

TRIED & TESTED - CELLULITE BUSTERS

With summer swiftly approaching it's time to primp and preen your bums, tums and thighs to perfection, so take a look at Living's top cellulite busting and refining products on the market at the moment.

DETOX DEEP DOWN



Lierac Body Active Drainage, £36. Combining 12 essential oils and plant extracts, this anti-water cream is clearing and re-texturizing. Moisturizes and refreshes on first application, and, with continued use, circulation and water retention levels are noticeably improved. 7/10

BUTTER YOURSELF UP!



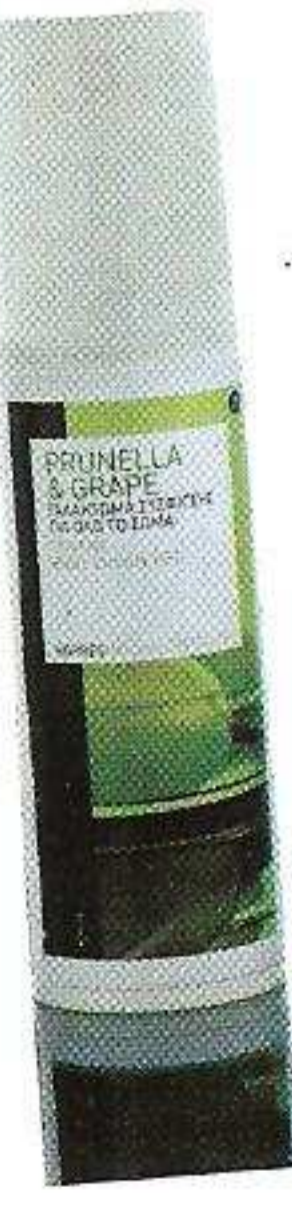
Lush "Buffy" body butter, £5. This beauty buy is inspired by the beach babes that want to pummel their dimply bits to extinction for that all important summer holiday! The buttery bar smells and feels not only luxurious but oh so natural, it contains cocoa butter for ultimate moisture and shea, ground rice, almonds and aduki beans to exfoliate and polish the skin. Use in the bath or shower and massage in a circular motion for instantly smooth skin. 8/10

BYE-BYE ORANGE PEEL



Adonia Legtone, £53. This home spa treatment has been heralded as the miracle cellulite serum. When smeared on the skin twice-a-day the plant stem cells help reinvigorate the skin cells which have caused the cellulite, resulting in a 47% reduction within nine minutes and a remarkable 70% reduction in appearance in just six weeks. 9/10. www.adonialegtone.com.

DRAINAGE



Korres Geranium and Grapefruit massage oil (100ml), £15. An active blend of essential oils firms and reduces the appearance of cellulite. Geranium, Fennel and Grapefruit essential oils eliminate toxins and relieve fluid retention by stimulate the lymphatic system. 7/10 www.korres.com

FIRMING

Korres Prunella & Grape Firming Body Cream Gel, £25. Prunella vulgaris extract and a Pisium sativum (pea) peptide enhance collagen synthesis, increasing skin firmness and reducing cellulite. Grape seed oil hydrates the skin and protects it from external ageing factors. 9/10

REFINE

Vitage anti-oxidant body refining gel, £21. Vitage Body Refining Gel is a lightweight lotion containing Theopylline, Paraguay Tea, Horse Chestnut and Caffeine. Working synergistically these break down fatty deposits by increasing the activity of fat burning enzymes, encouraging fat cells to shrink. By energising the flow of blood and lymph, circulation is stimulated allowing nutrients to flood the skins surface, regenerating and refining its appearance. 7/10.



RECONTOURING

Lierac Morpho Slim, £33. Combat the 'orange peel' effect with this. Active Caffeine dosed at 10% helps intensely stimulate lipolysis (destruction of fat stored in the adipocytes), reducing the volume of adipocytes i.e. cellulite. 8/10



STRETCH MARKS

StrVectin SD (150ml), £107. Contains Striadril, a key compound containing patented pentapeptides that significantly improve the appearance of facial wrinkles, stretch marks and minor skin imperfections by aiding the build-up of collagen. Also available in 50ml (£63). Available from Space NK, Harvey Nichols and Harrods. 8/10.

