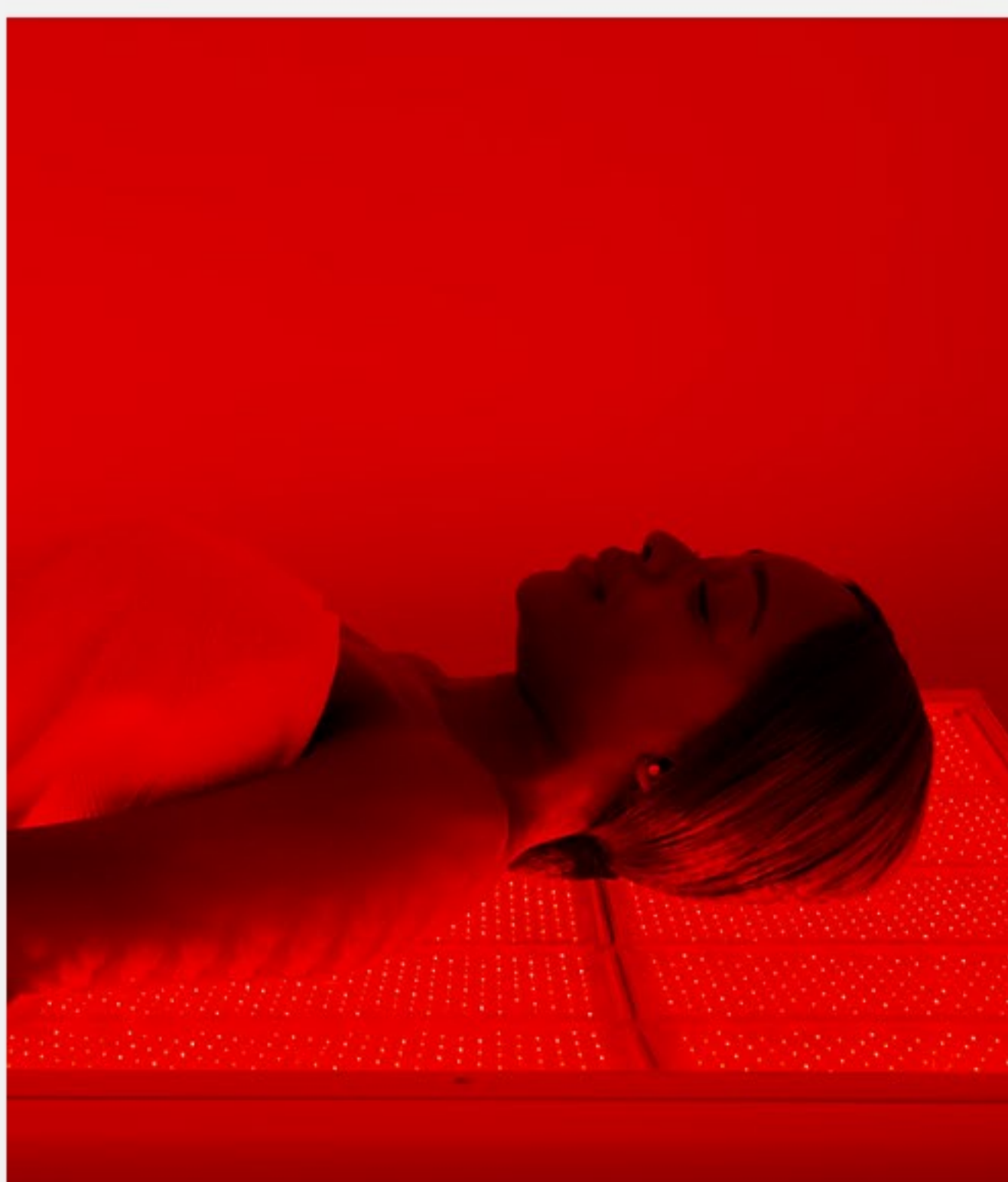


Noted — Lifestyle

Summer Sculpting - New York Dermatology Group's three-month solution for a beach-ready silhouette



Words by Nathalie Bradbury

If the prospect of bearing anything more than an ankle this summer fills you with dread, you're not alone. That's why there's one place in Manhattan right now that's the holy grail of the body-beautiful solutions, but more importantly, it's where you'll find the comprehensive and practical support you need to embrace a positive view of your body, no matter what. If you've never heard of New York Dermatology Group (NYDG), here are the need-to-know facts.

