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'What I did to Jeff Brazier!'



It's showtime!

The weather's warmer so now's the time to dispense with a few clothes. Here's how to get your body ready to show off...

Cellulite busters

Most of us have got cellulite – end of. But that's not to say there isn't anything you can do to improve it, although it takes a concerted effort.

Cut down on the booze and processed food, drink plenty of water, dry-brush your body daily – from the ankle upwards to the waist – and firmly massage in plenty of anti-cellulite lotion.

Try Biotherm Celluli Laser D Code, £38, which contains caffeine and ginkgo to target cellulite and make your skin appear temporarily tauter.



Get back to sexy backs

The back is one of the most neglected areas, for the simple reason you can't reach it easily! But you do need to pay attention to it. It has a high proportion of oil glands – where dead skin cells can build up – potentially leading to blackheads or even 'bacne'.

To spruce up your back, use a long-handled body brush to exfoliate the skin. If you're

prone to spots use a medicated cleanser or mask.

You could also try a salon treatment such as Crystal Clear Back Shine Treatment, £35 for 30 minutes (0151 709 7227; www.crystalclearskin-care.co.uk). It involves microdermabrasion (a heavy duty exfoliation) to resurface the skin and help control scars, blackheads and blemishes.

A seriously flatter stomach

To target your stomach, start by cutting down on refined carbohydrates, such as white bread, rice and pasta, which can make you bloated.

To help improve the skin tone, invest in some tummy-toning products with firming ingredients.

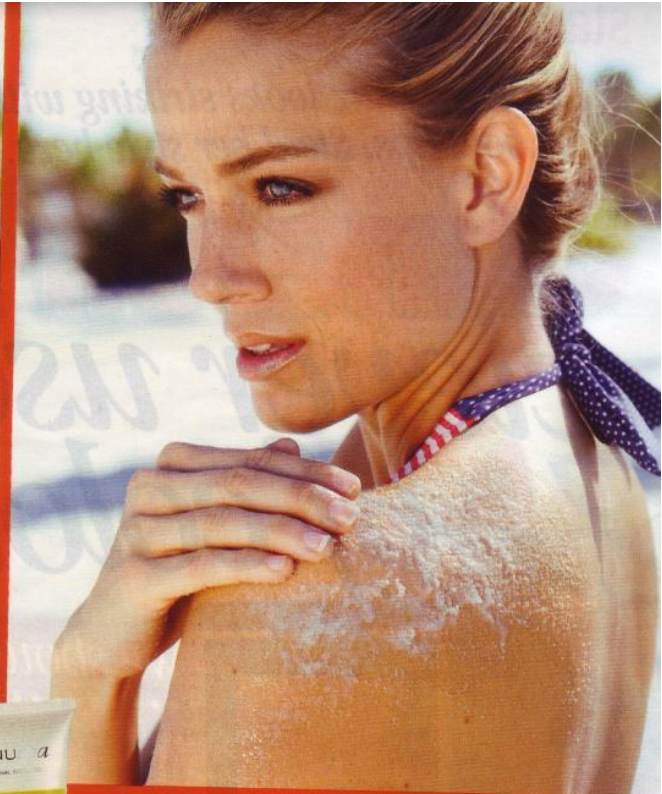
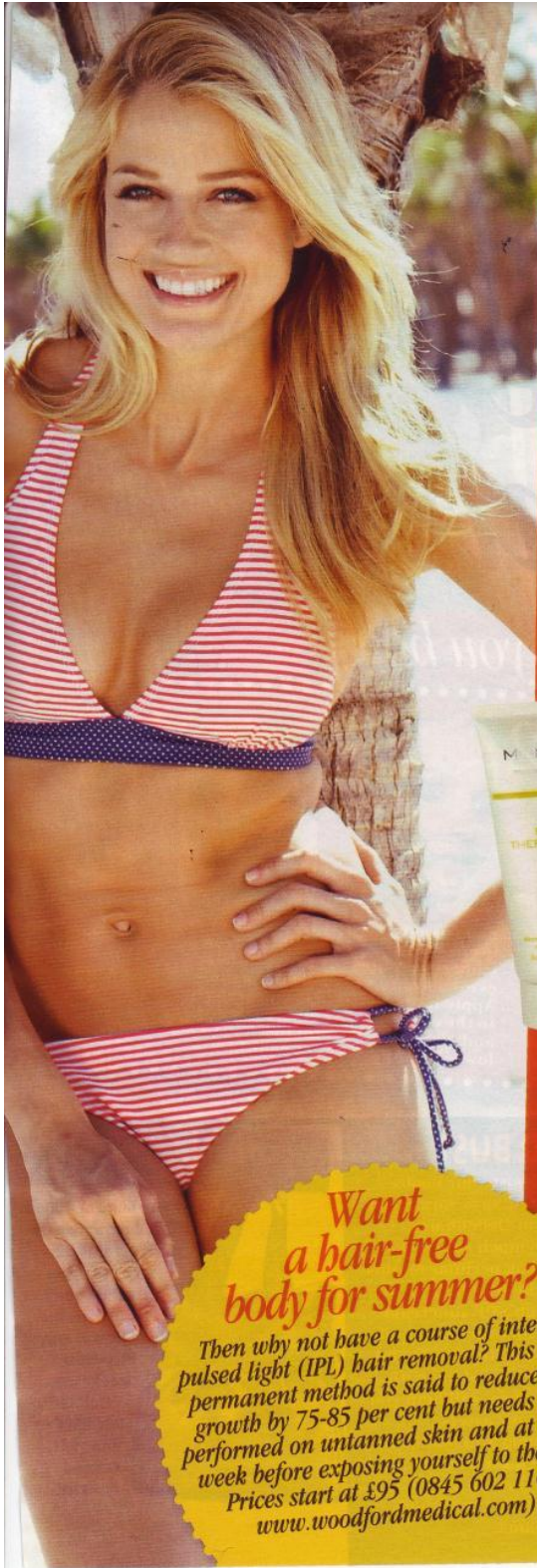
Try Tess Daly's Daly Spa Tums And Bums Silhouette Smoother, £12 at Marks & Spencer. It contains a tightening polymer (film) and really does make your stomach look temporarily firmer and smoother.



