

YOU CAN LEAVE YOUR HAT ON

... but he won't let you keep on much else if you follow our definitive guide to sexifying every inch of your body

WORDS AND STYLING INGEBORG VAN LOTRINGEN PHOTOGRAPHS JAMIE NELSON

TROPHY THIGHS

Much as we should probably learn to love our womanly cellulite, we'd still rather see less of it.

The essentials

Dump that weight-loss regime if you want to ditch your dimples – cellulite is not a question of weight. It's mostly a case of trapped toxins and damaged skin tissue, caused in part by not-very-healthy fried foods and sugary stuff. So don't eat less, but *do* eat better: think veg, wholegrains, lean meat and fish, and other low-fat, healthy fare.

Drinking excess caffeine is bad but lotions that contain caffeine, like Medik8 Lipomelt Forté, £39.90, make skin look – temporarily – less dimpled. Circulation-boosting ingredients (like those in Weleda Birch Cellulite Oil, £14.95) can help restore tone over time. And as slack skin is

a major cause of cellulite, creams that help regenerate tissue are a great investment – try the newly supercharged Nivea Firming Body Lotion Q10 Plus, £6.25.

The latest trick

"I think Thermage, which is used to firm facial and chest skin, shows promise for improving cellulite," says consultant dermatologist Dr Nick Lowe. "The device heats up collagen below the skin's surface, making it contract over time, so it can work to tighten mildly slack thighs. The new Thermage Comfort Plus, which I use, is particularly effective, and ensures an almost-painless treatment." It costs £2,000-£4,000, depending on the size of the area, at London's Cranley Clinic (020 7499 3223). For treatments around the country, go to www.thermage.co.uk. >