New York Dermatology Group's practice weaves state-of-the-art dermatology as the golden thread through its entire range of medical disciplines, meaning that clients can tap into advanced skin and health care simultaneously. The brains behind the NYDG is leading dermatologist David Colbert, M.D., who's accompanied by an impressive team of board-certified dermatologists, doctors of internal medicine, a plastic surgeon and skilled laser technicians.

The approach is a one-stop, no-nonsense solution that puts patients at ease – no scary, clinical attitude to be seen anywhere - and that's practicable for working people with little time to spare. So, this spring, if you need a helping hand getting yourself back on physical track, or if you want to push yourself to the next level of body fitness and keep tabs on your medical wellness, NYDG has tailored a three-month Summer Sculpting body contouring regimen that runs from April through to May and June.

The programme looks at all manner of requirements to ensure an individual comes out with the very best results for their morphology and lifestyle.

Among the treatment disciplines included in the three-month regimen are:

SculpSure laser lipolysis

The 25-minute treatment uses light-based technology (lasers) to target and break down troublesome fat cells. As the body's natural metabolic processes occur, these cells will disappear, leaving you with a contoured and much sleeker look. Results are satisfyingly swift - as after about six weeks in many cases, you will see and feel the difference in your body's muscle definition. The treatment is most effective in the thigh, buttocks and stomach areas, which can often be trouble spots even when undergoing a rigorous exercise plan, though it's not advisable for anyone who's been assessed medically as morbidly obese, as they will also require a safe and precise diet and lifestyle plan.

CoolSculpting cryolipolysis

CoolSculpting® is the most innovative, non-surgical way to zap those annoying bumps and bulges of stubborn fat. The revolutionary technology targets and cools unwanted fat cells in the selected area to induce a noticeable, natural-looking reduction in fat bulges. Unlike most other methods of fat reduction, CoolSculpting involves no needles, surgery, or downtime - patients often spend their procedure time reading, working on their laptops, or relaxing for an hour or so. It's safe, FDA-cleared and effective; results look natural and can be seen as early as three weeks following treatment, with the most dramatic results after one to three months. That beach-ready body is within reach.

EMSculpt electromagnetic technology

EMSCULPT is the only non-invasive procedure to help women and men *build* muscle and contour their body. The technology used sounds convincing too. High-Intensity Focused Electro-Magnetic (HIFEM) exposes abdominal muscle to supramaximal contractions from flank to flank, which, after just four treatments, leads to 16 % increase in muscle in the abdomen and a whopping 19% reduction in fat, on average. What's not to love?

EndyMed™

This really is a skin tightening treatment that involves no pain and, again, it's super-quick and non-invasive. It's New York Dermatology Group's newest all-in-one aesthetic application that has proved popular for reducing loose skin, fine lines, and deep wrinkles. This newest version has introduced radio frequency to corner the market on full-body tightening and contouring. If you've been wracking your brains for an end to cellulite, excess skin and signs of facial ageing, EndyMed is your answer.

Throughout the months of April, May and June, New York Dermatology Group is offering members the opportunity to tailor the timeline of their Summer Sculpting regimen to suit their needs and not lose out.

The months are set out in the following fashion, with room for flexibility: In April, as you embark on the programme, you are entitled to an initial consultation with one of NYDG's board-certified physicians, one CoolSculpting or SculpSure body contouring session, one LED bed appointment, and the choice of a NYDG Skincare Discovery Set or Chem-Free Active Defense SPF30.

In May, there are four EMSculpt body contouring treatments and one Cryotherapy session, and, in June, as you work into the final month, you are treated to one EndyMed body contouring treatment, one Cryotherapy appointment, one LED bed session, and one custom IV drip of your choice to turbo-charge your vitamin and mineral levels.

In addition, Quintessentially members are exclusively entitled to access the VIP entrance via private elevator for total discretion, and a complimentary private consultation with a physician, plus private tour of the Dermatology and Wellness Clinic in New York. There is an exclusive time-limited offering until Tuesday 30th April for Quintessentially members who subscribe to Summer Sculpting.

Contact your lifestyle manager today to make the very best of your summer holidays with a beach-ready silhouette. You can also find out about the many extra benefits you are entitled to at New York Dermatology Group, as a member.