

COSMOPOLITAN

SINGAPORE

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Sizzling Read!

CRACK HIS SEXUAL CODE

Drive him wild with desire for you!

SECRETS TO KISSABLE LIPS
Right smack on p124

**SEALED SECTION
DIY SEX**

Time to turn on your pleasure switch

Create Your Own Online Buzz

WITHOUT LYING ABOUT ANYTHING!



Fact!
70% OF US CAN'T FIND JEANS THAT FIT
The Denim Workbook is here to help

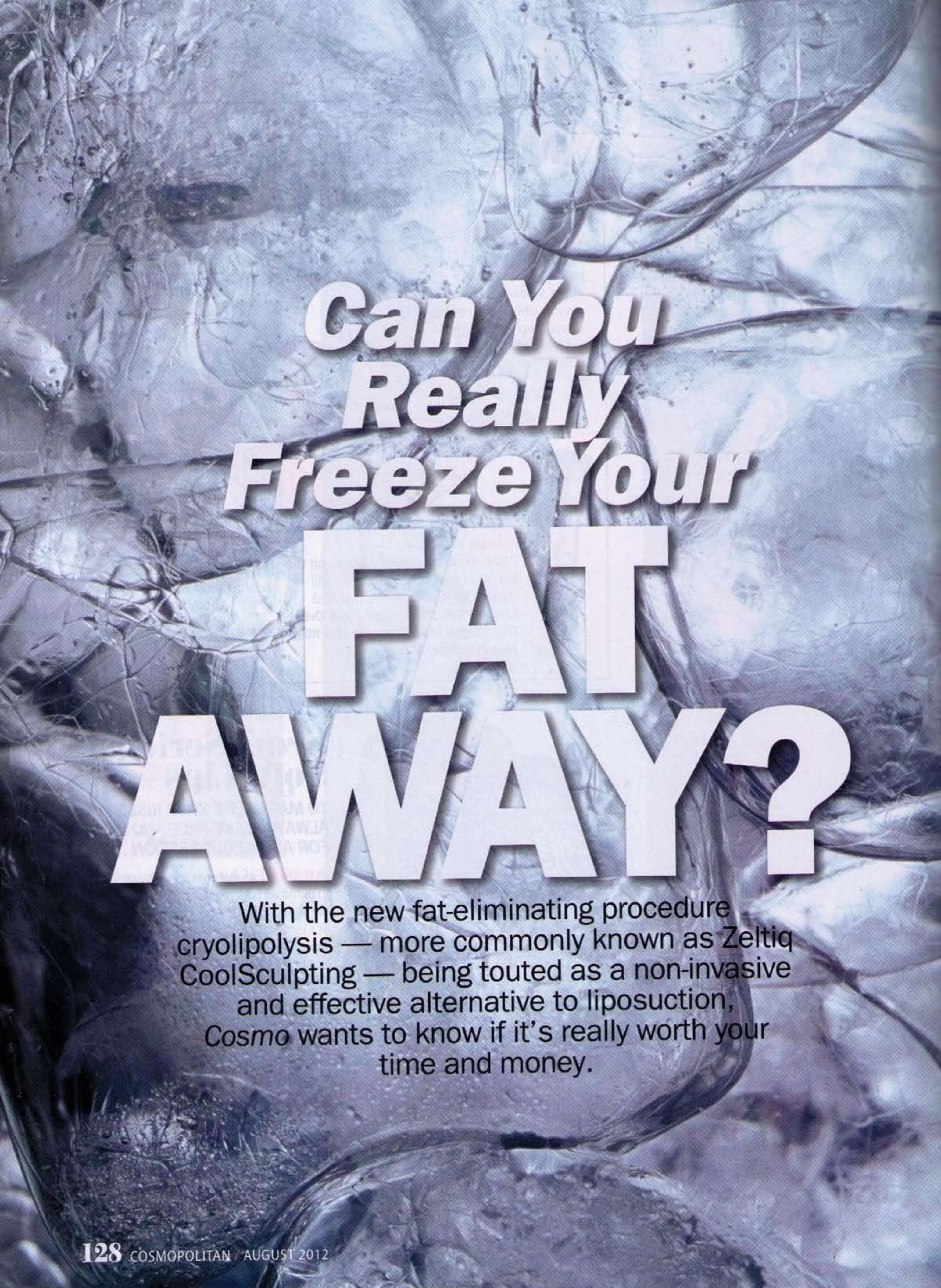
Jessica Biel

Why she finds scaring herself the best way to get inspired

Unsuitable For The Young

"WHY AM I ALWAYS SO BROKE?"
Cash in on these expert tips now

Get out of an **ALMOST-RELATIONSHIP**
Make the man officially yours



*Can You
Really
Freeze Your*
**FAT
AWAY?**

With the new fat-eliminating procedure cryolipolysis — more commonly known as Zeltiq CoolSculpting — being touted as a non-invasive and effective alternative to liposuction, *Cosmo* wants to know if it's really worth your time and money.

