

# /GRANT HAMLET

ONE OF THE UK'S LEADING SPECIALISTS FOR BODY SCULPTURING.

Dr Hamlet has been providing body sculpting and lipolysis procedures for a number of years. When Vaser came to the UK after being trialled and tested in America to achieve FDA approval, he wanted to know more and become one of the best trained practitioners offering this treatment. Especially the Hi-Definition technique which takes Body Sculpturing to a whole new level. We spoke to Dr Hamlet to find out more.



Dr Hamlet achieved his goal and became one of the first doctors in the UK to be trained in Vaser Hi-Def™ by Dr Alfredo Hoyos, the pioneer and developer of this advanced technique. Dr Hamlet has now gone on to be one of the most sought after trainers in Europe for those wishing to learn Vaser Liposelection.

Through his experience he has developed a technique which he refers to as Mid-Def Vaser. It could be described as the middle treatment between Standard and Vaser® Hi-Def™. However, both Mid-Def Vaser and Hi-Def Vaser™ go beyond the final finish of the Standard Vaser treatment.

In order to have a Mid-Def or Hi-Def Vaser™ treatment you will require an Anaesthetist. You will be conscious throughout the procedure, it is known as "conscious sedation" also

referred to as "twilight sedation." This is because of the advanced technique used during the treatment; as Dr Hamlet goes on to explain.

"Mid-Def Vaser is a technique which sculpts the areas of the body. By performing this technique you are able to provide shadowing and slight definition, therefore providing a softer finish. Because the procedure requires conscious sedation this then allows the patient to have the fat transferred into other areas of the body such as the Breasts or Buttocks."

What was your motivation to develop your Vaser® skills in order to provide Mid-Def Vaser?

"I have seen my female patients wanting more than simply having the fat removed, they want me to find, define or even create their waist. Mid-Def also suits my male patients, not all of them are suitable for Vaser Hi-Def but they still want some definition. Mid-def Vaser can provide them with this."

But how exactly do you sculpt the body to achieve this desired result?

"In order to do this you have to work with a region rather than an area, for example this could be a woman who has no waist or a waist that needs more definition, this requires work to the mid-region by sculpting the abdominals, the flanks and a lot of work on the waist area. This is so you create the right body symmetry, creating a flatter well-shaped stomach, a slimmer waist, accentuation the curve of the lower back, creating the two tail bone dimples and making the upper buttocks look fuller and rounder."

So, what is the difference between Mid-Def and Vaser Hi-Def™?

Vaser Hi-Def™ is an advanced technique of body contouring that involves the radical removal of deep body fat, the selective fat near the surface of the skin.

## STANDARD VASER®

Standard Vaser® removes fat from specific areas of the body. The treatment is so precise it can be used on delicate areas such as the chin, neck, arms and inner thighs.

"Vaser Hi-Def is what provides men the chiselled, ripped look. Vaser Hi-Def allows for the creation of an abdominal six-pack. Mid-Def Vaser however sculpts the body providing some slight definition and shadowing".

Having had the Vaser Hi-Def™ procedure himself this has enabled him to discuss the treatment from a patient point of view and adapt the aftercare programme which all patients must adhere too.

He went on to stress how important it is to be told of the realistic expectations and results as the treatment will not be suitable for everyone.

"It is essential to have an open and honest consultation; this keeps the patients expectations realistic and answers all of the concerns they may have. It is better for the patient if the doctor can then exceed their expectations. This results in the patient being even happier and you, the Doctor receiving a greater feeling of satisfaction."

For further details regarding Vaser® with Dr Hamlet you can visit his website: [www.granthamlet.co.uk](http://www.granthamlet.co.uk) or call 0844 504 5925 to book your free no obligation consultation.

## MID-DEF VASER®

Mid-Def Vaser® will create a softer shape with some definition and shadowing maintained through healthy diet and exercise.

## HI-DEF VASER®

Vaser Hi-Def™ is your helping hand to achieve the defined, chiselled muscle look maintained through healthy diet and exercise.

## FAT TRANSFER

Fat can be transferred to other areas of the body such as the women's breasts and shape the buttocks, it can be used to mould, sculpt, shape and lift specific areas of the body.

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