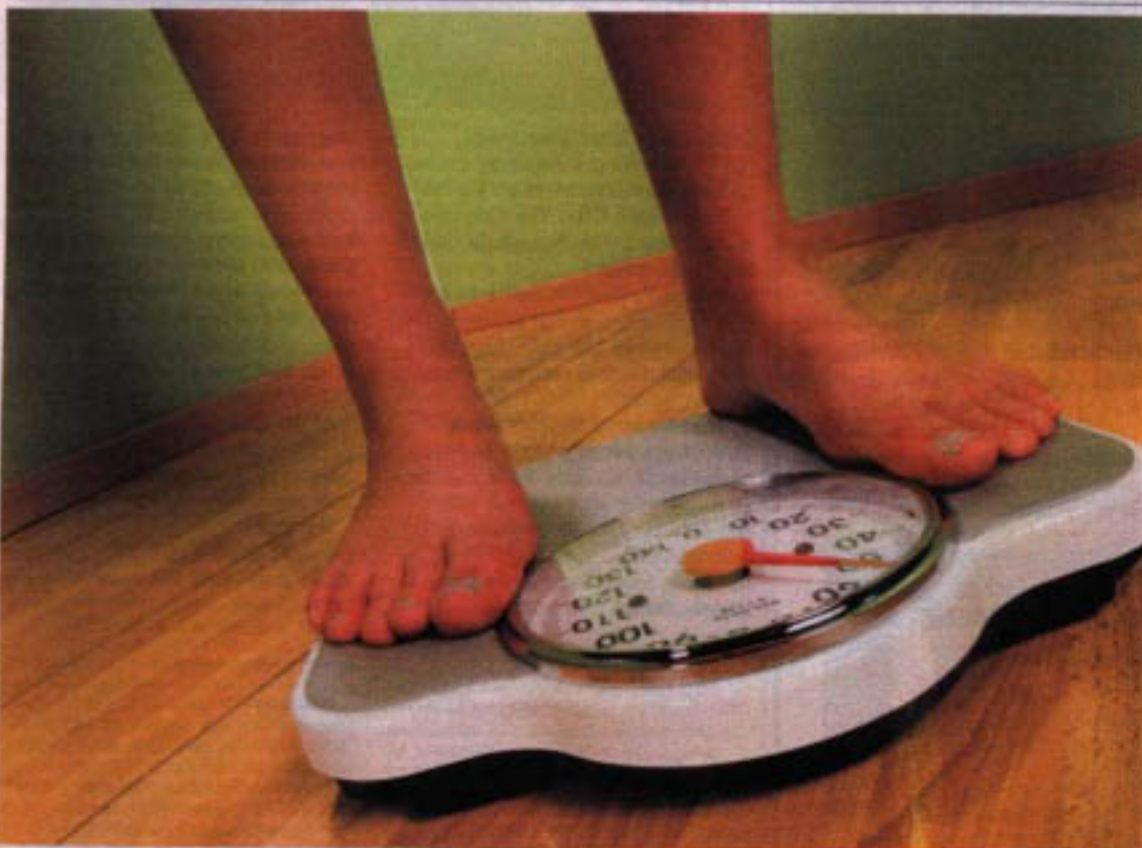
The skinny on fat-melting

Indiana Jones

Exclusive interview with Harrison Ford

Melt down

Can't stand the gym? Have a spare tyre? Have wrinkles that could trump Gordon Ramsay's? Then *Anna Whitehouse* and *Jeremy Lawrence* reckon Biolite's wrinkle busting, fat melting machines are the way to go



Anna Whitehouse, 27

I have a gym where I live. It has running machines, weights, fitness bikes and even a rowing machine. But I only know that because of a brochure that lured me into living there. I haven't designed to sashay down there yet – it's only been 18 months, give me a break. So anything that can fast track me to svelte Kate Moss status already has my vote. And that's what Biolite claims – minus the Kate Moss part, of course.

