



TODAY

- ▶ Network of envy: The bitter birth of Facebook
- ▶ British conductor Sir Edward Downes and his...
- ▶ Al-Qaeda vows revenge on China after riots
- ▶ Xabi Alonso free to join Real Madrid

£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

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

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

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

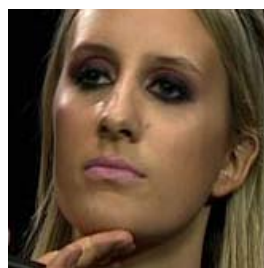
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BEST OF BEAUTY

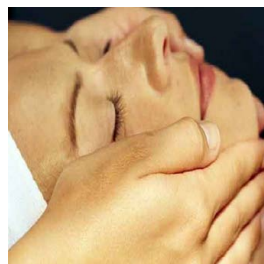
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each thigh, the skin looks and feel much smoother. After two more 20-minute sessions, the ugly ripples have vanished — I'm amazed. They say results can last for up to a year — only time will tell. **5/5**

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

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HAVE YOUR SAY

The treatment I had which really helped improve lymphatic drainage and softened cellulite/fibrosis was low level laser therapy. I bought an Australian laser device which reduced excess fluid gradually over about 6 months of home treatment.

Susan, Wraybury, UK

Common sense goes a long way towards reducing cellulite. Stop looking for products to do the work that you know you should. Stop drinking alcohol and caffeine, eat sensibly and start doing some serious regular exercise! It's a no brainer.

Jacqueline, London,

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Edwina Ings-Chambers

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