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Our man isn't vain, but it's time to lose the veins

Who? Matt McEvoy
Treatment: Ellipse leg vein removal
Cost: £75 upwards
Location: The London Cosmetic Clinic, Knightsbridge

Let's face it: varicose veins on anyone's legs aren't cool, but having

them as a 20-something lad is enough excuse to not bare your legs at any time. Ever! Now, if I was a vain man, I would have gone for the Ellipse Nordlys System leg vein removal treatment years ago. It's a method where small swollen veins or groups of vessels can be removed by shooting a calculated pulse of laser at the affected area, which heats up the blood inside the vessel, causing the wall of said vessel to collapse. The blood disperses, and is eventually reabsorbed by your white blood cells.

The results: I've had three sessions to treat two fairly unsightly veins on my inner left calf over a three-month period. The sessions are short, lasting around five to ten minutes a pop, and they're relatively painless, too (you literally feel a small zap, that's it). You do have to wait around four to six weeks between each session, and it's not exactly a cheap route to go down, but the results are worth it: my legs are virtually granny vein-free, and are back to looking their pasty best.

thelondoncosmeticclinic.co.uk

