



## Abs-solutely Amazing

**Aesthetic physical beauty is frequently thwarted by genetic predisposition to excess fat or fatty bulging in the wrong places. No amount of diet and exercise can overcome this predisposition. Dr Grant Hamlet of Cosmetic Medical Group explains that there is a solution**

High Definition LipoSculpture is a specific type of liposuction procedure that is used more to sculpt the body than to just remove unwanted fat. The procedure is suitable for generally healthy, fit men and women who desire a more sculpted, athletic appearance.

Dr Grant Hamlet of Cosmetic Medical Group is one of only two doctors in the UK who is trained in Hi-Def: "I wanted to be able to achieve the most advanced body sculpting possible; a doctor's tools are a combination of his knowledge and also his skill in seeing a body shape and



envisaging the potential.

"The procedure is an advanced technique of body contouring that involves the radical removal

of deep body fat, the selective removal of superficial fat near the surface of the skin, as well as transferring fat to create highly

defined male and female torsos that are characterized by a well-toned and athletic appearance."

While comparisons may initially be drawn between conventional liposuction and High Definition

a slimmer body shape; it is about creating the best possible body silhouette."

Women come in many shapes and sizes and Dr Hamlet believes, "In order to create a

the breasts.

Men undergoing High Definition Liposculpture are able to achieve physiques akin to Greek statues, "It allows for the creation of an abdominal six-pack, accentuation of the serratus anterior muscle – the boxers muscle – highlighting of the external oblique muscle; defining the pectoralis major muscle in the chest and the radical removal of excess fat in the love handle area to create a 'V' shaped physique with a six-pack and a broad, muscled chest," explains Dr Hamlet who has undergone this procedure himself.

High Definition Liposculpture is suitable for all body areas; cheeks, chin, arms, back – including buffalo hump – bra fat, breast reduction for men and women, love handles, buttock shaping, saddle bags,

Liposculpture, both follow very different philosophies. In conventional liposuction, the aim is to simply create a slimmer appearance by removing as much fat as possible, which is commonly known as 'debulking' or body shaping.

But Hi-Def is more about creating the illusion of an ideal shape and as Colombian plastic surgeon Dr Alfredo Hoyos, the creator of the High Definition Liposculpture technique, explains, "It is not about the amount of fat extracted, but what we leave behind. Often we leave behind more fat than traditional liposuction." It is a highly practitioner-dependent procedure in that the results depend entirely on the skill and the 'aesthetic eye' of the aesthetic specialist.

The process allows gentler, safer and more effective removal of fat, combined with a specific technique that enables aesthetic specialists to effectively create an athletic, sculpted look as if the patient has spent half their lives at the gym.

"It is probably the best way to achieve the six-pack or muscled look for men and the athletic, trim look in women," says Dr Hamlet. "It is not about creating

better body image you work with a region rather than an area, for example this could be a woman who has no waist or a waist that needs more definition, this would require work to the mid-region by shaping and sculpting the abdominals, the flanks (love

handles) and a lot of work on the waist area in order to create the right body symmetry, creating a flatter well-shaped stomach, a slimmer waist, accentuating the curve of the lower back, creating the two tail bone dimples and making the upper buttocks look fuller and rounder.

He also performs a 'Columbian Hi-Def Butt Lift' whereby fat is taken from another area and transferred into the buttocks and moulded and shaped to lift and give a full round definition. This procedure can also be applied to

knees, calves and ankles. What is most interesting is that it targets men and women who would otherwise never have considered themselves in need of liposuction.

**CS&AM**

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