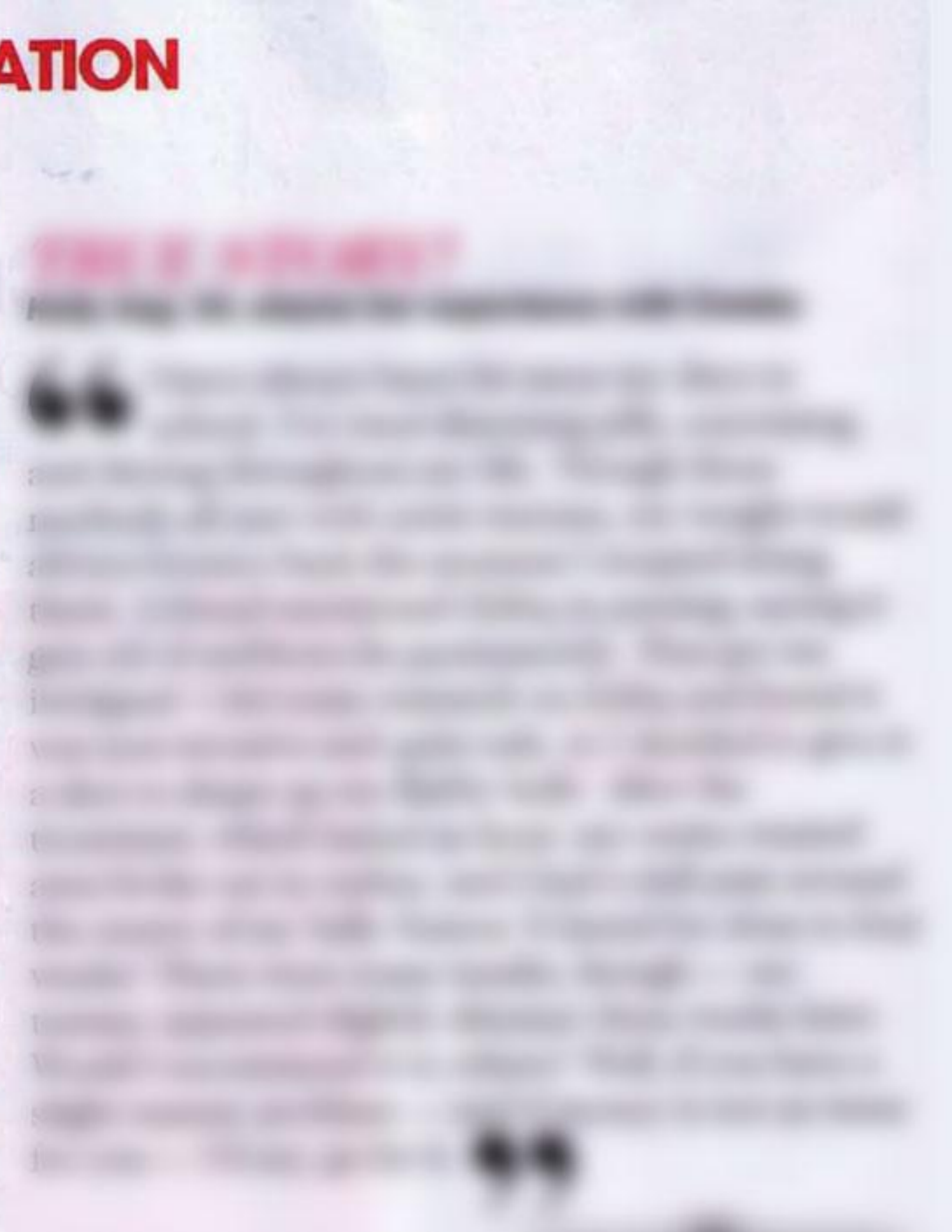
The Skinny On Cryolipolysis

HEAR WHAT THE DOCTORS HAVE TO SAY

It's Not For The Obese

“Though the prospects are undeniably tempting, patients should take a reality check: Zeltiq is not a weight loss treatment. It is targeted for spot reduction — think exercise-resistant bulges, such as a lower belly roll and the fat pads below the bra strap area — so it is not recommended for those who are obese.”

Dr Yvonne Goh, MD, Medical Aesthetics @ Cluny



Zeltiq vs Liposuction

With help from the doctors interviewed, we put together a brief, handy guide to help you tell the difference between these two fat-zapping treatments.

	Zeltiq	Liposuction
Differences In Procedure	Non-invasive; overall comfortable procedure; removes superficial fat	Invasive
Benefits	Minimal pain; less downtime; safer; permanent removal of fat cells	Able to remove more fat in one session
Risks Involved	Low risks, such as temporary redness or mild discomfort	Might result in infection, major bruising, organ perforation and even death in extreme cases, because of anaesthesia and surgery involved
How Long It Takes To See Results (Depending On The Amount Of Fat Removed)	As quick as three weeks	A few months
Recovery Time	Virtually no downtime	Varies from a few weeks to a few months, depending on how much fat was removed