

HOROSCOPES

WORDS ANDROMEDA

MIND AND MATTERS

ARIES

March 21-April 20

Compromise is an ugly word to most Aries but it's one you must get to grips with this week. Whether minor skirmishes or all-out war, clashes are forecast on all fronts. Diplomacy and tact (more bad words) could be your saviours.

TAURUS

April 21-May 21

An eclipse in your house of communications leaves you tongue-tied. It's just the zodiac's tech team replacing that fuse you blew last week. You'll be back to your smooth-talking best before you know it. Until then, silence is golden.

GEMINI

May 22-June 21

Cosmic Mr Muscle has been sprayed over your domestic problems lately, providing sparkling solutions to sticky issues. Seize this clean slate to tear up the rule book and inject some flexibility into living arrangements.

CANCER

June 22-July 22

Today's eclipse is a double whammy, hitting your wallet and your love life. Neither is a fatal blow — in fact, both could be positive: just rein in the spending and chuck out undeserving lovers. The good ones you can keep, of course.

LEO

July 23-August 23

You look to be quids in. Not only has your money planet sailed into your house of self, giving you that priceless expensive look, but your house of finance is overflowing with cosmic energy. The only danger? Gold-diggers.

VIRGO

August 24-September 23

If the zodiac had a World Cup, you'd be on the winning team. No penalty shoot-outs needed — Venus, Mars and Saturn are all scoring for you. This is a lucrative time for Virgo, in love and money. Those dreams of glory are coming true.

For a live one-to-one personal reading Call 0906 176 0338

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LIBRA

September 24-October 23

Can't make up your mind? It's not surprising: the planets are bombarding your subconscious with conflicting messages, just when you need clarity on one big issue. A trusted friend has the answer — if you're brave enough to ask.

SCORPIO

October 24-November 22

Niggling family issues threaten to escalate this week, but don't interfere just yet. Letting them brew a little longer may well result in resolution. In any case, career should remain your focus — good things are happening there.

SAGITTARIUS

November 23-December 21

A week of intrigue, excitement and thrills is promised — but only if you play a starring role. Romantic escapades are unlikely if you persist in lying low, so get out there and mingle. Jupiter is giving your ego a boost — use it.

CAPRICORN

December 22-January 20

Just when you thought you were on solid ground, today's eclipse knocks you for six. Yet again, it's your love life that takes the hit. Strong bonds will survive but weak links are toast. Let them go — better things are on their way.

AQUARIUS

January 21-February 19

Solar disruption in the shape of today's eclipse could cast a shadow over certain relationships. Lovers and workmates are the principal targets here — much tolerance is required from all parties if you're to survive this week intact.

PISCES

February 20-March 20

Expect to develop a crush on someone wildly unsuitable this week; psychic debris is swirling around as a result of the eclipse, making us all feel a little odd. You'll feel odder still if you act on this attraction. It's fun but not a keeper.

IN STYLE

'I STAND ON THE SCALES AND YOU COULD KNOCK ME DOWN WITH A FEATHER — I'VE LOST HALF A STONE'



HANDS up anyone who has some stubborn areas of fat they just can't seem to shift. Actually, on second thoughts, put your hands down again — you don't want to draw any more attention to those bingo wings than absolutely necessary. But you know what I'm talking about. You exercise, you try all manner of strange diets, but that shoochy tummy, back fat, chunky hips or thighs refuse to budge. And with beach season upon us, even liposuction is no longer an option.

The hard core cosmetic procedure was once the last resort for those desperate enough, says chiropractor An Dau. "However, with anaesthetic, puncture wounds, bruising and pain to deal with, inch loss and body contouring was a painful and invasive procedure, and a drastic measure."

Dau is at the forefront of a revolution in cosmetic treatments that promises the same kind of results without any of the surgery, all within the space of three weeks.

Cold laser technology is already making waves in the United States, with some cosmetic surgeons reporting a loss of up to nine inches. In the UK, it is only currently available in Harley Street, London, and at Dau's Lux Clinics in Edinburgh. The technology is clinically proven and FDA approved. Even better, each treatment can be carried out in your lunch hour.

Here's the science bit: "The cold laser stimulates the cell membrane," says Dau. "It mostly targets the subcutaneous fat — that's the stuff you can pinch — creating an opening within the cell membrane. Then the fat liquefies and leaks out into the surrounding fluid, where the body clears it away."

To begin with, Dau carries out a detailed lifestyle analysis, looking at diet, exercise and stress levels. It's a holistic approach, aimed at combining nutritional advice with the new technol-

ogy to achieve the best possible results. "People can be a little confused about what diets work," she says. "They still tend to think that low fat is good when it really isn't. It's just about scientific advice on what healthy eating is."

She then takes some measurements and weighs me before I climb on to the bed for treatment. The Zerona machine looks a lot like the heat lamps used at a hairdresser, and aims laser beams at the area to be treated, whether it be a saggy chin, baggy arms or jelly belly. The procedure takes between 20 and 40 minutes, there is no physical contact and no heat or sensation of any kind. Which means you can spend the time making phone calls, catching up on emails, reading or just snoozing.

After each treatment, Dau performs a lymphatic massage to help the detox process. Patients also receive a cocktail of supplements, including a probiotic, a natural fibre gel and detox tablets — 13 in all to take every day.

I receive three treatments a week, with no side-effects (though I do visit the toilet more than usual) but by the middle of the second week, my cynicism kicks in. I haven't noticed any difference. That weekend I stand on the scales, and you could knock me down with a feather — I've lost half a stone. Then I begin to notice my skin firming up, and my thighs getting slimmer. Even my belt moves in a notch.

But the proof comes at the end of the third week, when I discover I have lost one and a half inches from my waist and the same on my hips. Woohoo! Acapulco (or maybe just Aberdour) here I come!

Laser Lipo, £1,500, Lux Clinics, 58 St Stephen Street, Edinburgh (0131-629 7655, www.luxclinics.com). Spectrum readers can receive £500 off when they bring along an original copy of the magazine. The offer is valid for advance bookings made up until 11 August. Consultations are free.

RUTH WALKER

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