

■ Gentle heat – therapist Sian Loyd applies the Titan tool to tighten up the skin on a patient's arm



Tightening up without pain

THE thought of someone coming at me with anything infra red conjures up images of James Bond, torture chambers and pain.

However, no enemy of Mr Bond's would try using the new Titan system on him.

As an instrument of torture it's useless but as a non-surgical, skin-tightening tool it does just the job – and is practically painless to boot.

This state-of-the-art system has been flown in from America where already it has a following and is now available at the Laser Clinic in Westcliff – which claims to be the only place in the UK where men and women can have this non-invasive treatment.

The system claims to use an infra red light source to safely heat the water located just beneath the surface of the skin.

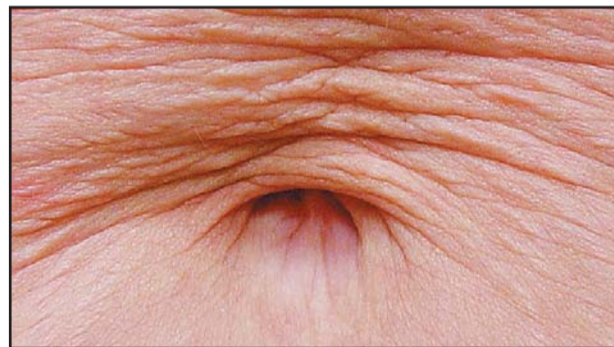
While the skin's surface is protected from damage by a constant cooling system, built into the instrument, the heat causes the collagen in the skin to contract.

This in turn tightens the skin with effects that can often be seen immediately and last for up to three months as new collagen is produced.

After two treatments the effects can last between two and three years.

Paul Rose, the clinic's owner, says: "The changes are subtle, you still look like

CHARLOTTE POTTER tries out a new non-surgical technique for ironing out those wrinkles and reigning in some of that loose skin



■ Here's one we did earlier – pictures from the Laser Clinic show a stomach before (above) and after the skin tightening treatment



and acts as extra protection against any damage which could occur to the top layer of skin. Then the treatment begins.

The unit which houses the infra red is gently pushed against the skin and held there for a few seconds before being moved along in small steps to ensure all the arm is treated.

The great thing is that the nurse doing the procedure can control how hot the infra red tool gets, so if it gets uncomfortable at any time, the temperature can be turned down.

For just two or three seconds it feels as if you are being pinched hard before the discomfort stops and the infra red cools down.

This treatment can take a couple of hours but you won't have to dash to the car and hide away for days as you would after having most plastic surgery.

There are no telltale signs, no bruises or scars, which give away the fact you have had a Titan treatment.

I even found the procedure relaxing as I just sat there and felt this gentle warmth working its magic.

Afterwards my arms did look and feel firmer and I came away smiling – a testament to the Titan system coming from someone who hates pain as much as I do.

● Prices for a procedure using Titan vary between £250 and £750, depending on the area being treated. For more information contact the Laser Clinic, London Road, Westcliff, on 01702 346828.

yourself afterwards but wobbly bits will go, flabby skin will tighten. It's brilliant for people who have had babies or people who have lost a lot of weight."

The Titan system is gentle enough for most areas of the body and, and the tool is

designed in such a way that it can be used on the face, upper arms, stomach, chest, thighs, knees and even hands.

I opted to see how the treatment would fare when used on my upper arms.

A cooling gel is slapped on

Mobile The Safe Way To Tan
Airbrush TANNING

Indian Head Massage & Waxing



Ladies 07773 899003
Gents 07812 203651 Office 01268 693365
www.mobileairbrushtanning.com

stop smoking
stop over-eating
stop stress

HYPNOTHERAPY CAN HELP!

> weight loss > phobias > bed wetting
> trauma > build confidence

Maxine Hopton BSc (Hons) PDCHyp
Tel: 01702 207105 / 07866 836154

IS YOUR BUSINESS COVERED BY THE RELEVANT FIRST AID COURSE?



First Aid Course Training Centre

Appointed Persons £45

First Aid at Work £145

First Aid at Work Refresher £80

Paediatric 12hr £70

Sports Medicine £80

Many more courses available. Call for Information Pack

Professional training in relaxed, refurbished surroundings

All courses include full tuition, text book, gift pack

lunch and refreshments

ACE TRAINING LTD

London Southend Airport

01702 543259

Email: sales@trainingltd.co.uk

SO-8000897[_v1].[*]

14 cm x 3

KIRBYS COACHES