

● Leaner

HIGH-DEFINITION LIPOSUCTION

THERE ARE NOW TWO WAYS to get a six-pack. The first involves doing crunches, sit-ups, leg lifts and V-lifts to build your abdominal muscles, followed by many more hours lifting weights, running, swimming, cycling and doing other aerobic exercises to burn the fat off your belly. Meanwhile, you need to plan and execute an unbreakable, non-negotiable diet - not too many starchy carbs like potatoes and rice, lots of water, lots more fibre, smaller dinners - and resist any temptations to blow it all in an orgy of alcohol-fuelled gluttony.

The second method is called high-definition liposuction. It takes around two or three hours. And you can do it lying down.

"Everybody has a six-pack," says Dr Mohan Thomas, medical director of Mumbai's Cosmetic Surgery Institute, one of India's foremost plastic surgery clinics, and Founder-President of the Asian Academy of Cosmetic Surgery. "It's a matter of how much fat covers it and how much you're making it work." To be fair, what Dr Thomas offers - and provides to around 12 to 15 men a month at his clinic in Mumbai's tony Bandra district - is not an "instant" six-pack, but a liposuction-assisted six-pack. The hardest part of getting washboard abs in the traditional way isn't really building the abdominal muscles, but burning off the fat and keeping it off, which becomes more difficult the older you get. "All of a sudden, you're 38 or 40 and there's so much being talked about six-packs," says Dr Thomas. "You want one, but it's not like you can go out and buy one. So you go see some guy like me..."

High-definition liposuction offers a shortcut, helping to create a six-pack by removing the fat boundaries that usually envelope the groups of abdominal muscles. It takes skill: the surgeon must wield the cannula - a thin, hollow titanium or stainless-steel tube used for destroying and sucking up fat cells - under the skin artfully in order to sculpt the right effect. You can



Before

The surgeon creates a detailed topography of the torso, noting which fat deposits will be targeted for liposuction via a 2mm-wide access point using a hollow tube called a cannula

Procedure

Using the cannula, special tumescent fluid is infiltrated into target areas, swelling fat cells until they burst. Ten minutes later, destroyed cells are sucked out



After

The procedure is complete after 2 or 3 hours, but a special corset must be worn for around a month, until the fat and skin settle. Then it's time to hit the gym and get that six-pack



go home after the two- to three-hour procedure, but you'll need to wear a special corset for about a month to help the skin adjust. "I remove some of the fat stores and define the muscle groups a little bit better for you so you can go work out in the gym and get your six-pack," says Thomas.

There's no way to spot the difference between a traditional six-pack and an artificial one. But as the liposuction totally destroys the fat cells, you'll never be able to put fat back on top of your abdominal muscles - ever again. That means that if you fall into bad eating habits, you could end

up with some strange fat deposits elsewhere on your body. "All excess fat has to go somewhere," he cautions. "Men are apples, women are pears. If all the traditional areas are used up, you'll start to develop some pear-like tendencies: a wide ass, wide thighs..."

The procedure costs around Rs 90,000, and is proving extremely popular among Indian men, especially among 20-somethings. "Guys in their forties tend to be a little nervous about it," says Dr Thomas. "They're worried that if their wives find out, they'll wonder why they're doing it... The wives get suspicious."