Look better in the buff: Get your sexy back without giving up everything you love

(BPT) - Looking sexy, svelte or built in your clothing is one thing. Looking better in the buff is a whole other ballgame. Clothing — even low-cut necklines, short-shorts or tight-fitting tees — can hide your flaws and accentuate your assets, but when you are nude, there's nowhere — or way — to hide anything.

If you want to look better naked, you are not alone. Far from it. More and more people are into healthy living and getting fit these days. The good news is that there is finally something you can do about it that doesn't involve giving up carbs and sweets, doing excessive crunches or having invasive cosmetic surgery.

Fully one-third of Americans opt for minimally invasive fat reduction or body sculpting treatments to look better in the buff, according to a new survey of 500 men and women from Cutera, Inc. And those who exercise regularly are most likely to have a body-sculpting treatment, with runners and yoga enthusiasts topping the list.

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According to board-certified plastic surgeon **Walter L. Bernacki, MD of Ohio Plastic Surgery in Central Ohio**, "The newest non-surgical body contouring system is **Cutera's truSculpt iD** that uses radiofrequency (RF) technology to target and permanently destroy fat in your trouble spots (think muffin tops and love handles) — in just 15 comfortable minutes with no downtime. We have found that the treatment works on all skin types, sizes and physiques, including individuals who were previously not considered candidates for body contouring procedures."

What's more, truSculpt iD produces an average fat reduction of 24 percent, and visible improvements are seen in 6 to 12 weeks following the first treatment. Multiple areas can be treated in one session, but additional treatments may be required for optimal sculpting results.

"truSculpt iD is a very exciting new development in non-surgical body contouring. The lower abdomen and love handles can be treated in just a single 15-minute comfortable treatment session. Our patients have been very pleased with the body sculpting results they can achieve with this innovative system," says **Dermatologist Jeffrey S. Dover, MD, FRCPC of Skincare Physicians in Chestnut Hill, MA**.

By and large, people are loving their truSculpt iD results. In a separate study of individuals who had the procedure, 100 percent said they were satisfied, would get it done again and would refer a friend for truSculpt iD. And everyone felt better in — or out of — their clothes.

So, if you're thinking about looking into a new kind of personalized body sculpting without resorting to drastic measures, find a truSculpt iD provider near you by searching **https://trusculpt.com/find-a-provider**.

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