

Speedy ways to shape up for *summer*

Holiday on the horizon? There's still time to firm up and slim down with these new treatments...

The treatment

ULTRATONE FUTURA PRO CINDERELLA TREATMENT, FROM £35 FOR 30

MINUTES (020 7935 0631) Claiming to shift centimetres off your bod in one 60-minute session, the treatment works through pads placed on the skin. They deliver a sequence of impulses designed to compress fat, tighten muscles and help eliminate excess fluid. It feels a bit like having intense pins and needles in rhythmic patterns – but the settings are adjustable, so you shouldn't be uncomfortable. The machine allows you to treat several areas at a time and one session can be the equivalent of 900 sit-ups in terms of working tummy muscles. Results are temporary, but for a more permanent fix, a course of six sessions with regular top-ups is recommended.



The potions

KORRES BLACK TEA & VERBENA CREAM-GEL AGAINST THE APPEARANCE OF CELLULITE, £27 FOR 150ML (020 7581 6455)

Formulated to speed up microcirculation and reduce the appearance of cellulite, the combination of caffeine, black tea and verbena helps reduce fat accumulation, as well. In clinical studies, women who used the cream for two months reported an average local fat reduction of 1.7cm—and dimply areas appeared smoother, too.



JEANNE PIAUBERT SPEED DIETING, £76 FOR 2 X 15ML (WWW.BEAUTIQUE.COM)

It's frightfully pricey, but does promise a slimmer waist after just over a week of regular use. You need to apply the potions twice a day—the dual pump dispenses day and night creams—taking care to massage them in as directed. Our tester saw her waist shrink by 1cm after a week of use, and reported firmer-looking skin.



DOVE SPA FIRM BELIEVER TUMMY CONTOURING CONCENTRATE, £25 FOR 2 X 50ML (WWW.DOVESPA.CO.UK)

This intensive two-week treatment contains a mixture of arabica coffee seed and ilex leaf extracts,

which, it is claimed, will support the skin's natural metabolism and help reduce the bulk around your waist. Use one bottle per week to look firmer and more streamlined after two weeks.



The pills

EXTRAZYME-13, £19.95 FOR 90 CAPSULES (WWW.VICTORIAHEALTH.COM)

Beat the bloat by popping one of these pills with each meal. Packed full of enzymes that aid digestion by helping break down proteins, fats and carbs, as well as minimising belly bloat, they can help your body absorb nutrients more efficiently – which means you should feel healthier and more energetic.

ALLI 60MG HARD CAPSULES, £32.95 FOR 42 (FROM PHARMACIES) Only for those with a BMI of 28 or above, this contains the drug orlistat. Taking it three times a day with meals, you can lose up to 50 per cent more weight if you're on a low-fat diet.

The gadgets

TRIPOLLAR POSE, £349 (FROM HARVEY NICHOLS, SELFRIDGES AND WWW.STOP-AGE.COM)

Using radio frequency technology to tighten and tone sagging skin, the handheld device is for home use and also heats fat cells, encouraging them to release liquid fat and shrink in size. It takes around 20 minutes to treat one area and although you may notice slightly firmer skin after the first use, it's recommended you use the handset two to three times a week for six to eight weeks for optimum results, with top-up treatments every week or two to maintain effects.

THE REVIBER PLUS, £243.70 (FROM WWW.VICTORIAHEALTH.COM)

This home exerciser is designed to strengthen and tone the body from top to toe. Ideal for increasing circulation in cellulite-prone areas, it comes with easy-to-follow instructions for a full body workout. While it may be less intense than gym equipment, it's still a great way to crank up the benefits of doing simple exercises.



10 ways to speed up your weight loss

- 1 Work some extra cardiovascular activity** into your daily routine—whether it be cycling to the shops or walking to work.
- 2 'When you're feeling peckish,** eat a whole apple,' says nutritional expert Paul Masters. 'It will leave you feeling full for hours.'
- 3 Avoid refined and processed foods** such as white pasta and bread, cakes and biscuits. They're full of 'empty' calories and will leave you craving more food.
- 4 Changing your exercise routine** can help boost your metabolism, according to fitness expert Kathryn Freeland. 'If you usually go cycling, go running,' she says.
- 5 Keep a diet diary.** Studies have shown that writing down everything you eat helps you cut down on your calorie intake.
- 6 Make sure you eat plenty** of fibre-rich foods, such as wholemeal pasta, bran flakes and pulses. You'll feel fuller for longer.



FREE FOR YOU

■ The Chris James 12 Day Urban Detox is a complete programme of blood and tissue detoxification. We have two packs, worth £169.99 each, to give away. To enter, write to: Prima/Jessops Offer, GVPRAPO7050, The National Magazine Company Ltd, The Data Solutions Centre, Worksop S80 2RT, by 31 August 2009*. Prima readers can also get 25 per cent off the plan. Visit www.chrisjamesyoga.com and quote ST78.



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7 Do some toning exercises every day.

Simple lunges are ideal—they work more than one muscle group.

8 Drink plenty of water—it will help give you more energy and make you less likely to snack between meals.

9 Pile your plate up with plenty of veg and eat lots of fruit—it will help you feel full quickly and keep you feeling satisfied for longer.

10 'Don't demonise food groups,' advises health guru Chris James. 'If you fancy something high in calories or fat, have a small portion—a few bites should be enough to satisfy your craving.'