Words: Carly Honeyfield. Photos: Paul Buller



With thanks to Joanne at The Production Factor Miami (www.theproductionfactory.com)



Call to arms

Are your arms a bit rough and bobbly and in need of a bingo-wing makeover?

Nicola Martin, head of education for Monu Skincare, says: 'Most of us get pimples or bobbles on the tops of our arms, which is mainly down to the skin being too dry and neglected. 'Dead skin cells clog the pores, which leads to bumps on the skin. These can also be down to a common hereditary condition called keratosis pilaris.'

So how do we treat our arms? 'The best way is exfoliation and moisturising. Exfoliate using a natural bristle body brush

and gently brush the arm from the wrist upwards. While the skin is still moist, apply Monu Body Therapy Gel, £31.50 (0870 220 9094; www.monushop.co.uk),' says Nicola.

Bliss has just launched Arm Candy, £120, a one-hour salon treatment (0800 100 4151; www.blissworld.co.uk). The upper arm and décolleté are cleansed with a dead-skin dissolving milk and fruit acid wash.

After the dead skin is removed, the area is massaged to help improve circulation. Then a seaweed mask is applied. Finally, once the mask comes off, your improved arms are treated to an application of Bliss FatGirlSlim cream.

Want a hair-free body for summer?

Then why not have a course of intense pulsed light (IPL) hair removal? This semi-permanent method is said to reduce hair growth by 75-85 per cent but needs to be performed on untanned skin and at least a week before exposing yourself to the sun. Prices start at £95 (0845 602 1161; www.woodfordmedical.com).

Firm up your legs by wearing shoes!

These FitFlops, £75, not only look pretty, but they'll also help to tone your legs and bum as you walk (0845 359 9884; www.fitflop.com).

