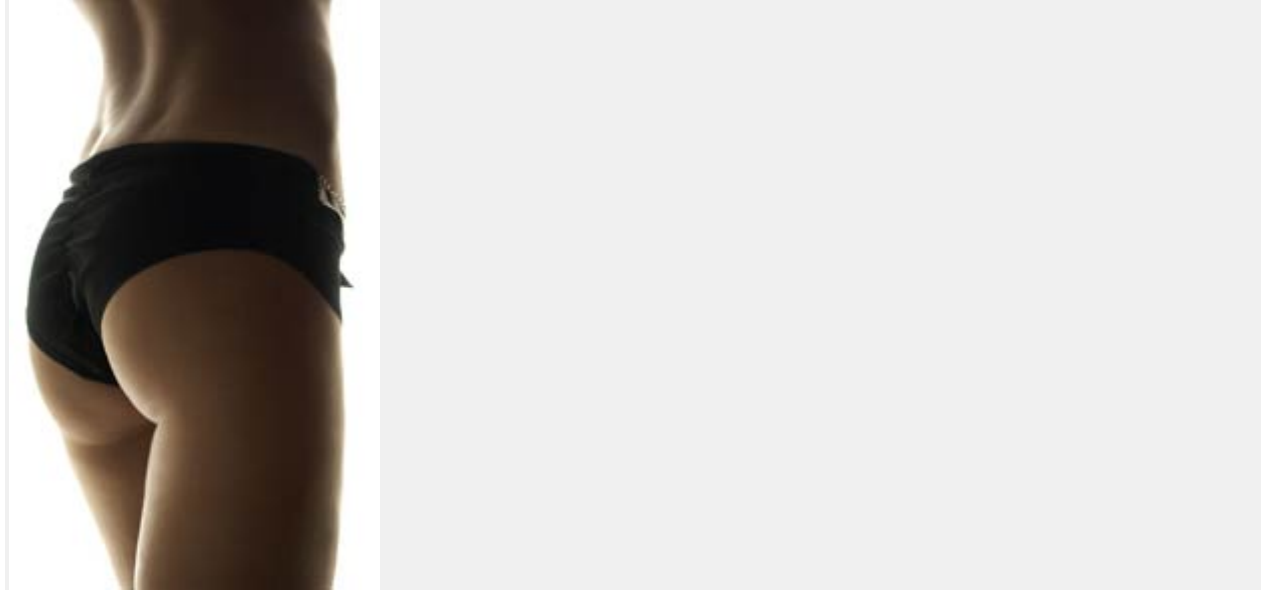


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# Cellulite treatments on trial

**We find out if the new skin-smoothers deliver the goods**



Anjana Gosai

A whopping 4m women in the UK are concerned about cellulite, according to the market analysts Mintel. That doesn't mean that all those women are on the overweight side, either. "That's because cellulite is not a fat problem; it's a skin problem. It has nothing to do with what you weigh, or how much weight you lose," says the Hollywood dermatologist Howard Murad, author of *The Cellulite Solution*.

Annihilating the stubborn condition is no mean feat, but a wholesome diet and regular exercise may help. Frustratingly, there's nothing we can do to make the dimples vanish overnight. However, there is longer-term hope, thanks to a new crop of solutions storming the beauty-treatment scene. Between them, they're making some pretty impressive claims — from the underwear laced with ripple-reducing ingredients to the £300-a-pot cream brimming with a dimple-destroying blend. Too good to be true, or the answer to our prayers? Well, it's a little of both.

## **The spa treatment**

**What is it?** Priori CoffeeBerry Naturally Slimming Body Treatment

**How does it work?** This 50-minute rigorous lymphatic drainage massage focuses on cellulite-prone zones, such as the hips and thighs. After a scrub, body mask and warm wrap, a potent cream loaded with the antioxidant-rich whole coffee fruit is massaged in.

**The verdict** After one treatment, water retention in my thigh area is significantly reduced. After a third, my skin feels tight and cellulite is only slightly visible. A fab solution before hitting the beach. **4/5**

£90; The Spa at Chancery Court; [spaatchancerycourt.com](http://spaatchancerycourt.com)

## The miracle cream

**What is it?** NeoGlis Primavera Body Cream

**How does it work?** The hefty price tag is down to costly ingredients that, in tests, have shown a fat-reducing effect. The cream is said to tone, sculpt and regenerate, with cellulite less visible after only a week.

**The verdict** Feels luxurious on the skin. It sinks in quickly and leaves legs incredibly smooth. With a price this steep, you'd expect immediate results; however, after one week, there was no noticeable difference. Yet, after three weeks, my thighs feel soft and my cellulite is less prominent. **2.5/5**

£300; 020 8896 0362

## The super serum

**What is it?** Adonia LegTone Serum

**How does it work?** Nicknamed “the nine-minute butt lift”, this powerful serum sold out within days of its US launch. It claims to wipe away the appearance of cellulite by 47% in a mere nine minutes and a further 71% after six weeks, if used daily. Credit goes to a secret blend of organic Greek oils and plant extracts.

**The verdict** Melts into the skin without any stickiness, leaving my thighs feeling smooth. It's difficult to measure how much my cellulite has diminished, but there's a distinct improvement. **4/5**

About £53; [adonialegtone.com](http://adonialegtone.com)

## The home massager

**What is it?** Scholl Rolling Shiatsu Massager

**How does it work?** A torch-shaped device with nodes that mimic shiatsu massage techniques. Simply plug it in and roll over cellulite-prone zones. The kneading sensation aims to increase blood flow, leading to the removal of toxin build-up and a reduction of dimples.

**The verdict:** After 10 minutes, my thighs felt tingly. Results were not immediate, but, when combined with drinking lots of water and a careful diet, my thighs looked somewhat better after a fortnight. **2/5**

£24.99; [www.hot-uk.co.uk](http://www.hot-uk.co.uk)

## The clever underwear

**What is it?** Marks & Spencer Anti-Cellulite Thigh Slimmer Control Knickers

**How does it work?** These pants come infused with staple ingredients found in anticellulite creams, such as caffeine and red-algae extract. M&S says that wearing them for eight hours a day, six days a week for six weeks gives maximum results.

**The verdict:** They do a good job of disguising lumpy bits. After three weeks of wear, my bottom, hips and thighs feel slimmer. As for my cellulite — I've noticed a minute improvement, but it is evident. **2.5/5**

£19.50; [marksandspencer.com](http://marksandspencer.com)

## **The high-tech massage**

**What is it?** SmoothShapes

**How does it work?** After six years in development, this procedure has landed in the UK. A handheld device with rollers is passed over problem zones. A vacuum action aims to break up fat cells, while laser technology “liquefies” them.

**The verdict:** It’s not comfortable, but it doesn’t hurt; it feels like a vigorous deep-tissue massage. After just a 10-minute blitz on each thigh, the skin looks and feel much smoother. After two more 20-minute sessions, the ugly ripples have vanished — I’m amazed. They say results can last for up to a year — only time will tell. **5/5**

From £1,250 for eight sessions; 020 3372 6453