

INVENTION OF THE BODY SNATCHERS!

GLAMOUR's beauty team put four fat and cellulite-busting methods to the test

THE THERAPIST'S WAY

The tester Becci Field, Beauty Director

The target zone "The soft cellulite on my thighs and bottom."

The treatment VelaSmooth with Malvina Fraser. Sessions cost £150 for 45 minutes (you may need between eight and 12).

The science This new machine uses infra-red light, radio waves and a vacuum to boost micro-circulation and stimulate lymph drainage to eliminate toxins.

The process "The treatment was painless – all you feel is a very warm sensation and a slight sucking. My therapist explains that I don't have much tone, so the fat sags around my muscles, causing cellulite. She says VelaSmooth is ideal for new cellulite and that the infra-red has the added benefit of temporarily sculpting the body so you look like you've lost a little weight (which is something I really noticed)."

The hitch "Of all the non-surgical cellulite treatments, VelaSmooth is hailed by therapists as the best. But it's pricey and you'll need top-up visits every month or so."

The verdict "After one treatment, my bottom was much smoother. Six treatments on, and the cellulite is barely there."

The motivation womanly without the wobbles at Missoni



THE OLD-FASHIONED WAY

The tester Vicki Norton, Deputy Beauty Editor

The target zone Saddlebags

The treatment Jamie Baird, personal trainer at Agua Spa in the Sanderson hotel, London. Sessions from £75 an hour.

The science Experts still swear spot reduction on saddlebags is impossible. "You can't control where your body loses fat," says Jamie, "but that doesn't mean you can't shrink saddlebags at all. Diet and exercise work." Jamie's four-week Quick Fix kickstarts the body into releasing fat. The trick? "Work harder and longer. Be more focused, like cramming for an exam," he says.

The process "Five days a week I did either cardio exercise (on a cross trainer, 'to burn lots of calories, tone, and create an energy deficit so the body taps into its fat stores') or resistance training ('on a circuit because it burns more calories'). My body was aching and tired for the first two weeks, but in a nice 'you've worked so hard you deserve a Toblerone' way. The diet plan was 'lean and clean, nothing processed' – but having just one coffee a day hurt."

The hitch "I like exercise, but it was hard not to skip a single session all month. And cutting down on caffeine, chocolate and wine is tough!"

The verdict "I've only lost a couple of millimetres per leg, but I'm much more sculpted all over, so I feel happier with my body as a whole." ▶

Like Champagne in a spray can, this bubbles and cools on contact with skin.
PerfectSlim Leg Relief £10.99 L'Oréal Paris

The motivation stretch micros at Stella McCartney



Polishing daily helps blitz cellulite-prone spots. **Bamboo Body Scrub** 22 Clarins