

WATER

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TO CATCH A PRINCE

How Grace Kelly
plotted her path
to Monaco

FLIRTY WHITE LOOKS FOR SUMMER

A MERCENARY MARRIAGE

Simon Mann's
wife breaks her silence

A BILLIONAIRE BITES BACK

Flavio Briatore on
Max Mosley &
monogamy

ELECTION FEVER

Who'll
fighting for
the first
sleepover
Chequer

BEAUTY AFTER BREAK-UP

Bewitched

How fashion & Harry Potter
fell for Clemence Poesy



Agent orange

On a secret mission to rid women of cellulite, Kathleen Baird-Murray investigates the most powerful cures around

THE WORKOUT

Whoever coined the phrase 'no pain, no gain' may have been following the Tracy Anderson fitness method. It's not for slackers. Hollywood's favourite personal trainer has a London following that includes Stella McCartney, Emily Blunt and Natalie Imbruglia, but while they might have pin-up-worthy legs, they have certainly earned them. Anderson's three-pronged attack – cardio-burning dance aerobics and specific muscle-sculpting exercises (like ballerina-style pliés) – target the lesser-used accessory muscles to stop you bulking up. The programme requires a one-to-two-hour daily commitment, six days a week. But Anderson guarantees a cellulite-free, lean dancer's body in six months. Ring 001 212 965 1408 to be matched with one of her team in London.

THE DIET

Cutting out the fats from our diets won't reduce cellulite, says nutritionist Charlotte Fraser. 'The temptation is to replace fats with carbohydrates and proteins,' she explains, 'but carbohydrates don't leave us feeling full for very long, and eating too much protein can lead to gallstones, which upsets our digestive system.' She advises focusing on the right kinds of fats, those that are rich in omega-6 and omega-3 oils, found in salmon, trout, sardines and sunflower oil. These will balance your hormones (an imbalance of which can lead to cellulite), as well as get your circulation going, level out your blood sugar and improve skin elasticity. Consultations are from £80; ring 07930 370175. Also try Dr Murad's Firm and Tone Dietary Supplement Pack, £99.81 at victoriahealth.com. It takes all the guesswork out of vitamin-counting and contains a month's worth of cellulite-bashing nutraceuticals.

THE MASSAGE

Carmen Romito is the massage therapist the models call on to help slim down their thighs right before a show. Don't expect a relaxing experience – she pinches and kneads the skin in an upwards direction towards the heart to break down fat cells and claims to be able to feel cellulite in the hypodermis (the lower layer of the skin). She uses oil to help with lymph drainage and spa-strength Somatoline cream, which contains a derivative of the hormone thyroxine. Expect to lose between one and four centimetres from thighs with two massages a week for a month. Home visits are from £100. Ring 07939 637174.

THE RETREAT

When Gwyneth Paltrow needed supersonic legs for the premiere of *Iron Man*, she headed to the Leg School at the Capri Palace Hotel & Spa in Italy (tel: 0039 081 978 0111) to follow Professor Francesco Canonaco's famous week-long patented anti-cellulite course. The professor, whose academic background is in nephrology (the study of kidneys) and paediatrics, was first inspired almost 30 years ago when he saw how young breastfeeding mothers were particularly badly affected. 'The main cause of cellulite is hormonal imbalances and circulatory failure,' he says. His cures are highly effective and designed to kickstart your metabolism and improve lipolysis (the process that turns fats into fatty acids, which dissipate through the lymph). Expect to find yourself wading through the cold

Gwyneth Paltrow headed to the Leg School at the Capri Palace

mineral-enriched waters of a Kneipp vascular bath, performing gymnastics in a thalassotherapy pool, being wrapped in detoxifying bandages or, best of all, enjoying plenty of lymph-drainage massages. The professor also prescribes his own patented cream, which contains aminophylline, a fat-reducing ingredient, and horse chestnut, which promotes blood circulation.

THE MACHINES

Radiofrequency machines have long been at the vanguard of non-invasive anti-cellulite technology, but the two newest use different types of frequency to treat orange-peel skin. Dr Rita Rakus (tel: 020 7460 7324) is one of the first cosmetic doctors in the country to get her hands on the latest version of Thermage, £3,500, which heats the lower levels of the skin, tightening and stimulating collagen. VelaShape is available at Beyond MediSpa at Harvey Nichols, SW3, from £300 a session. It has a much lower heat intensity and requires more treatments than the one-hit-wonder effect of Thermage but, if your cellulite is of the minor-to-mid level of dimpling, it's ideal. The machine also has a built-in vacuum which manipulates and pinches the skin, as if a leech has been let loose on your backside, to iron out lumps and bumps in the area. Ring 020 7201 8595. Lipo-Smooth, £128 a session, uses ultrasound combined with suction massage to help break down lumpiness. Results vary, but at Dr Michael Prager's clinic (tel: 020 7323 3660) clients lose on average two centimetres from each thigh after about eight treatments.

THE CREAMS

People are cynical about cellulite creams, but there are three intriguing new ones. Decléor's Baume Slim Effect, £41, is a treat to use: it smells of lemon zest and contains essential oils that work their way down to the blood and lymph and help to re-energise the skin. Adonia Leg Tone Serum, £53, from adonialegtone.com, promises smoother-looking legs in just nine minutes. It uses plant stem cells to boost circulation. Apparently Cameron Diaz is a devotee. Soap & Glory's Sit Tight cream, £14 at Harvey Nichols, was designed for anyone who sits at a desk all day. 'When you are seated, the angle of your hips and knees dissuades natural lymphatic flow,' says Marcia Kilgore, its creator. Caffeine, well known for its lymph-drainage properties, is encapsulated into a micro-sponge formulation which kicks into action when you massage it on. The cream is further activated when you sit down, thanks to the heat generated from your backside pressing down on a chair. We say: 'Bottoms up.' □



Bump busters



Dr Murad's Firm and Toning Dietary Supplement Pack. Right, Sit Tight by Soap & Glory



Below, Decléor's Baume Slim Effect. Right, Adonia Leg Tone Serum

