



# DROP A DRESS SIZE in time for christmas

Imagine the bliss of having one less thing to worry about this Christmas. Imagine if everything in your wardrobe fitted you perfectly and you could float through the festive season without agonising over what to wear. Well, this dream could become a reality. SHE has tried and tested three different methods of weight loss that, with a little bit of work on your part, promise to take off up to a stone in four weeks. And, for those of you who want a "miracle", we've found a method that takes off inches (if not a whole dress size) with absolutely no effort. Take your pick!

FEATURE: MARTHA ROBERTS



Karen Fitzpatrick:  
lost 1 stone

## IF YOU'D LIKE HEALTH BENEFITS, BUT DON'T WANT TO EXERCISE... detox treatment

RejuvaSlim is a detox programme that claims to eliminate stored fat and toxins through a combination of diet and special salon treatments. Three times a week, for four weeks, you have an hour-long session during which a massage machine vibrates on specific areas of your body, including your back, stomach and thighs. The idea is that this encourages the removal of fat and increases the ability of the lymphatic system to remove waste from the body, speeding up weight loss. At the same time as having the treatments, you follow a special detoxing diet, the end result being a more sculpted body shape, with no exercise needed. The company says that if you don't lose a minimum of 10lb in weight in three to four weeks, it'll fully refund your money. It also has many stories of customers who have sorted out health problems such as PMS and allergies by following its detox programme.

■ **Who tried it** Karen Fitzpatrick, 35, from Kent, a part-time police officer and mother to 7-year-old Connor. "I've tried every kind of weight-loss plan, from diets to slimming pills. But they either didn't really work or had

such bad side effects that I ended up feeling unhealthy. Cellulite is also a big problem for me – I've even considered liposuction. With Christmas coming, I don't want to go to parties and sit in front of my husband's friends feeling frumpy. RejuvaSlim appeals as the basis of the diet is fruit, vegetables, rice, potatoes and chicken and, because you're encouraged to eat lots, I shouldn't get hungry."

■ **Results** "It's incredible. After only two weeks I could actually see my waist again and my clothes were definitely looser. After a month, I'd lost a stone and 20 inches from my body and had gone down a dress size, from a 16 to a 14."

■ **Advantages** The diet encourages you to eat more fruit and veg and, because you're cutting out sugar, caffeine and alcohol, you should feel more energetic. You are given meal plans and recipes, so there's not much thinking involved and, although you have to fit in three trips a week to the salon, most women find the treatment very relaxing.

■ **Disadvantages** It's expensive. You need to be organised – as it's a proper detox it takes preparation and it can be difficult to fit around "normal" life. You can eat chicken in the first and fourth weeks, but in the middle two weeks you're allowed only fruit, veg and lots of potato dishes.

■ **What it costs** Prices start from £45 per session; you will need 12 sessions during the month. To find your nearest salon, call RejuvaSlim on 020 8662 0700. The treatment is also offered at Daniel Galvin, call 020 7486 9661.

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### karen's typical eating plan

**Breakfast** Unlimited fruit

**Lunch** Vegetable soup followed by a large salad with unlimited vegetables

**Dinner** Grilled chicken with vegetables (no tea, coffee or alcohol allowed)