

Prima
Circ: 288,300
March 2011

Prima beauty

Did you know...
If you cut down on calories
by 250 a day and burn off
250 extra calories daily, you
should lose 1lb per week?

DITCH THE DIMPLES

There's no miracle cure for cellulite, but the new Demilec AWP (from £60, EF Medispa, www.efmedispa.com or 01737 830400 for salons nationwide) can reduce dimples using acoustic wave technology.

The hand-held device looks a bit like a gun – and sounds like a hydraulic drill! Fortunately, this treatment's bark is definitely worse than its bite. Although it does feel a bit scratchy on the skin, it's not too uncomfortable. Our tester noticed a slight firming of her skin and improved smoothness after just one session. A course of six to 12 is recommended, preferably two a week, with each session taking from 30 mins, depending on the area treated.

FIRM UP

If you want to avoid beach-side wobble, it's a good idea to start applying a firming moisturising cream twice a day from here on in. But for the most dramatic change, book yourself in for a course of skin-firming treatments. Our tester was over the moon with the results she got from Indiba Deep Beauty Proionic Body Care System (from £60, Eleven Hair, www.indiba.co.uk or 020 7491 2390), which in her case were a firmer, smoother bottom and thighs after six sessions. Clinically proven to increase skin elasticity by up to 20 per cent, Indiba can achieve amazing results on cellulite, too. You simply lie there as the therapist glides wands over the area to be firmed up. The wands deliver high-frequency currents that heat up the skin and the layers of fat beneath. It's pain-free, and pretty relaxing, too. Results can be visible after just one treatment, but a course of six to 12 sessions delivers maximum firming and smoothing.

DO A DETOX

You don't have to go to an expensive spa to give yourself a pre-holiday detoxifying boost. The new **Chris James Mind & Body Cleanse** (£79.99, www.chrisjamescleanse.com) promises glowing skin, sparkling eyes and a firmer body in just 12 days. The detox involves cutting out meat, dairy, bread, pasta, alcohol and caffeine, eating plenty of fruit and veg and drinking lots of fresh juices.

As well as a step-by-step guide, the pack comes with supplements to rev up the body's cleansing processes, plus plenty of lifestyle tips and tasty recipes. The instructions are clear and simple to follow, although our tester found sticking to the Power Phase – days seven to nine when you should only have fresh fruit and raw vegetable juices – a challenge too far. It takes commitment but you should look and feel better by the end of it – even if, like our tester, you cheat a little bit!

SAY GOODBYE TO FUZZ

Yes, you can always pack a razor, but if you want to banish the fuzz for good before your summer holiday, you need to start now. The latest crop of permanent hair-removal systems are so effective that most people can eliminate around 80 per cent of unwanted hair for good in just three or four sessions, three weeks apart. Cynosure Elite MPX (from £75, www.cynosureuk.com) works by blending two wavelengths to deliver more energy more safely and effectively, which means it can also treat a larger area in each burst, cutting down on treatment time. It can be used on the face and on the full range of skin types including Asian and black skins.

