

# CELLULITE

# Finally a solution?

*Is it possible to get a smooth bum and thighs just by being wrapped up like a mummy, or massaged with heat? The CLEO team put four dimple-busting tricks to the test.*



## VELASHAPE™

**Tester:** Pippa Alcock, health and beauty ed  
**The promise:** A handheld, vacuum-like device is used to latch onto problem areas and blitz them with a combination of radio-frequency energy and infrared light. This helps to break up fatty deposits, boost circulation and release retained fluids, for tighter, firmer skin and less dimply bits.

**The deal:** It felt like a deep (deep!) tissue massage. It takes a while to get used to, but as the heat intensifies, the treatment becomes easier to handle. One session lasts 45 minutes, so brace yourself.

**The verdict:** After one session, my skin looked slightly smoother and my circulation was great – my thighs were red!

**Get it:** VelaShape™ is part of a 3D Body Renewal package. Six to eight sessions (from R1 500 per session) are recommended for best results. Hit [www.skinrenewal.co.za](http://www.skinrenewal.co.za).

## THALGOMINCE LC24 BODY WRAP

**Tester:** Lebo Mautloa, designer  
**The promise:** Active ingredient Adipo-Reset® – the latest in slimming technology – works on three levels to make your fat cells “disappear”, draining the fat cells of excess fluids, burning fat stores and flattening out the cells, for a slimmer you.

**The deal:** First, the therapist exfoliated my whole body to prep my skin for the treatment. After a deep-tissue massage, gooey green clay (very cold at first!) is applied. I lay on top of a plastic sheet while the clay was applied, then it was folded over me like a towel. The entire treatment lasted 75 minutes.

**The verdict:** There was definitely a difference in the appearance and firmness of my thighs, which I loved. This is my new last-minute de-bloating treatment before a hot date!

**Get it:** R840 per treatment, at Camelot Spas nationwide. Head to [www.camelotspagroup.com](http://www.camelotspagroup.com).

## ROC RETINOL ANTI-CELLULITE INTENSIVE

**Tester:** Sarah Ann Corlett, designer  
**The promise:** Targeting the waist, hips and bum, RoC Retinol Anti-Cellulite Intensive assures a reduction of 1cm in all three areas after 12 weeks of use.

Ingredients like retinol, forskolin and caffeine, promise to stimulate cell activity and transform fat into fatty acids, which are easier for the body to break down.

**The deal:** It comes in an easy-to-use, pump-action bottle. I used it every morning on my hips and bum for 12 weeks.

**The verdict:** I haven't noticed a big difference in my dimples or size, but I loved the fresh fragrance. My skin definitely feels tighter and super-soft. Bonus!

**Get it:** R315 for 150ml, at selected pharmacies and stores nationwide.



## NIVEA GOOD-BYE CELLULITE GEL CREAM

**Tester:** Terri Kaye, fashion assistant  
**The promise:** This cellulite cream contains L-carnitine, an amino acid that helps the breakdown of fatty deposits, reducing the appearance of cellulite after only four weeks.

**The deal:** I used it once a day for four weeks. It has a great texture, and a cooling sensation when applied.

**The verdict:** My skin felt toned and smooth, but the stubborn dimples didn't seem to budge. If a cream can help cellulite – even slightly – it's worth a bash! I'll continue using it.

**Get it:** R99.99 for a 200ml tube, at selected pharmacies and stores nationwide.

