

Bella

Looking good *Your Christmas wishes come true*

How we slimmed into our little black dresses

With the party season about to get into full swing, three Bella readers put three fast-acting weight loss treatments to the test... and shed pounds



I lost 13lb in two weeks

Deborah Fenwick, 35, from East Grinstead, West Sussex, put the RejuvaSlim method to the test.

It's designed to purify your system by combining a healthy eating regime with sessions on a computer-controlled machine that delivers a powerful massage through pads placed on specific areas of the body. This is said to aid lymphatic drainage and the breakdown of toxins.

A free consultation assesses any food sensitivities you may have and determines the length of time that you will need to follow a detoxifying diet.

You are encouraged to change your eating habits from junk food to fresh fruit, vegetables and fish.

A course of three sessions a week for two to four weeks is recommended. RejuvaSlim costs from £45 per treatment and from £500 for a course of 12 treatments (020 8662 0700 for more details).

Verdict:

'After two weeks I'd lost 13 pounds and 12 inches, and I felt terrific.'

Deborah says:

'I've suffered with irritable bowel syndrome (IBS) for seven years. It made me feel

lethargic and overweight as I always had a bloated stomach and fluid retention.

'I'd tried lots of diets, but I always seemed to put the weight back on and nothing had helped the IBS.

'RejuvaSlim appealed to me as it takes a holistic approach to weight loss.

'I hoped it could help me lose weight and treat my IBS.

'After the consultation I felt very excited and was confident that RejuvaSlim could help me.

'I was told I would need six treatments - three a week - and that I'd have to follow the detox diet for around 12 weeks to get the best results.

'Within a week of being on the programme I felt brilliant. I'd lost nine pounds and 10 inches and the stomach cramps I'd had with the IBS had disappeared.

'The treatment is like having a gentle massage, which is very relaxing, and the detox diet is easy to follow as you're given recipes and guidelines.

'I was told I had to cut out tea, coffee, alcohol, salt, sugar, wheat, gluten and dairy foods.

'I could have fruit in the morning; salad, soup and vegetables in the afternoon and fish or chicken with vegetables, potatoes and rice for dinner.

'You can eat as much as you like, so I never felt hungry, and I liked the fact that there was no calorie counting.

'As well as looking slimmer I also had lots more energy. It's changed my life.'

Result: 10/10

Deborah's six treatments cost a total of £270 at Aaddington Palace Country Club, East Croydon, Surrey (020 8662 0700 for appointments).

Black dress £86, matching wrap £25, both Massimo (020 7313 3000)

I lost 3lb in two weeks

Michelle Harris, 40, from Hertford, tried out the CACI ECM machine. It has 24 rollers designed to pummel the body to break down fatty deposits and harmful toxins. It also uses a gentle electric current to lift, firm, contour and tone the bottom, stomach and thighs.

An initial course of five treatments is generally recommended for best results with one treatment a month after that.

Treatments take an hour and cost from £25 per session, with courses costing from £125 (020 8731 5676 for information and salon details).

Verdict:

'Looser clothes, firmer skin and a loss of three pounds in just two weeks.'

Michelle says:

'Reaching 40 has been a turning point for me as I think I'm now beginning to look my age. I want to get healthier and to look slimmer and more toned.'

'The CACI ECM treatment appealed to me as it said it would remove toxins and firm and tone my body. It also claimed that any results could be maintained with regular treatments.'

'I was told that six treatments over two weeks should give me great results, and this was certainly true. The treatment is uncomfortable, as a lot of pressure is used. But I didn't mind, as I knew it was necessary in order for it to work.'

'I was really pleased with the results after the first session. My bottom and tum felt firmer, my stretch marks looked better and I felt invigorated.'

'The therapist, Aletta, gave me helpful nutritional tips - avoid wheat, alcohol and caffeine, and drink more water to maximise the treatment's effectiveness.'

'She also recommended that I take more exercise. After my sixth treatment my clothes felt much looser and my skin firmer and more toned. My cellulite is definitely less noticeable now.'

'These treatments have inspired me to eat more healthily and to join a gym. This is the health and fitness kick-start I needed. I'm going to have a treatment once a month to maintain the results.'

Result: 9/10

Michelle's six treatments cost a total of £135 at The Gentle Touch, Harpenden, Hertfordshire (01582 760781 for appointments).

Black Dress £125; Maria Gruchvogel for Designers At Debenhams



This is the health and fitness kick-start I needed'



I lost 6lb in one week

Janice Hodge, 58, from Hextable, Kent, sought help from a book, *The Waterfall Diet* by Linda Lazarides (Platkus, £8.99). The diet aims to help you lose weight through controlling your fluid retention and the book claims that you can lose up to a stone in just seven days.

Author Linda says many women trying to lose weight would have more success if they controlled their fluid retention. She believes her system is good for people who find it difficult to lose weight on normal diets, as it's about eating some foods and avoiding others to encourage the release of excess fluid.

You are told to avoid sugar and sugary foods, salt and salty foods, sodium rich foods, fatty foods, additives such as monosodium glutamate, foods made from white flour, alcohol, coffee, artificial food additives, wheat, yeast, dairy produce, eggs, red meat and non-organically farmed white meat.

Linda recommends you follow a diet excluding these foods for a couple of months, before slowly reintroducing them.

Verdict:

'I lost six pounds and slimmed down my tum in just one week.'

Janice says:

'I wanted a diet that would help me lose weight quickly. The Waterfall diet appealed to me as it claimed to give quick results and help reduce the amount of fluid your body retains.'

'It was easy to follow, although initially the diet seemed daunting as I had to eat foods I'd never tried before, such as soya milk and brown rice.'

'However, it was a healthy way of eating, with lots of vegetables and fruit, which I enjoyed. I didn't think I'd get such good results in just one week. I lost pounds and several inches. It's great to be able to fit into flattering dresses again. I'll try and stick to the diet to maintain the good results I've had.'

Result: 6/10

Black dress £46, Marks & Spencer

It's great to be able to fit into flattering dresses again'