

CAN YOU REALLY BANISH CELLULITE?

THE DREADED ORANGE PEEL IS THE BANE OF SWIMSUIT SEASON – BUT IS THERE A WAY TO GET RID OF LUMPY BITS FOR GOOD? WE PUT SEVEN TREATMENTS TO THE OK! TEST...

3D LIPOMED CELLULITE REDUCTION



TESTER: Nicola Agius
COST: From £160 per treatment and up to £850 for a course of six.
THE PROMISE: It not only removes cellulite but reduces body fat and tightens skin. According to *The Apprentice*'s Dr Leah Totton, a full course can help you drop two dress sizes!
HOW IT WORKS: The 3D LipoMed device

uses fat-freezing and ultrasound technology to permanently remove fat cells. In addition, radio frequency and vacuum skin-rolling are used to tighten skin and smooth out cellulite.
THE RESULTS: There was a visible reduction in cellulite, and amazingly after just one session I lost ten inches from all over my body!

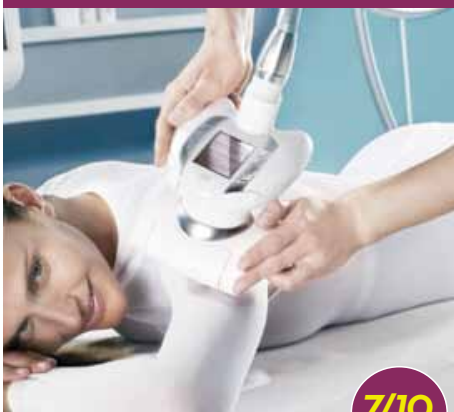
VERDICT: The difference around the thigh area worked wonders for my confidence. Some people say the treatment can be uncomfortable, but I barely felt a thing. And to be honest, tolerating mild discomfort for an hour is worth losing ten inches of fat and cellulite!
FOR MORE DETAILS: Go to www.drleah.co.uk and www.3d-lipolite.co.uk.



Dr Leah's clinics have just launched a non-invasive anti-cellulite treatment

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LIPOMASSAGE



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TESTER: Danielle Harrison
COST: From £60 per session
CELEBRITY FANS: Extremely popular in France and with top models.
THE PROMISE: To firm the skin, smooth cellulite and sculpt the body without the need for surgery.
HOW IT WORKS: Two motorised rollers are worked over the desired area, with the therapist choosing the intensity of rotation needed to give you a bespoke treatment. This penetrates the skin's superficial layer to activate natural 'firming' cells.
THE RESULTS: I opted to target my cellulite-prone legs. The treatment was very relaxing with absolutely no pain. Straight after the treatment I noticed that my skin was silky smooth and the dimples were much less visible. My skin also felt firmer and I lost a noticeable half an inch from each thigh.
VERDICT: Six sessions minimum are advised and the more you do, the better the results. It's a lifestyle change and long-term investment rather than a one-off, but I loved the fact that you could target those hard-to-shift areas without slogging it out at the gym.
FOR MORE DETAILS: Visit www.lpgsystems.com/endermologie/lipomassage.

VELASHAPE II



TESTER: Lina Darton
COST: From £200 a session and up to £1,500 for a course of six
CELEBRITY FANS: Kim Kardashian (left) was filmed using it on *Keeping Up With The Kardashians* while Demi Moore and Britney Spears have also reportedly tried it.
THE PROMISE: The treatment boasts it can reduce cellulite in problem areas and stimulate collagen production for smoother and firmer skin.
HOW IT WORKS: Velashape lotion was

applied to my thighs before my practitioner, Natasha, started a 'suction' massage (similar to a deep-tissue massage). Natasha then ran the machine across my thighs while monitoring the temperature of my skin.
THE RESULTS: My skin felt and looked smoother after one session and I lost a quarter of an inch from around my thighs. After the session I was able to carry on with my day as usual. My muscles felt sore, like I'd just been to the gym.
VERDICT: Good, but for best results a full course of treatments is recommended. For mild cellulite, six sessions would be optimum.
FOR MORE DETAILS: Check out www.cavendishclinic.co.uk.

