

Jo wears cropped jacket, Fenn Wright Manson; top, Basler; trousers, Phase Eight, all John Lewis. Earrings, Fenwick. Bangle, Accessorize. Shoes, Russell & Bromley



**'Hypnotherapy works better than liposuction'**

**COST** £4,500 - £7,500

**LENGTH OF OPERATION** Two to three hours

**WHAT HAPPENS** Excess skin is removed from the neck, chin and cheeks. The surgeon may also tighten underlying muscles and reposition facial tissue by making incisions into the skin and deep tissue, pulling it and securing with stitches and metal clips on the scalp.

**RECOVERY** There may be bruising and swelling and you may be asked to keep your head elevated for a few days. Stitches will be in place for seven to 14 days. Scars are hidden around the chin and hairline, and usually fade within three to six months.

*I hope to change bits of my body through diet and exercise*

Jo Somervell, 40, is an actress and lives in Colchester, Essex, with her husband, Austin, and their two children - Charlie, nine, and Tilly, six.

"When I was pregnant with Charlie I started to eat more - I had bad morning sickness and eating stopped me from feeling so ill. I began to snack on biscuits and crisps, which I hadn't done before.

I put on four stone. I did manage to lose nearly two stone through WeightWatchers just before I was expecting Tilly, but I fell back into

bad eating habits during the pregnancy and it crept back on again.

For the next six years, I remained a size 22 and lost a lot of self-confidence. I wouldn't go out dancing, which I'd enjoyed before, because I felt so sluggish. My weight also restricted the type of acting roles I was being offered. A gastric band or liposuction would have been a quick fix, but even though I was unhappy, surgery was never something I considered. I knew the reason I wasn't losing weight was simply because I was overeating and I wanted to be responsible for any changes I made to my body.

Diets made me fixate on food - I was constantly thinking about my next meal - so I needed a different approach. I had heard good things about hypnotherapy helping people give up smoking and thought it might work for me. So in February last year, I booked my first session.

I was taught some basic breathing exercises and went into a deep state of relaxation - the sensation is similar to when you're just about to drop off to sleep but can still hear everything that's going on around you. The hypnotherapist asked me to visualise my emotional connection to food and to try to let it go.

After six sessions, my thinking towards food changed completely. Instead of feeling the urge to eat fatty foods, I found I wanted more fruit and vegetables. I began to think of eating as functional instead of as a comfort. As a result, I lost three and a half stone and am now a size 14. There are still bits of my body I don't like, but I hope to change that by continuing to eat well and exercising.

For me, losing weight is all about taking care of your body, so it makes no sense to start chopping bits off. Why do that to yourself if there are other methods that might work?"

**LIPOSUCTION - THE FACTS**  
Last year 3,249 people in the UK had liposuction\*.

**COST** £2,000-£5,000

**LENGTH OF OPERATION** One to two hours

**WHAT HAPPENS** A tube is inserted through a small incision to extract fat; sometimes this is closed with a stitch. It can be done under a general or local anaesthetic.

**RECOVERY** Bruising lasts for one to two weeks and a support garment is needed for up to six weeks after the operation. □