**The op**

**The armlift**
If you find yourself snorting derisively at the idea of wearing anything sleeveless and have perfected the royal wave in order to hide upper-arm jiggles, there's finally an answer for all that loose skin. Renowned New York plastic surgeon Lawrence Reed has perfected a technique that gets rid of bingo wings without leaving a long unsightly scar. He goes in through the armpit and carefully cuts away excess flesh, then liposuctions and sculpts the rest, leaving you with complete range of motion as well as a discreet scar.

**Who should have it**
Women whose upper arms have a mind of their own. Liposuction is a better option for heavy arms.

**Price** £4,600–£6,000.

**Pain level** Moderate discomfort and stiffness is likely to persist for a few weeks.

**Time out** At least three weeks before you can lift a toddler or heavy bags comfortably.

**TOP DOCS**
- **UK** Patrick Mallucci, W1 (tel: 0870 780 9771; lipsa.co.uk).
- **Abroad** Lawrence Reed, New York, USA (tel: 001 212 772 8500; thereedcenter.com); Marco Gasparotti, Rome, Italy (tel: 00 39 06 887 0041).

**The bodylift**
For unsightly sagging around the tummy, hips and buttocks, bodylifts literally pull up your excess skin folds, much like a tailor takes in a coat and trousers. This technique tightens, firms and reshapes everything from your waist down to your knees. The results are truly transformative and can give you a taut little body that can wriggle into skinny jeans with ease. The op is usually carried out in stages: everything from the tummy down may be lifted in one go, while everything from the waist up may be reserved for a second or third round. The downside is the scars that cross the waist like a belt, but they fade over six months to a year and are easy to hide.

**Who should have it**
Women who have had a few babies or who have lost several stone.

**Price** £9,000–£11,000.

**Pain level** Long incisions, so relatively high.

**Time out** Allow at least three to four weeks.

**The op**

**Vaginal rejuvenation**
Want to be a 40-year-old virgin? With the latest techniques for vaginal rejuvenation, your private parts can be significantly enhanced, tightened and strengthened, not to mention reshaped. Reconstruction can take the form of vaginal rejuvenation and tightening, or labiaplasty (labia reduction and enhancement). Cosmetically labiaplasty involves surgically reshaping the labia, or improving the appearance of asymmetrical or deflated labia. A laser can also be used for labiaplasty and vaginoplasty surgery to enhance vaginal muscle tone, decrease the vaginal diameter and strengthen the opening otherwise known as the birth canal. Fillers can pump up flattened structures, and a few neat stitches can transform you, bringing you back to a pre-childbirth state.

**Who should have it**
Those who have been through childbirth, or when Kegel exercises just don't cut it any more.

**Price** £3,000–£7,000.

**Pain level** This is a sensitive area, so the first few days are generally pretty unpleasant.

**Time out** Take it very easy for about a week.

**TOP DOCS**
- **UK** Edward Jacobson, W1 and Connecticut, USA (tel: 001 203 869 8560; lvrdoc.co.uk).
- **Abroad** David Mallock, LA, USA (tel: 001 310 859 9035; www.drmallock.com); Mauro Cervigni, Rome, Italy (tel: 00 39 06 3970 6934).

**The cosmetic foot surgery**
If your heart skips a beat every time you spy a pair of drop-dead-gorgeous strappy sandals but you know that, sadly, your feet aren't up to the exposure, don't despair. All those years of abusing your feet in the name of fashion can often result in hammertoes, nasty-looking bunions, and corns and callouses that a bog-standard pedicure won't fix. But there are some surgical solutions: bunionectomies will straighten the bony bump on the outside edge of your big toe, and toe surgery straightens crooked toes or shortens excessively long ones.

**Who should have it**
Any woman who looks down in horror at her distorted, twisted feet.

**Price** £1,500–£4,000.

**Pain level** You'll need serious painkillers for the first few days; ice packs to follow.

**Time out** No high heels for two to four weeks.

**TOP DOCS**
- **UK** Emma Supple, Enfield, Middlesex (tel: 020 8367 9292; supplefeet.com).
- **Abroad** Suzanne Levine, New York, USA (tel: 001 212 535 0229; institutebeaute.com).