FAT BREAK DOWN

Medik8® Lipomelt Forté®, £34. Designed to act on cellulite and diminish the orange peel appearance, stimulating cellular metabolism, water balance and improving skin firmness. Contains the new innovative 'dermal compacting' peptide Serilesine®, plus five carefully blended Xanthines and other clinically tested actives such as Caffeine, Lipase, Coenzyme A, Adenosine Phosphate, Guarana, Marine algae and L-Carnitine. Visible results in 6-8 weeks. Available from salons and clinics nationwide. For stockists 020 8997 8541. 8/10



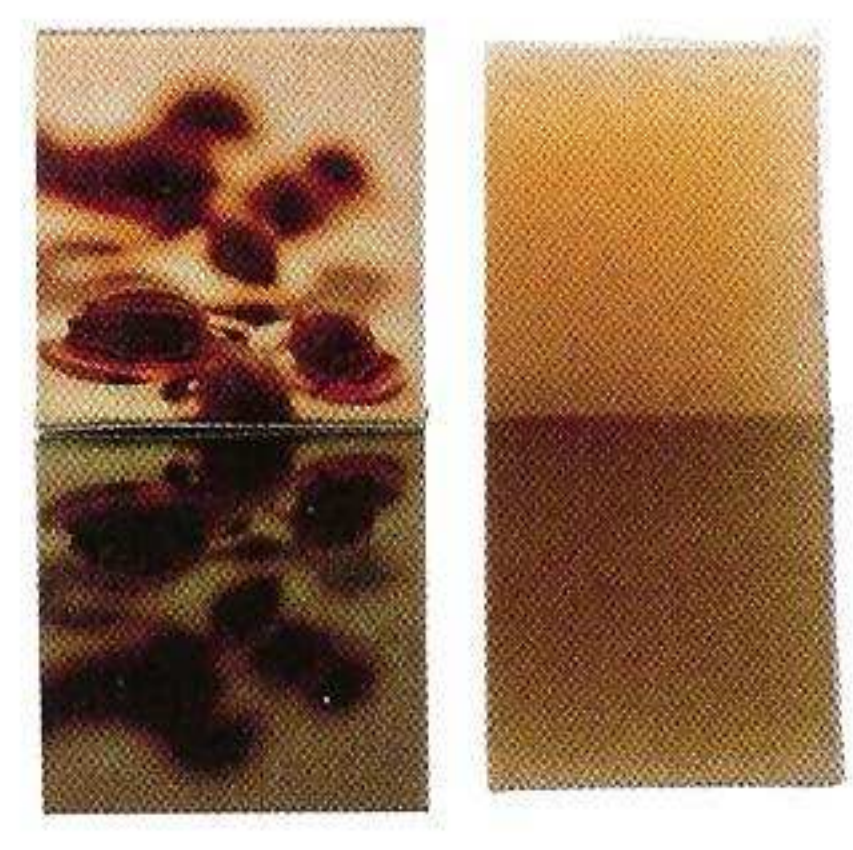
3-STEP

Caudalie slimming regime: contouring concentrate, £25.50. Cabernet scrub, £21. Draining organic herbal teas, £9.50. Tone, smooth and detox in three indulgent steps. Used in conjunction with each other these products will improve circulation, and help improve thighs, hips and buttocks. Tip: add two pumps of the contouring concentrate to the scrub to intensify its slimming action. Available at John Lewis, Debenhams, pharmacies and at www.caudalie.com 6/10



EXFOLIATE

KORRES GUARANA EXFOLIATING BODY SOAP, £5. GUARANA BLOSSOMS IN THE AMAZONIAN FORESTS, WHERE IT IS CONSIDERED BY THE NATIVE INDIANS AS A SACRED PLANT, DUE TO THE MENTAL AND CORPORAL TONING IT OFFERS. IN BRAZIL, IT IS KNOWN AS THE ELIXIR OF YOUTH, SINCE THE LOCALS BELIEVE THAT IT GIVES PHYSICAL AND MENTAL WELLNESS AND LONGEVITY. MOREOVER, BEING THE RICHEST NATURAL SOURCE OF CAFFEINE, GUARANA EXTRACT PRESENTS IMPORTANT LYPOLITIC ACTION. 9/10



GO GREEN

Green People Detoxifying shower gel, £9.50. With pink clay and rosemary extracts this is daily shower gel to get your circulation goes and stimulate to prevent cellulite. 7/10

