

Turn back time with Endermolift

 By [Ruth Cooper](#)

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Knock a couple of years off your life with no chemicals, scalpels or time travel needed. It sounds too good to be true, right? Green Point beauty salon Legs Eleven is promising that and more. Using the French-developed LPG Endermolift technique by Endermologie it can tighten and brighten the skin after only one treatment and in a 100% natural way. Trust me, I tried out a session and was wearing that healthy glow to prove it.

Invest in your visage



Okay, so this isn't a one-quick-fix solution, the effects after one session will fade plus/minus four days after treatment. Up to six treatments are needed for significant results to be seen and 12 treatments is the optimal number. And, even then, further monthly touch-ups are recommended for long-term benefits. However, if you look at these treatments as monthly investments for your face, the one and only one you have, then spending a couple of hundred rand a month on your visage seems pretty reasonable.

So how does Endermolift work? (Very) basically it's a machine with attached arm with motorised pulsating flaps that grab, pinch and pulsate the skin of the face and neck.

Sounds uncomfortable, right? It really isn't, it's fairly relaxing and just feels like an intense facial massage, and the point when it gets to your middle brow feels pretty heavenly and apparently can even cure headaches. This treatment increases the natural hyaluronic acid synthesis (the stuff that makes your face plump and hydrated) by a whopping 80%, ensuring a more radiant and youthful complexion. Obviously, it's a lot more technical than that, but the video below explains it far better than I could.

Plump up the volume

Results can be seen immediately afterwards. Granted my face was a little flushed (luckily this faded after a few hours), but my forehead lines were immediately diminished and my cheeks felt a lot plumper and firmer, while the LPG creams and serums applied post-treatment smoothed and softened the skin. I suppose the greatest vote of confidence is that I am truly

considering including Endermolift treatments into my future beauty regime.

Legs Eleven offers classic Endermolift treatments at R400 per session and target Endermolift treatments at R160 per zone, per session. Package deals come in at R2000 for six sessions and R3600 for 12 for the classic treatment, while the target package is R800 for six sessions and R1440 for 12. For more info or to book a trial treatment, go to www.legs11.co.za.

Wanting to diminish cellulite? See Jessica Taylor's review of Legs Eleven's [Liopmassage treatments](#).

ABOUT RUTH COOPER

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