

What's your bottom line?

Want to get rid of those dimply thighs before summer really kicks in? In the name of vanity, we tested three very different ways to get rid of unsightly cellulite

Cellu-light

To combat the dreaded 'c' word, two treatments have got to be better than one. So goes the thinking behind Cellu-light, which combines two established methods of attack – Bodyter and Eporex – into one mega orange peel buster.

Bodyter is a 'shake'n' bake' experience, where gel-covered thermal pads are fastened to your wobbly bits and plugged into a main console. A double whammy of electrical stimulation and infra-red heat is then pumped into you to tighten muscles and kick-start fat burning.

The stronger the charge you can bear the better, but beware – over-enthusiasm when left alone with the controls resulted in me inadvertently torturing myself by whacking the juice up so high that my hands involuntarily clenched into claws, leaving me unable to turn the blasted thing down. (Fortunately, you're regularly supervised throughout the session.)

Freed from the pads, your sweaty self is then promptly flipped over for Round Two. For Eporex, the beautician runs an electrically charged roller repeatedly over your lumps, which pushes fat-melting herbal concentrates into your skin. Coming hard on the heels of a bout of Bodyter ramps up the efficiency of this process, or so the theory goes. And certainly, after each of my sessions, my skin was tighter, my legs felt tauter, my thighs didn't rub



Bum deal: Get rid of those unwanted dimples together (bargain) and those horrendous dimples seemed diminished.

Eight weekly sessions at £100 a pop are recommended for success: a pretty hefty outlay but, in the battle of the bulge, immediately visible improvements are hard to come by.

Siobhan Murphy

Janet Ginnings Hair & Beauty Salon, 45 Curzon Street W1. Tel: 020 7499 1904/2767. Treatments are available separately nationwide. Eporex, Tel: 020 7225 6560 and Bodyter, Tel: 0161 976 4614.

Cellulite Stones

Most cellulite treatments involve lotions, potions, pumping, sucking or electrical current.

However, cellulite stones (pictured right), use none of the above. Instead Ruth David, currently the only cellulite stone therapist in the country, uses a deep tissue massage technique on your legs and bum using hot and cold stones instead of her hands. The effect of using hot and cold temperatures on the body induces

vasoconstriction and vasodilation – the opening and closing of blood vessels. The idea is that the stones will break down the layer of cellulite and push it into the body to be removed naturally.

Hmm... sounds iffy? You'd be right to raise an eyebrow. But after one treatment my legs did feel smoother, but I felt like crap. Something had definitely been pushed back into my body and I felt so thirsty I drank almost two litres of water that afternoon alone. My legs felt sore and I was tired.

The second treatment was better. Again I was thirsty but not as tired and by the third I even felt a little energetic. I also felt a bizarre sensation on the back of my legs – it felt like water running over the skin. Apparently, it is the lymphatic fluid and blood being internally pushed away from the area being worked, taking the toxins with it.

Thankfully I'm not riddled with cellulite, but what was there appears to be shifting and my skin looks – dare I say – even taut. As with most cellulite treatments, there are no miracle cures. The stones work if you are willing to meet them halfway – drink lots of water, get exercising and cut out those toxins. A treatment lasts for 45min and costs £75. A course of six is recommended and the sixth one is free. *Lisa Scott*

For more information contact the Berkeley Clinic. Tel: 020 77244004 or e-mail ruth@ruthdavid.com

Advanced Keymodule Endermologie Treatment

The main selling point of endermologie, a favourite with Coleen and Caprice, is that it's the only method approved by the US Food And Drugs Administration.

It promises to stretch and weaken the fibrous tissues attached to the layers of skin under the surface and break down the fat cells. It is also meant to stimulate localised blood and lymph circulation and increase production of collagen and elastin – which should make the skin more supple. In short it claims to attack cellulite rather than just temporarily smoothing the skin.

I was dressed in a very unflattering tight, white, netted body stocking and the machine – a handheld roller and powerful vacuum pump – got to work on my arms, hips, tummy, legs and buttocks. It sucks and rolls and feels similar to a deep tissue massage.

After five sessions, I noticed a slightly wider gap between the tops of my legs, but my bum was still a bit wobbly and my cellulite dimples were still there. However, I did feel firmer and more confident.

Ten to 15 sessions are recommended and then once every month. Each costs £65. *Vicki-Marie Cossa*

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