

Put The Spring Back in Your Step in Time for Bikini Season

/EINPresswire.com/ UK (Submitpressrelease123.com - press release) The signs of spring time are finally arriving with longer days and warmer weather, inspiring ideas for summer holiday destinations. For many, the prospect of the summer beachwear season starts alarm bells ringing, and thoughts turn to starting a healthy diet and exercise regime, to help achieve a toned beach body.

However for some, despite a healthy lifestyle, there are areas of fat that cannot be shifted. [The Harley Medical Group](#) offer Liposuction surgery, also known as fat removal surgery, which helps men and women achieve a toned, lean figure, by removing stubborn pockets of fatty tissue.

Liposuction can be used on the arms, inner and outer thighs, stomach, hips, buttocks, knees and chin. As well as removing fat, the surgery can also help re-shape particular areas of the body. Commonly misconceived as a weight loss aid, consultations with patients will always include an assessment of the Body Mass Index (BMI). Those who are dramatically overweight, Liposuction is unlikely to be the suitable option as there are physical limits to the amount of fat that can safely be removed from the body.

Lisa Littlehales, Senior Nurse at The Harley Medical Group, says: "We see a lot of patients come into the clinics fed up after a constant battle to lose excess fat. They are generally in good shape, but have a pocket of fat, which is out of proportion to the rest of their body.

The surgery is fairly simple and usually takes between one and two hours to complete. A small incision is made before inserting a thin plastic tube called a cannula. The other end of this cannula is attached to a powerful vacuum device which removes the fat quickly and efficiently."

Lisa Smith, Liposuction patient at The Harley Medical Group, says: "When booking my trip to Barbados last year, I started a healthy eating regime and began going to the gym 3-4 times a week. To my dismay though, no matter how many sit-ups and hours spent running, the fat on my stomach would just not shift so I researched online and decided to have [Liposuction at The Harley Medical Group](#). I couldn't believe the results; my stomach finally looked in balance with the rest of my body, and I have the sculpted waist I've longed for."

Find Harley Medical on the web and social media:

Twitter: <https://twitter.com/harleymedical>

Website: <http://www.harleymedical.co.uk/>

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NOTES FOR ONLINE PUBLICATIONS

PLEASE INCLUDE A LINK TO: <http://www.harleymedical.co.uk/>

Find us on social media:

YouTube: <http://www.youtube.com/harleymedicalgroup>

NOTES TO EDITORS:

The Harley Medical Group is the UK largest cosmetic surgery provider, performing more procedures and with more clinics than any other cosmetic surgery group. It has been established since 1983 and is one of the most highly regarded Cosmetic Surgery Groups operating in the UK. The Harley Medical Group offers a range of treatments, including; stretch mark removal treatments, liposuction and skin peels. It has treated over 500,000 patients to date.

The Harley Medical Group works tirelessly to maintain the highest standards in the industry for the benefits all cosmetic surgery and non-surgical patients.

All of The Harley Medical Group's clinics are registered with the Care Quality Commission. There are 29 clinics in the UK: London (Harley Street, Wimbledon, The City, Chiswick, Finchley & Watford), Marlow, Birmingham, Leeds, Brighton, Bristol, Manchester, Newcastle, Chester, Nottingham, Southampton, Cardiff, Chelmsford, Northampton, Cambridge, Maidstone, , Reading, Sheffield, Liverpool, Bromley, Glasgow, Cheltenham, Leicester and Guildford.

The Harley Medical Group is renowned for introducing and pioneering most new surgical and non-surgical techniques. All new treatments and techniques are first thoroughly researched and tested before they are submitted for approval by the Group's Medical Advisory Board.

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