The centre, which has a sibling in London, has two machines: There's the Radio Frequency for wrinkles and fat melting and the VIP Transion, which works on toning the body. While my face still remains positively peachy – sans the odd UAE-related freckle and furrowed brow – I have an ample derriere, so I opted for a session on the VIP Transion. I slipped into a Velcro coset and was wired (yes, really) to a hulking great machine. It's fair to say that I didn't feel particularly VIP.

The machine is turned on and it's like being strapped to a million dwarf hands whose mission is to raise an ear shattering cackle from you. I laughed

until a bit of ginger tea (lovingly provided prior to the treatment) shot through my nose. It wasn't pleasant. I'm reassured the current, which is pumped through the Velcro

Like Black Beauty sniffing a nosebag, I did a swift U-turn to find out that I'd lost a whopping inch and a half from my paunch

suit, making your stomach muscles contract feels different for each person. ('Great, I'm sure Madonna would be just swell right now,' I mumbled, awaiting the next zapping.) It came, I laughed, tea was snorted and it conquered. The second zap isn't half as bad as the first, though. It's like anything: preparation wins the battle.

By the tenth zap I was over it,

I couldn't continue. I was pretty much clawing at the Velcro amid cries of, 'Get it off, get it off.' I managed a meagre 15 minutes (it should last 30 minutes) of the session and after thundering off into the distance, I was only lured back amid cries of, 'Mam, do you not want to see how much you've lost?' Like Black Beauty sniffing a nosebag, I did a swift U-turn to find out that I'd lost a whopping inch and a half from my paunch. In 15 minutes!

It's the old adage, 'No pain no gain,' but we'd argue that a session on the VIP Transion would tweak it to: 'No ear shattering cackle, no gain'. Either way, it beats sweating it out on the running machine. *Biolite (04 375 2122), Healthcare City. VIP Transion Dhs3,500 for 10 sessions. An additional two sessions are given free.*

Jeremy Lawrence, 33

The dreaded Dubai stone is for many people an occupational hazard of living here. For this writer it is has always been a cataclysmic disaster to be warded off by all means necessary. Fortunately, a speedy metabolism and a high tolerance to dull but healthy

food means this has been a largely successful battle.

But Father Time has other, more insidious ways of finding you out. And in my case that means wrinkles. Late nights, too little sleep – you can fight the Dubai stone, but escaping the work-hard-play-hard culture is nigh on impossible. And there's no running away from the havoc it wreaks on your skin. So when I heard talk bandied about in the office of a treatment that smoothes skin, reduces puffy eyes and sagging skin, I practically climbed over the tables to grab the brochure.

24-hours later I was in a Healthcare City waiting room having a close-up photo taken for the before and after shots. Then I was whisked into a room, laid out on a table next to a big scary machine, while cream was liberally doused on my face. It was all very relaxing but the treatment sounded mildly concerning. 'You'll hold a metal rod in your hand, which we will pass an electrical current through,' I am advised. 'Then we will massage your wrinkles with a flat metal tool, which will direct the current to those areas in need of attention as it heats up.' She explained the technicalities patiently; the gist seemed to be that this electric current would stimulate collagen in my deep tissue, which would smooth out my skin. Now I understood why they asked if I had any piercings and could I please remove my watch and belt.

Apparently forms of this treatment have existed for a while, but they've now arrived at a solution that works but doesn't hurt. And it's true that apart from a dull throb from holding the metal rod, it was pain free – in fact it was quite relaxing. Could it be enough to work wonders on my 30-something skin? Amazingly when the treatment finished and they showed me the new photos, yes it really had done. You could visibly see fewer wrinkles round my eyes and across my forehead. I was impressed, and would have gone back for more treatment – they recommended another two sessions – but of course, I was too busy collecting more wrinkles to pay a repeat visit. So the moral of the tale is quite clear. Work less, sleep more and age slower. Or find 30 minutes in your diary to nip for a quick fix solution. I'll see you there... ● *Biolite (04 375 2122), Healthcare City. VIP Transion Dhs3,500 for 10 sessions. An additional two sessions are given free.*