

AMICA

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A decade of glorious highs,
record lows and juicy scandals

Exclusive: Oscar de la Renta tells all

Inside the glamorous debutante ball in Paris

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JESSIE KOK FINDS OUT WHAT
ARE SOME NEW WAYS TO
RECLAIM THE LOST WAIST

Photography by Justin Jonah Ng /Ideology

We women love our waists. It's not only a good indication of our health, it is also the central focus of our silhouettes. But even the most disciplined women who jog religiously would agree that their efforts do little to cinch in the waist. And with corsets already out of fashion by a century, what's there to hold our breath for? Fortunately there are now new technologies that we can tap on to take in those few extra inches — sometimes without even breaking a sweat.

NEW MACHINES

One way is by using radio and heat, and that's the science behind the new PhotoGen System. Launched in Singapore last October, it promises to reduce waists by up to four-inches, using infrared rays to stimulate the deepest layers in the dermis to assist in the draining and firming process. According to Dr. Patrina Wong, founder and director of the LinC Aesthetic Clinic, the first clinic here with the technology, "the machine firms up your skin while eliminating the fat trapped in cells. Unlike most slimming machines that use electrical stimulation to enhance fat drainage, the PhotoGen System provides a warm, comfortable sensation as it works with the direction of the intestines to support waste drainage. At the same time the process firms up the waist area." A trained therapist can perform the simple 45 minute procedure, where a specially formulated gel is applied onto the waist and a few probes emitting radio waves are used to massage the gel over the waist for increased penetration and better efficacy. With 10 sessions and the continual use of the maintenance cream, regular exercises, and sensible eating habits, results can last up to a year and more, she adds.

Also new is the Ultra-Shape technology, brought in by

the Sloane Clinic. The treatment is administered with a handheld device that emits a painless ultrasound beam into the skin, designed to target fat cells and completely destroy them, all without affecting surrounding tissues and nerves. When the fat cells are broken down, they are then transported out of the body through the lymph system.

MASSAGES AND AEROBICS

For the less adventurous, Osim has designed a slimming belt that firms you up while you lounge at home. Although not much of a new invention, the UKimono's massage inspiration comes from the Japanese Shiatsu. With regular belting up, the gadget increases blood circulation, speeds up fat drainage, and firms up muscles.

Most waist-conscious women would have spent hours twisting their bodies on an exercise disc while watching TV. Did it work? There's a reason why it didn't. Turns out the best waist slimming exercises are not sit-ups or waist exercises, but rather the movements that take the most energy to perform. These are the exercises that burn up the most calories. They are the compound, multi-joint exercises that work multiple muscle groups at once, such as squats, lunges, aerobics, aero-boxing, or even dancing. "As long as you expense more than what you consume, the waist is bound to shrink," says Dr. Vanessa Phua, a physician with an interest in aesthetics medicine from Asia HealthPartners. Very trim and toned with a waist many women would die for, she works the weights and does circuit training at the gym with her personal trainer twice a week.

Diet plays an important role too, which is why Vanessa keeps to lean meat and chicken. Says Vanessa: "A low G.I. diet with slow release energy levels will also work towards keeping you trim, at the same time preventing binge-eating. To slim the waist, increase lean muscle with exercise and your body will burn off fat more effectively." ■