



Top 3 procedures

It's not all about man boobs – more and more men are turning to cosmetic tweaks to sort all manner of summer body issues

MAN-BOOB ANSWER

Mankini not giving you the support you need? Before you reach for an underwire, explore mastopexy. 'Man boobs' (or the technical term, gynecomastia) develops in some men from teenage years through to middle age. A sagging chest can also result from significant weight loss or the usual ageing process, with muscles losing mass and drooping. While mastopexy surgically lifts man boobs, another procedure, mammoplasty, removes excess fat and breast tissue, recontours the chest and repositions the nipples. Now, get your gear off and strut your stuff on the sand.

NO-SWEAT BOTOX

Men, you don't have to sweat it out this summer. A growing number of guys (and gals) are using Botox as a treatment for excessive sweating (or hyperhidrosis, as it's also called). Hyperhidrosis is a medical condition that affects about three per cent of the population. Sufferers can produce up to five times the average amount of sweat, regardless of their environmental surroundings. Botox injections cause paralysis in the nerves that would usually stimulate sweat glands, decreasing sweat production and the bacteria that causes odour. The procedure takes about 30 minutes and best results are achieved through regular injections every nine to 12 months.

ACNE BUSTER

Acne issues? A new powerful combination treatment is not only simple and non-invasive, but will also have you looking less 'face pit' and more 'Brad Pitt'. And it's proving to be fast-working. Medical-grade skincare system Obagi CLENZIderm, a treatment containing benzoyl peroxide, to penetrate deep into the follicle, is combined with Photonlite Therapy (LED) to kill acne-causing bacteria.

+ Medical skin needling This is a strictly medical procedure in which a tiny roller spiked with fine needles about 1mm long is used on the skin to help reduce pitted acne scarring. (See p130 for more about this collagen-boosting technique.) *Information supplied by the Western Australian Plastic Surgery Centre (WAPSC) and Assure Medispa.*