



Say hello to the designer vagina! You won't believe all the things you can have done up down there...

**WHEN YOU THINK OF THE PERFECT POUT,** it's not usually your lower lips that spring to mind. But more and more women are braving the surgeon's knife in a bid to pretty things up downstairs. Whether it's a labia trim, tightening things up after having a baby or shaving your clitoral hood for extra satisfaction (yes, really!), surgeons here and in the States have noticed significant increase in the number of women seeking a vaginal nip'n'tuck. 'The rise of waxing and our expectations of sex have made us more aware of what our vaginas look like from a cosmetic standpoint,' says New York-based gynaecologist Dr Edward Jacobson. If you're happy with your lady bits, that's great. But if what you've got down there is seriously affecting what's going on in your head, a spot of genital landscaping could be for you. Cross your legs, ladies, this might sting...

## Give your labias a trim

■ **WHY ON EARTH WOULD YOU?** Some women feel very self-conscious about the size of their labia. Large ones can cause women pain during sex (the lips can get pulled in) as well as general discomfort. 'The most common complaint is their inner lips (labia minora) are too large or protrude beyond the outer lips (labia majora),' says Dr Lawrence Macaremas, a specialist consultant in female aesthetic genital surgery. 'Labioplasty shortens and neatens the labia minora so they're hidden inside.'

■ **HOW IT WORKS:** You'd have the procedure under a general or long-acting local anaesthetic. Trimming is normally done with a scalpel but the latest development from the US is Laser Reduction Labioplasty, where a laser (which acts like a knife) is used to sculpt the edges of the labia. The laser helps retain a more natural shape.

■ **THAT'S GOTTA HURT!** Expect icepacks and strong pain killers immediately after the op. There'll be swelling, and sitting down and using the loo will be painful for about a week. You can go back to work after three or four days, but no sex for six weeks, and it can take even longer for things to return completely to normal.

■ **THE COST:** From about £3000.

## Tighten up your vagina

■ **WHY ON EARTH WOULD YOU?** If you've had the pleasure of squeezing out a baby the size of a rugby ball, it will come as no surprise to learn that some women's vaginas may stretch after childbirth. This causes all kinds of problems, from urinary and bowel leakage to an unsatisfying sex life, where less friction means less pleasure and arousal. Surgery can help by tightening the vaginal muscles and supporting tissues, and reducing the size of stretched vaginal linings.

■ **HOW IT WORKS:** The newest treatment is Laser Vaginal Rejuvenation (LVR) where excess tissue at the base of your vagina is cut with a laser and the muscles stitched together, making the vagina smaller and tighter. It also strengthens the perineum (the bit between your vaginal opening and anus) and can help prevent leaking.

■ **THAT'S GOTTA HURT!** Patients who've had it done often liken the pain to recovering from an episiotomy (the cut made in your perineum to ease the passage of your baby). You'll need to be on strong painkillers straight away, though you can go back to work within a week. Swelling takes about three weeks to go down and you should be ready to test-drive your new model after six weeks.

■ **THE COST:** From about £3000. It can be done on the NHS, but only if you've got a good medical reason. Dr Jacobson offers UK clients a Laser Vaginal Rejuvenation service, which includes flights to New York, limo transport and luxury hotel accommodation, as well as all surgical fees and medication for £4,500.

## Snip your clitoris

■ **WHY ON EARTH WOULD YOU?** This procedure divides cosmetic surgeons. Many that perform other vaginal procedures won't touch the clitoris. Some women have their clitoral hood reduced to increase sensitivity, but others suffer an abnormal build up of skin in that area. 'Hormonal abnormalities, steroids or giving birth can all contribute to the problem,' says Dr Pamela Loftus – one of the few cosmetic

## 'WE HAD OPS DOWN THERE!'

Readers tell us all about their new lady bits



### 'I'M MORE CONFIDENT'

After giving birth to three children all weighing over nine pounds, Trina

Greenfield, 37, underwent Laser Vaginal Tightening to

correct the slackness inside her vagina.

'I got divorced three years ago and found myself on the dating scene again – only this time with an insecurity so horrible I could barely bring myself to date at all. My vagina was so loose I was terrified of having sex – what would men think when they hardly touched the sides? When I found out about Laser Vaginal Rejuvenation, I knew it was for me. I now look the same but inside I'm extremely tight and toned. I can't tell you how much this procedure has changed my life – it's given me back my confidence. Now I have a new man and sex that's never been better.'



### 'MY ORGASMS ARE AMAZING'

Katla Neves, 35 tried G-Spot Amplification to boost her sex life. 'It was a classic *Sex And The City* moment. A bunch of us were

sitting around a table in a restaurant being regaled by my friend Kathy who was saying her sex life was so amazing, due to a new treatment – the G-shot. I was curious to try the procedure myself, so I booked an appointment. On arrival at the surgery, the surgeon talked me through the procedure and showed me diagrams of exactly where my G-spot was. The actual injection didn't hurt – it felt more like a pinch – and then it was done. When my boyfriend and I had sex that night, it felt like my vagina was tighter and more sensitive. Positions that had previously never made me come suddenly sent me into a shuddering orgasm. My boyfriend was exhausted by the end of the night!'

surgeons who carries out the treatment, with a practice in Florida. 'For some women, it interferes with sexual pleasure but mainly it affects their confidence.'

■ **HOW IT WORKS:** A knife skims skin from either side of the clitoris. It's usually done along with a labia reduction.

■ **THAT'S GOTTA HURT!** Dr Loftus says her patients report little discomfort.

■ **THE COST:** From around £3,000

## Boost your G-spot

■ **WHY ON EARTH WOULD YOU?** This procedure's meant to make your G-spot more prominent and more easily stimulated by a penis, increasing the frequency and intensity of your orgasms. Dr Jacobson isn't convinced. 'There are no studies that prove it works,' he says.

■ **HOW IT WORKS:** An anaesthetic cream is applied and your vagina held open by a speculum. Two syringes full of either hyaluronic acid or collagen – wrinkle fillers – are injected into your G-spot.

■ **THAT'S GOTTA HURT!** An injection in your vagina is never going to be much fun but women who've had it done say it stings for only about ten minutes.

■ **THE COST:** Varies. Visit [www.theshop.com](http://www.theshop.com) for more details.

## How To Find A Good Surgeon

★ Dr Lawrence Hacarenas performs Vaginal Tightening and Labia Reduction procedures at the Transform Medical Group's London Hospital. Phone: 08706-099 099

★ Dr Edward Jacobson has been in private practise in New York for over twenty years. He has performed hundreds of vaginal surgeries and consults in London. Visit [www.lvrdoc.co.uk](http://www.lvrdoc.co.uk) or call 001-203 869 8360.

★ Board Certified Plastic Surgeon Dr Pamela Loftus has been practising for 22 years. Call: 0111-561 394 7494