

BRITAIN'S No 1 WOMEN'S MAGAZINE

# GLAMOUR

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## Nicole

Why her long distance love can be tough

Your **sex life** rebooted  
9 simply genius ideas

## GLAMOUR'S 50 BEST DRESSED WOMEN

Who's knocked Cheryl off the top spot?

**PLUS** Win **£1250** to get the looks

"Beer was my breakfast"  
Diary of an alcoholic, aged 21

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# 645 INSTANT SUMMER OUTFITS

And a big 'Hello!' to your perfect bikini



and strawberry seed scrub, a fresh lavender and red clover wrap, and a green tomato oil massage. The warmth of the wrap helps to detoxify and reduce water retention, while the massage leaves you re-energised. You'll also enjoy a relaxing scalp massage and a cup of herbal tea to finish off the 90-minute experience. Usual price £150

**Oxy-Contour Body Treatment**

At Ajala Spa, St Paul's, 10 Godliman Street EC4V 5AJ (020 7074 1010; ajalaspa.com) Banish water retention with a little help from this impurity-absorbing volcanic mud body mask. Lymphatic drainage techniques are then used to get rid of toxins. Perfect for reshaping in time for bikini season. Usual price £95

**Stevenage**

**Monu Slim Gel Body Wrap**

At Maximum Beauty, 105 High Street, Old Town, Hertfordshire SG1 3HR (01438 317191; maximum-beauty.co.uk)

Going on holiday next week? Don't panic! After just one body-contouring session, you could lose 6-10 inches. After the gel is warmed and applied, you're wrapped in uber-effective bandages for an hour to help circulation. Monu Body Therapy Gel is then applied all over. Et voilà – you're beach ready! Usual price £51

**Don't miss our new app!**



Make sure you and your hairdresser are on the same page. GLAMOUR's new app, *Take Me To The Hairdresser*, has over 500 pictures, tips and hot products, all hand-picked by our beauty team. Visit [glamourmagazine.co.uk/apps](http://glamourmagazine.co.uk/apps) for details.

**Stirling**

**Comfort Zone Body Strategist & Cellulite Remodeller**

At Lumia Spa, 129 Henderson Street, Bridge of Allan FK9 4RQ (01785 831164; lumiaspa.com)

This 60-minute treatment targets cellulite and fatty skin. It starts with a body brush, leaving skin super-soft and toxin-free. Then, after a remodelling cream is applied to the thighs, hips, buttocks and belly, you are wrapped up and massaged. Your experience ends with a tea ritual, which cleanses you from the inside. Usual price £50

**TONING TREATMENTS**

**So long cellulite!**

Get bikini-ready with these skin-firming, dimple-zapping treats, says **Philippa Pearne**



**Bournemouth**  
**Indiba Deep Body Treatments**

At Salon 1336, 534 Wimborne Road, Winton, Dorset BH9 2EX (01202 515050; salon1336.co.uk) The high-tech way to smooth skin, the 50 Minute Fibrotic Cellulite Lower Body Treatment targets hard, orange-peel skin with pain-free high radio frequency currents to firm the body. Your skin is smoothed and impurities will be reduced. Usual price £45

**Brighton**  
**Reduce Cellulite Treatment**

At The Treatment Rooms, 21 New Road, East Sussex BN1 1UF (01273 818444; thetreatmentrooms.co.uk) Tone up your legs, bum and tummy in 70 seriously invigorating minutes. An olive grain scrub is applied to refine pores, followed by a grapefruit, juniper berry and rosemary mud mask. Finally, a reflexology foot massage encourages toxins to make a swift exit. Usual price from £69

**Bury St Edmunds**

**Green Coffee Body Wrap**

At SK Clinic & Spa, Victory Chapel, 4 Northgate Street, Suffolk IP33 1HG (01284 748470; skclinic.co.uk) After a green coffee body wrap to banish dimply skin, Pevonia Body Svelte Cream will be applied to your problem areas. Tension Relief Gel will then be massaged into your

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**FIRMING TREATMENTS**

calves and back, and you'll be smothered in Preserve Body Moisturiser all over. You'll leave with a fresh glow and supple, hydrated skin. Usual price £65

**Dublin**

**Murad Firm & Tone Treatment**

At Therapie Clinic, 8-9 Molesworth Street, Dublin 2 (00353 1 472 1222; therapieclinic.com)

This super-relaxing treatment starts with a full-body scrub. The Firm & Tone mask will then be applied over your chosen areas and massaged in – shea butter and cayenne pepper will nourish and boost circulation. While the mask works its magic, you'll be covered in soothing warm towels and given a hand and arm massage. Usual price €50

**London**

**Summer Wrap**

At White Room, 46 Walton Street, Knightsbridge SW3 1RB (020 7584 3881; whiteroom.com) This quirky Clé des Champs cellulite buster treats your body to an organic poppy extract

**DIY CELLULITE BUSTERS**

- Drink plenty of water to clean out the toxins that cause cellulite.
- Cut down on tea, coffee and alcohol.
- Use a body brush on troublesome areas every time you have a shower to stay firm.
- Eat lots of fruit and keep taking vitamins for healthy skin.
- Do lots of exercise to burn off excess fat.

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