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RODIAL SUPERFIT SIZE ZERO

TESTER: Busola Evans
COST: £55 for 300ml
CELEBRITY FANS: Fans of the Rodial brand are said to include Jessica Biel (below), Jennifer Aniston and Lady Gaga.
THE PROMISE: It's a moisturiser which the makers claim can reduce the appearance of cellulite, tone the body and even slim down thighs, abs and hips.
HOW IT WORKS: It couldn't be easier; I simply massaged the light, smooth and citrus-scented cream into my cellulite-prone thighs twice a day for three weeks and waited for the magic to happen.
THE RESULTS: I can't say I became totally cellulite-free, but those stubborn deposits



were certainly less noticeable – although my thighs didn't appear much slimmer.
VERDICT: The cream lost a point because of its questionable name (size zero? No thanks!) but it is definitely worth a try if you want a no-effort cellulite-buster before your summer holiday.
FOR MORE DETAILS: Buy the product online at www.rodial.co.uk.

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MIO SHRINK TO FIT CELLULITE SMOOTHER



TESTER: Lizzy Price
COST: £35 for 100ml

CELEBRITY FANS: Personal trainer Tracy Anderson and reality star Kourtney Kardashian (left) are fans of the brand.

THE PROMISE: This cellulite-blasting cream is said to transform 'orange peel' into fabulously fit skin in one month.

HOW IT WORKS: Activate the slimming ingredients by vigorously

rubbing the cream into problem areas for 30 days. After that, reapply it every few days.

THE RESULTS: They call it 'high intensity body care' and they mean it! The tingling sensation is pretty extreme and makes you feel like the product is really working. Lo and behold, after a month my skin felt smoother and looked less bumpy.



VERDICT: Nothing dramatic, but it's a good addition to your regular routine.
FOR MORE DETAILS: Buy it at www.mamamio.com/uk.

LIPOTHERAPEIA MESO-CRF ADVANCED PROTOCOL

TESTER: Leanne Wilcox
COST: £216 for an introductory session or £1,296 for a course of six
CELEBRITY FANS: Sadly, that's confidential!
THE CLAIM: A completely safe non-intrusive treatment that promises visible skin improvements, from cellulite reduction and local fat removal to circulation enhancement and skin-tightening.

HOW IT WORKS: Based on 12 years of testing, the Advanced Protocol combines the three most effective cellulite treatments in one go: needle-free mesotherapy with over 15 active ingredients, radio frequency and ultrasound cavitation.
RESULTS: I tried out the 40-minute treatment on my thighs and bum and, although the practitioner

said I shouldn't expect visible results from just one session, I saw a difference immediately – and my skin still felt tight weeks later!
VERDICT: My skin felt smoother and tighter instantly, though six sessions are advised for lasting results.
FOR MORE DETAILS: Just log on to www.lipo-therapeia.com.

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NIP + FAB CELLULITE FIX BODY SCULPTING GEL



TESTER: Rowan Erlam
COST: £18.25 for 150ml
CELEBRITY FANS: Nip + Fab's skincare range is already popular with Kimberley Walsh, Victoria Beckham and Jennifer Aniston (left) – all famed for their super-smooth and glowing skin!
THE PROMISE: The gel, which contains Indian forskolin and caffeine, promises fast action on cellulite's appearance.
HOW IT WORKS: I had to apply the gel to clean skin twice a day, using straight, upward strokes. For best results, it's recommended that you exfoliate your skin beforehand.

THE RESULTS: I used the product twice a day for two weeks, and my skin felt firmer and cellulite was visibly reduced. I would definitely recommend it – no wonder so many celebrities are hooked!
VERDICT: This product has a nice, cool texture and really did make my skin feel toned. I didn't think this was possible without exercise!
FOR MORE DETAILS: Visit www.nipandfab.com to buy it. **OK!**



BY OK! ACTING HEALTH EDITOR BUSOLA EVANS
PHOTOGRAPHS BY FAME FLYNET, SPLASH NEWS

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