

Breast Augmentation

Whether you choose to have your bangers boosted or your double-D's deflated, the possibilities are endless when it comes to breast augmentation. Operations are becoming simpler as surgeons perform more and more of these surgeries.

Increasing numbers of men are also having surgery on their chests to remove their 'man boobs'. Although this type of breast augmentation is still uncommon, 2007 saw a 27% increase on 2006. The operation involves removing unwanted fat and excess tissue in the breast area to give a more sculpted, more masculine look.

Liposuction

Aimed at reducing and even eliminating those stubborn fatty areas on our thighs, stomachs and buttocks, liposuction can give you the sculpted, model silhouette that you crave.

However, there's something new...the word is out about a new generation of laser treatment, dubbed the 'Laser Tummy Tuck'. Advanced Laser Lipo involves a local anaesthetic, not a general, after which a fine laser probe is inserted under the skin, which literally melts the fat. As much liquid fat as possible is gently sucked out, so you can be back home within a couple of hours. Bruising, swelling and discomfort afterwards are minimal, enabling you to return to work the next day. Over the next few weeks, your body naturally clears away the rest of the broken-down fat. Not only do you lose the fat, but the laser also stimulates skin tightening to prevent sagging skin that is often the result of liposuction.

The Townshend Skin Clinic in Northampton is one of the first in the country to have the new system, with the

next nearest in London. Dr Townshend (a member of the Royal College of Surgeons) is currently offering free consultations for those wanting to find out more...and it's not just for the ladies!

Rhinoplasty

Whether you're unhappy with the size, shape or pointiness of your nose, a rhinoplasty is the perfect op for a happy hooter. Recovery time is short compared to other ops, bruising disappears within a fortnight, and the dent on your pocket isn't as bad either, with ops costing around £2500.

Botox/Face-Lifts

Increasing in popularity, Botox is the non-invasive alternative to a traditional face-lift. This procedure is becoming so popular that it is now a hit amongst 20-something celebrities that want to prevent, rather than eliminate their wrinkles. Botox is injected into the skin to relax the muscles, making your wrinkles less pronounced. The effect lasts for around four to five months and cost starts from £200 per area (brows, forehead, crows feet etc.).

A face-lift is the only permanent solution to get rid of those unsightly wrinkles and restore your youthful glow. During the facelift procedure, excess fat is removed, underlying muscles are tightened, and the remaining facial skin is redraped. Results differ, depending on the current appearance of your face, but the final outcome can often be dramatic and well worth the £2,500-£5,000 spent.

So, if you are in need of a pick me up this summer, whether it be via cosmetic surgery or just a new hair do or spray tan, Aspire would like to recommend these four companies – specialists in their fields!

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