

From vacuums to miracle gels, we test the treatments that claim to... banish the mummy tummy

By [Jill Foster](#)

Another day, another picture of a celebrity mother on the beach, sporting a supernaturally flat stomach.

Last week it was Victoria's Secret model Alessandra Ambrosio, below, whose daughter is aged three.

A fortnight before, fellow model Heidi Klum, 39, who has four children, tweeted pictures to followers of her bikini-clad washboard stomach. And Jennifer Lopez, 42, who gave birth to twins just three years ago, has also been pictured on stage recently, proudly displaying her flat tummy.



Back in the real world, more than half of new mothers who were surveyed for a parenting magazine said they were unhappy with their shape after giving birth.

So it's not surprising that shelves at clinics and chemists heave with non-surgical treatments that claim to rid women of their post-pregnancy bellies. But do any of them actually

work? JILL FOSTER spoke to the experts to find out.

FLAB ZAPPER



ashboard
del
er three-

THE TREATMENT

Med Contour Dual. £149 for one session or £975 for ten. med-contour.co.uk

THE CLAIM

Low-frequency ultrasound rays are directed at the fat cells in the stomach through a hand-held device.

They ‘rupture the adipose cells, activating metabolic processes which lead to the body’s natural elimination of fat waste’.

Mummy tummy is usually caused by fat and loose skin, and heat produced by the device promotes production of collagen, the protein that gives skin firmness.

EXPERT VERDICT

Dr Ravi Jain, cosmetic doctor and founder of the Riverbanks Clinic, London, says: ‘The mainstay of my work is liposuction, an operation in which fat is sucked out of the body via thin tubes called cannulas, so I was sceptical a non-invasive treatment claimed to be able to do the same.

‘But we tried it and I have been impressed. The science is plausible. We use this technology after lipo to smooth out any irregularities. But it can be effective on its own.’

DOWNSIDE

‘Patients need good muscle tone to begin with. The results are subtle compared with liposuction,’ says Dr Jain. Treatment could lead to a rise in fat levels in the blood, so anyone with high cholesterol or other circulatory problems should avoid it.

MUMMY TUMMY BUSTING RATING: 4/5