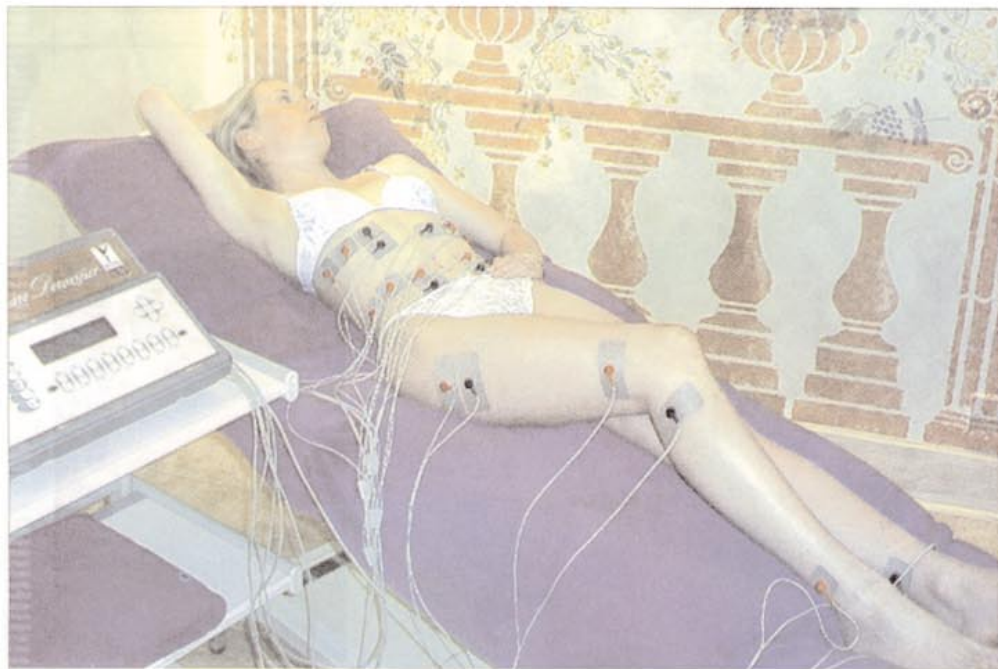


The Belfast Telegraph

NEWSPAPER OF THE YEAR FINAL



RejuvaSlim aims to detoxify the body and aid weight loss with its innovative electronic massage system



Vichy Liposyne Body Contouring Cellulite Treatment, chemists, £19.95, helps stimulate the elimination of fatty deposits



Use The Sanctuary Salt Scrub, Boots, £7.95, to exfoliate the body which improves circulation and lymph drainage

Fighting the flab ... the easy way

If you want the body beautiful, but the thought of the gym brings you out in a cold sweat, here are some (al-most) effortless ways to fight the flab — and not a fitness trainer in sight

RejuvaSlim

What is it? The one-month programme is billed as a "totally holistic approach to weight loss and well-being". It involves a month-long course of electronic lymphatic drainage and massage "guaranteed to deliver significant weight and inch loss".

What does it involve? Participants follow a specially devised detox eating programme and 10 one-hour electronic lymphatic massage sessions, during which time the RejuvaSlim system breaks down the calcified toxins in fat cells and chips away the calcified build-up or 'plaque' that has developed in the abdominal tract. The lymphs are stimulated and these work to allow everything to flow through the body easier.

The treatment is said to be comfortable and effortless with thermal abdominal scans taken before, during and after treatment to show the progress of the detoxification process.

The ultimate detoxifier is used and 32 electronic pads are placed on specific parts of the body with a complete cycle taking 40-minutes.

Anything else? No need for calorie reduction, but alcohol and caffeine are strictly out for the duration of the programme with an emphasis on organic/pure natural foods, especially fruit and vegetables.

No meat for the first two weeks, chicken is allowed during the fortnight of half detox. Rice, potato and healthy oil (extra virgin) to be consumed with easy to follow recipes provided.

No exercise is required for the four-week period, but light exercise is encouraged.

Where can I get it/cost? Anne Hamilton, Loughkeelan Road, Downpatrick, telephone 028 4488 1110. RejuvaSlim treatments

are £50 each.

The RejuvaSlim Clinic, Downpatrick is offering a special deal for Belfast Telegraph readers — book a course of 12-sessions, get the twelfth one free.

Slendertone Flex — for fab abs

What is it? A discreet, portable wireless belt which doesn't require gel.

What does it involve? Simply wrap around, switch on and go. Use everyday for four weeks. Results in as little as 10-days.

Where can I get it/cost? £79.99

Slendertone Flex BT shorts— for bottom/thigh toning

What is it? Six hydrogel pads in shorts which is lightweight enough and portable.

What does it involve? Slip on and slim.

Where can I get it/cost? £119.99

Slendertone Fortex — for sculpted, toned arms and sexy cleavage

What is it? Fortex uses air-based resistance training, is equivalent to five pieces of exercise equipment, is lightweight and will fit into a gym bag.

What does it involve? Four sets of exercises for just four minutes a day, four times a week for four weeks to banish bingo wings.

Where can I get it/cost? £119.99

All Slendertone products are available from Boots, Argos, Next and other retailers. For mail order, call 0845 070 7777 or from the website at www.slendertone.com.

Top tips for detoxing at home:

- avoid foods which cause bloating such as yeast, bread, salt, sugar and alcohol for a few days before jetting off can make a noticeable difference to your tummy

- be confident and stand tall, simply pulling your shoulders back and your tummy in will give the impression of a much sleeker silhouette

- get buttery soft and glowing skin by following a strict brushing, exfoliating and moisturising regime