

REAL

ONLY £1.40

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NEW YOU BEAUTY

LEAN LEGS

Cellulite on thighs and calves is confidence-crushing enough, without the spongy, dull skin texture that tends to accompany it. Most beauty therapists agree that dry body brushing in circular motions towards the heart is the best way to tackle stubborn fatty deposits on the legs because it kick-starts the lymphatic system encouraging tissue drainage.

Though there are undoubtedly some great cellulite products on the market, we have to admit that body brushing or using a massage mitt is often a much cheaper way to get similar results.

Cosmetic doctor Patrick Bowler goes further. He says: 'Any topical products will only give minimal, short-lasting change. Therefore, I recommend a strong moisturiser to help plump and smooth the skin surface covering cellulite.'

Improve overall body texture by deeply hydrating the skin. Use an oil-rich moisturising body wash in the bath or shower and follow with a dry oil spray applied to the skin while damp, paying particular attention to the knees and shins. Complete with a shimmer body cream for gleaming, soft limbs.



Best buys

- 1 **Elle Macpherson** The Body Firm & Flawless Body Lotion, £6.95
- 2 **Dr Denese** BodyPerfect Firming Hand & Body-Peel Pads, £29.75
- 3 **Tesco** Body Therapy Silhouette Kit, £8.99

The party season's over – it's time to leg it