

**BUTT**

**Pellefirm**

Dimples might be cute on your face—but not peeking out from your bikini bottom. This noninvasive procedure uses heat applied to your skin to “melt away” fat by causing the cells to die, explains King, of Sculpted Contours. “For most people it feels like a hot massage,” she adds. “Once the procedure is finished, you may have a slight warm sensation in the area for 20 minutes or so, but there’s no recovery time.” Bun-firming brilliance. *Six to eight treatments spanning two months, \$1,500 for six treatments, Sculpted Contours Luxury Medical Aesthetics, sculptedcontours.com, @scontours*

**Brazilian Butt Lift**

Let’s face it—Brazilian buns have such a fab rep for being the best, a surgical procedure was named for ‘em. So, if you dream of a Kim K. booty, this type of augmentation might be a fit for you, says Arslanian. “The procedure involves performing lipo of the abdomen, flanks and back to help sculpt the waist,” he says. “Then, the fat is processed and transferred into the buttock region to help improve the shape and increase the size as desired.” You’ll be looking for an excuse to bust out that bikini ASAP. No butts about it. *\$8,000-\$15,000, Arslanian Plastic Surgery, arslanianplasticsurgery.com*

**Butt Implant**

If you’re a skinny mini to begin with and don’t have the fat needed for a Brazilian butt lift, but are still looking for a bodacious booty, Ghazi suggests you try this alternative. “If you’re thin and have very little body fat and want a bigger butt, you’re going to need an implant,” he says. “This is a great way to round out a flat butt.” Hello, J.Lo! *\$8,000-\$10,000, Atlanta Plastic and Reconstructive Specialists, atlplasticsurgeon.com, @atlcsmeticsurg*



**KNOW BEFORE YOU GO**

**Don’t expect a miracle.** Cellulite is hard to treat anywhere on the body, but especially on the buns. Chat about realistic expectations for whatever procedure you desire.

**Stay in your comfort zone.** Don’t be talked into a procedure that you might regret later.

**Nothing is forever.** Specifically with the butt lift, you may need to have additional surgery for two reasons. The first is that if you have a significant amount of fat to remove, it may not be safe to remove all of it during one operation. The second is that some of the fat that’s transferred won’t last. So, a touch up may be in your future to truly achieve the results you want.

**THIGHS**

**Thigh Lift**

Looking to make your legs a little more luscious? “With a thigh lift, we basically remove loose skin and fat, typically through a little incision on the inner mid thigh,” says Ghazi. “The procedure usually takes under three hours. Patients love the improved shape

of their thighs and that they usually fit better into clothing.” High heels and minis, here we come. *\$7,103, Atlanta Plastic and Reconstructive Specialists, atlplasticsurgeon.com, @atlcsmeticsurg*

**Profound**

Say “see ya, cellulite!” with this hour-long thigh tightener. “We numb the skin, and then use tiny microneedles to safely deliver heat energy below the skin’s surface,” says Beaty. “Patients might experience some swelling or bruising, but you’ll be back to normal—and enjoying great results—in about a week.” Three cheers for tight thighs! *\$1,500-\$4,000, Beaty Facial Plastic Surgery, beatymd.com, @drmarkbeaty*

**CoolSculpting**

If getting your Zs on while tightening your thighs sounds like an ideal afternoon, meet CoolSculpting. “It literally freezes away fat—and one treatment does the job,” says King. “The device takes the temperature down to the freezing point of fat. You feel cool in the area, but most people never feel extreme

cold. After just a few minutes the area is totally numb from the cold, and you just sit back and relax.” Thallelujah! *\$1,600 for outer thighs, \$1,450 for inner thighs, or both for \$2,800, Sculpted Contours Luxury Medical Aesthetics, sculptedcontours.com, @scontours*

**KNOW BEFORE YOU GO**

**Plan ahead.** Scars are par for the course when it comes to thigh lifts, so have a plan in place to minimize the damage before you go under the knife.

**Pics, please.** Ask to see before and after shots of other folks who’ve gone before you. You’ll have a better idea of what results are realistic.

**Consider your options.** When talking about a thigh lift, if your outer thigh could use some lengthening love, lipo may be an effective procedure to give you the sexy stems you’re looking for.

**Save your Scoutmob.** Cost cutting is OK when it comes to mini-golf and meals—not when you’re choosing someone to provide a medical makeover.

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