

REVEALED: The everyday diet secrets of slim women

Slimming & Health

8 PAGE SPECIAL PULL OUT

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Sayonara cellulite!

We're always being told that even celebrities have cellulite. Well, who cares - we beat 'em! Rather lose it, too! Eva-Mana Bobbert shows us all how to wave good-bye to cellulite

Dimples are undeniably cute - and they start popping up on your thighs faster than you can say 'orange dress!' If revealing your woebly bits in this season's bony-pretty summer cozzies fills you with dread, take heart - even women who can saunter into size six skinny jeans suffer from cellulite, a stubborn condition that transforms smooth thighs and buttocks into lumpy, crater-like layers of fat. According to statistics, 90% of women suffer from pesky orange peel skin, but it's not necessarily a weight-related condition. 'Cellulite is more of a circulation problem than a weight problem, although excessive weight can exacerbate the condition,' says Sandi Dhely, national training manager for Sothys. 'It's caused by the fibrous network of connective tissue surrounding the layer of fat cells just under the skin.'

But not all cellulite is the same - there are actually three different types. Adipose cellulite (loose fat cells that divide) is found all over the body, anoxic cellulite (when water infiltrates the tissue) is indicated by lumpy thighs and swollen legs, and chronic fibrous cellulite (when toxins collect in the connective tissue and it loses its elasticity) tends to be hard and painful when massaged.

The key is to do something about cellulite before it becomes chronic by improving circulation in lumpy-prone areas - this will speed up fat metabolism and improve skin

tone. 'Stimulation of the circulatory system and lymphatic drainage combined with an effective slimming or anti-water system will help,' Sandi explains. While it's tough to shift, losing the dreaded dimples is not impossible if you're willing to invest time and money on an ongoing basis - we've tested the latest treatments to see what works.

Treatment options
LUMOLOGIE DETOXIFYING VACUUM THERAPY
How does it work? Single and double suction cups are applied to the affected areas to help break down cellulite with a deep massaging action. Rollers are then run up and down the area to smooth out the loosened fatty deposits.
What to expect? It feels like someone is pinching your bottom really hard!
The low-down: Our 31-year-old tester saw visible results after just seven treatments over three weeks. She lost 4cm from her stomach and can see a visible improvement in the skin tone and texture on her thighs

and bottom. 'I feel like it's had a detoxing effect too, my whole system is just feeling better and I have more energy,' she says. 'I'll be going back for more!'
Where can I get it? \$59.95 per 30-minute treatment at Rappal Hair and Beauty, David Jones, Sydney. At least 12 sessions are recommended. Call 1300 781 351.

INFRA SAUNA
How does it work? Infrared rays heat the muscle tissue and internal organs, increasing blood flow and heart rate. It claims to burn 1,000 calories in 30 minutes.
What to expect? The Infra Sauna capsule covers your body from neck to toe as you lie flat on a bed (your head is mercifully free). It's hot but not as steamy as regular saunas. Expect to sweat like crazy!
The low-down: Our 30-year-old tester says she lost two kilos after four sessions over a fortnight. 'It's a relaxing way to detox. I feel healthier and have more energy without changing anything else in my routine,' she says. 'I'm addicted!'
Where can I get it? \$45 for a 30-minute session at Doreen Massage - King, Cross Street. 6-12 sessions over six weeks are recommended. Call 02 8424 6606.

HYPOX BODY SHAPING
How does it work? Moderate pedalling is done while enclosed in a 'pod'. Different areas of the skin are subjected to reduced or increased atmospheric pressure to speed up the body's natural metabolic function.
What to expect? You'll be strapped into an airtight suit and will feel the pressure changing. How hard you could depend on the fitness goals the operator has pre-programmed for you.
The low-down: Our tester, 22, had eight sessions over four weeks and said she could already see results. 'It's fairly relaxing as far as workouts go but I lost two centimetres from the top of each thigh. I absolutely loved it and will be going back again,' she says.
Where can I get it? At all stores and fitness centres nationally for \$55 per session. At least 12 sessions are recommended. Call 02 9281 2083.

POWER PLATE
How does it work? A vibrating fitness machine that causes your muscles to contract involuntarily, making exercise more

efficient. For example, if you're holding a squat pose for around 30 seconds on the lowest setting, they claim it's equivalent to doing 900 squats on a non-vibrating surface. Celebs like Kyle Minogue and E!e Macpherson swear by it.
What to expect? If you suffer from motion sickness the vibration might make you feel nauseous for the first few weeks.
The low-down: After just one short session our 32-year-old tester noticed her muscles felt like they had a good workout the following day. 'It's much easier than doing regular sit-ups and squats as you only hold each pose for 30 seconds, but your muscles really feel it the next day.'
Where can I get it? If your local gym doesn't have one, you can buy an at-home version (\$6,000 - \$15,000). Three 30-minute sessions per week are recommended. Call 1800 633 009.



Recipes for success
If you're considering your hard-earned buns on body treatments, you'll get better results by making a few key lifestyle changes:
● Avoid fried food, alcohol, caffeine, sugar and salt. These foods can be absorbed by your cells and become more difficult to excrete. Anything that can't be grown or caught should be avoided, says Rosemary Burd, manager of a Cohen's Lifestyle Clinic in WA.
● Eat vitamin E-rich foods such as dark green leafy vegetables, nuts, seeds and whole grains to improve circulation.
● Dry body brushing before your morning shower will help boost circulation overnight.

Fat fighters

- Dove Body Firm Intensive Cellulite Gel-Cream**, \$10.99, contains seaweed extract and elastin-peptides to firm and tone the skin.
- Clarins Total Body Lift 200ml**, \$69, contains active plant extracts to help slow the formation and expansion of fatty tissue.
- Omada Tumeric Cream**, \$43.90, gets its glow colour from turmeric, a herb thought to have anti-inflammatory and detoxifying properties.
- Garnier Bodytonic Cellulite Massaging Rollball**, \$12.99, releases a serum containing ginkgo biloba, citrus fruit essences and caffeine.
- NIVEA Body Good-Bye Cellulite Gel-Cream**, \$9.75, contains L-Carnitine, which claims to help convert fat into energy.
- Sothys Total Rescuing Serum**, \$59.50, is a non-sticky serum that claims to help you lose cellulite from thighs and waist. It's applied twice daily for two months.
- Eucerin Redefined Scaly Skin**, \$44.95, contains caffeine and capsaicin to stimulate circulation and exfoliate, an anti-calcium believed to eliminate toxins.

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Recipes for success

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cardio is vital for reducing underlying fat. 'We recommend a brisk 30-minute walk each day,' says Rosemary.