



## Article Side

Body jet Liposuction - the latest and safest method of removing unwanted fat by  
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Everyone wants to look good today and they will employ whatever means possible to achieve that goal. From getting wrinkles reduced to getting hair removed through IPL hair removal, no stones are left unturned in the quest to look good and young. One of the major areas of concern in looking good is undoubtedly trying to lose weight which some manage and some unfortunately do not.

For many people, no amount of exercise or dieting seems to have any effect on their body's ability to get rid of the fat from unwanted places. For such stubborn fat, LipoSuction is the answer. It is a routinely performed, relatively simple procedure either under general or local anaesthesia and is considered to be quite safe. Many different techniques of LipoSuction are used like tumescent, UAL, PAL, LAL, Vaser Liposuction, ProLipo Plus, SmartLipo, CoolLipo, LipoControl, LipoLite and Water Jet assisted Liposuction.

Although the tumescent method appears to be more widely used by surgeons, the Waterjet Liposuction is gaining popularity. This innovative method uses water-jet assisted lipoplasty or WAL to remove fat deposits gently. In this Body jet method, water is used to dislodge as well as simultaneously remove fat from the concerned area of the body. The nerves, blood vessels and the surrounding tissues are not affected at all, rendering this method highly safe and effective.

The power of water is used to help shape and mould the body. Body jet liposuction involves a fan-shaped laminar jet which gently separates the fatty deposits from the body, thus sparing the tissues and with minimum discomfort to the patient. Unlike in the traditional methods, no general anaesthesia is given and a lesser amount of infiltration liquid is required which helps minimize swelling and substantially reduces exposure to tumescent fluid. It also helps in precise contouring of the body and decreases the procedure time significantly. This results in faster patient recovery.

Like fat removal, excess hair removal too is a popular procedure carried out on a daily basis for both men and women. Although laser hair removal is extremely popular, another new way of doing it is the IPL Hair removal which is really gaining ground. IPL means Intense Pulsed Light and it works better than laser because of its ability to target a larger variety of hair.

In IPL, it is also possible to treat a wider area of the skin in the same session unlike that in electrolysis where each and every strand of hair has to be targeted individually. IPL Hair removal involves an Intense Pulsed Light to fall on the area to be treated. The heat generated by the light gets absorbed by the melanin which in turn gets converted into heat and makes the hair fall. In this procedure the hair follicle gets burnt so no new hair growth is possible. A safe procedure, IPL Hair removal is 90% effective in permanently removing hair from the body.

So, whether it is wrinkle-reduction, LipoSuction or IPL Hair removal, there is no dearth of procedures to make one look and feel good!

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