

Invest in *technology*

For cellulite that's more advanced, a whole new generation of salon treatments claim to tighten, tone and smooth. Our testers put them on trial:

Pevonia Green Coffee Body Wrap For Cellulite

This treatment uses green coffee – the chlorogenic acid helps break down fatty deposits. After a thorough body brushing, a special gel and green coffee 'mud' are applied to problem areas. A polythene wrap traps the ingredients against the skin for about 40 minutes.

Does it work? 'The gel made my skin tingle and turn pink, and I found myself sweating as the mud heated up. But after being unwrapped and massaged with firming creams, my body was definitely smoother and my cellulite less noticeable.' *Sally Ben, 41.*

Where to have it: Nationwide, from £55 for 60 mins, five to 10 sessions recommended. For more information, visit www.pevonia.co.uk.

VelaShape

A combination of radio frequencies, light energy and massage are used to increase lymphatic drainage and flush out unwanted fats, toxins and fluids. Claims to provide a significant improvement within four sessions.



VelaShape works to flush out fat

Does it work? 'This uses a handheld device that is moved across the skin. It's a powerful sensation, and I didn't find it comfortable at first – although it did get a little better the second time. However, the results are incredible – although it's a big financial investment, it works.' *Jo Heath, 47.*

Where to have it: From £200 for 45 mins, four sessions recommended. Visit www.velashape.com.

Lipomassage by Endermologie

Motorised rollers are moved over your body in different directions, and the gentle suction helps to release fat stored in the cells, firm the skin and boost circulation.

Does it work? 'It feels a bit like deep tissue massage – but less relaxing. My problem areas felt a little tender from the rollers, but my skin looked smoother and my bottom lifted after three sessions.' *Kerri Khan, 39.*

Where to have it: Around £60 a treatment, six to eight sessions are recommended. For salons nationwide, call 020 8731 5678.

Aeroline

A high-pressure massage to encourage lymphatic drainage. Hot air is blasted across your body via a giant tube, which is moved over stomach, thighs, bottom and back.

Does it work? 'The noise is off-putting, but the heat and pressure felt soothing. The skin on my thighs was left taut and the next day my muscles ached, as if I'd been to the gym.' *Kim Jay, 38.*

Where to have it: £399 for a course of 10 sessions. Visit www.aeroline-uk.com.

Do toning *exercises*

Being active can make a huge difference and its benefits are twofold. 'At least five times more blood flows through your arteries when you work out, whizzing fats, fluids and toxins to your lymphatic system, where they get flushed out,' says fitness expert Nicki Waterman. 'Secondly, it's an effective way to build muscle, which lifts connective tissue and minimises the dimpling effect.' Follow her easy workout three times a week to get real results:



Side lunge

Stand with your feet hip-width apart, knees slightly bent. Lunge to the right, bending your right knee, while keeping your left leg straight. Step your right leg back to the start, pulling through with your left hamstrings and bottom. Switch legs, repeat 20 times, alternating sides.