

Stay slim without pain

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Chennai: Lose weight without pain, but this time through a non-invasive body slimming procedure, Zerona, the first such laser treatment in Chennai after New Delhi and Mumbai. The procedure promises to reduce 6 to 11 inches and up to 6kg of fat reduction in two weeks.

"The laser treatment doesn't generate any body heat that leads to water loss. Instead, it reduces fat without any discomfort with a 40 minutes sitting, each eight sessions," says Dr Sunita Ravi of Life Alive, T Nagar.

She said that the procedure has received good response from people in New Delhi and Mumbai, with clients as young as 15 years and as old as 80 years ben-



Dr Sunita Ravi demonstrates the Zerona laser treatment | A RAJA CHIDAMBARAM

efiting from it.

"We first investigate the reasons for weight gain among the patients. Based on the study, a customised program of treatment, including balanced diet and nutritional supplements, is

advocated. This is important because each patient's body mass and composition is different." Through this program, Dr Sunita says that there have been instances where people have lost as much as 20 inches.

The Zerona laser treatment costs Rs6,000 per session. Pregnant women are advised not to undergo this program. The treatment is approved by the US Food and Drug Administration.