

# EXCLUSIVE: Duncan James details the cosmetic treatment he used to hone his physique ahead of cabaret show... after back surgery, eating junk in lockdown and feeling 'gay pressure'

By Andrew Bullock For Mailonline  
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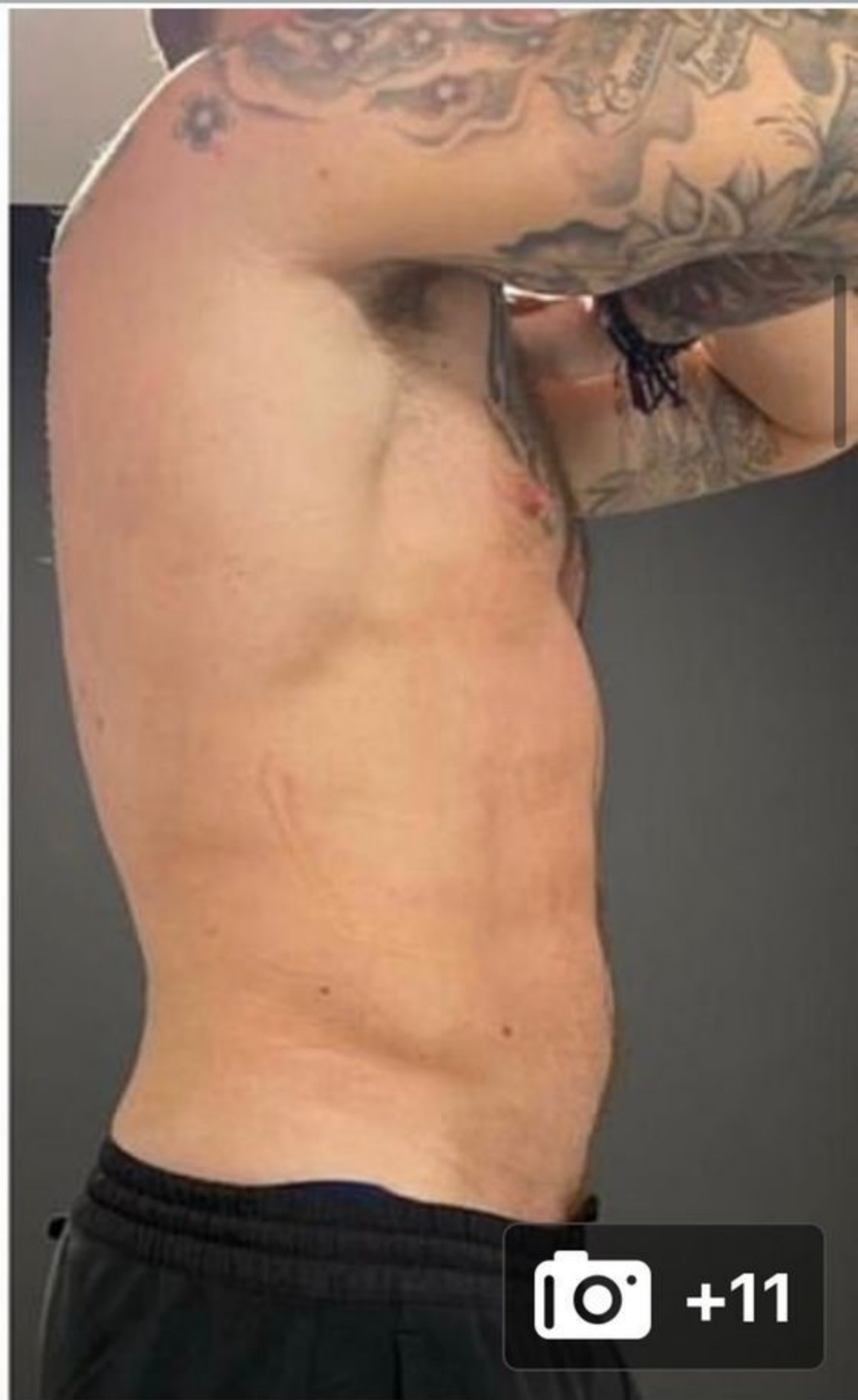
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[Duncan James](#) has shared how he honed his body ahead of his return to the stage - having struggled with injury, the pressures of body image and navigating the various UK lockdowns over the past 18 months.



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**Ab-rehab! As a performer, the singer and dancer had to get fit again for his shows; and as well as continuing his training and sensible eating schedule, he opted for non-invasive cosmetic treatments called trueSculpt flex and trueSculpt ID**



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**Before and after: Duncan has undergone the focused electrical muscle stimulation treatment to strengthen, firm and tone**

Taken under the wing of celebrity aesthetic aesthetician, Sadaf Jaffari, Duncan has undergone the focused electrical muscle stimulation treatment to strengthen, firm and tone.





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**He said: 'The treatment gave me an advantage - a head start. Of course I had to start hitting the gym and watching my nutrition again. But the treatment from Sadaf was an added bonus!'**

Of course, like many, lockdown didn't help with Duncan's fitness regimen. The former Hollyoaks actor admits he was 'eating and drinking badly' during the height of the pandemic, and that belly fat is stubborn regardless of how much you work out.

'The treatment gave me an advantage - a head start. Of course I had to start hitting the gym and watching my nutrition again. But the treatment from Sadaf was an added bonus!'

Duncan also touches upon the added pressure of being LGBTQ - with body image and aesthetics so obsessively rife amid gay men.





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**Cosmetic star: Duncan was taken under the wing of celebrity aesthetician, Sadaf Jaffari**





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**On the table: 'It's hard to get rid of the belly fat in your 40s,' Duncan explains. 'But it's not just cosmetic. There is a medical reason for doing this treatment. It's helped my terrible back and spine issues'**

'And so cosmetic treatments on guys is definitely becoming more and more common. It certainly used to be a female-led industry but now guys, especially the gay community, are making it bigger and bigger because people want to enhance their bodies. There's nothing wrong with that!'

Duncan continues his cabaret through October - something he was asked to do by long-time pal Denise Van Outen.