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YOU LIKE TO MOVE AND SHAKE

YOU'LL LOVE: Zaggora Hotpants, from £44.99

HOW IT WORKS: By harnessing body heat (the pants increase perspiration by 80%), you stimulate your metabolism and start burning more calories to keep cool. You also boost microstimulation, which helps to purge excess water and swollen fat cells.

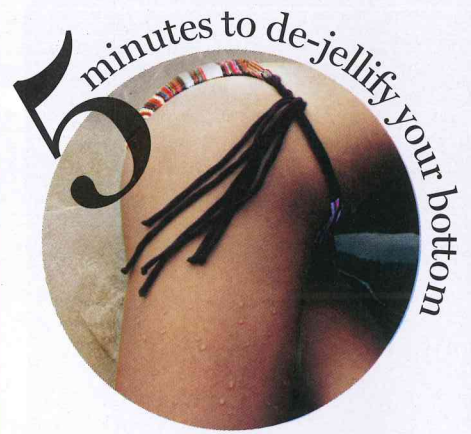
• **OUR VERDICT:** You burn more calories and get rid of more excess fluid and fat, so improving the appearance of cellulite.

EVERY LITTLE HELPS

"Applying treatments daily is key," says Clarins' head of R&D, Lionel de Benetti. "If your GP prescribed antibiotics and said they must be taken daily to work, you wouldn't miss a dose. It's the same with these: they must be applied daily for at least a month to see a difference." Knowing when and how will also maximise your chances to iron out those unsightly dimples. "When your

metabolism and your blood circulation are stimulated – eg, after exercise – your body absorbs the products more easily and helps activate the cellulite-fighting ingredients," says top dermatologist Dr Ariel Haus. Massaging products into your skin with a firm, upwards motion is another good way to boost your lymphatic system and circulation. "Starting at your ankles, hold your leg with

both your hands and press up towards your groin, squeezing more tightly where your lymph nodes are (behind your knee and at the top of your inside thigh)," explains Marie McKeever, Clarins' head of treatment development. Speed up your metabolism with three daily cups of green tea, oily fish, peppers and celery, and eat six smaller meals (to burn extra calories digesting).



We know what busy girls you are, so we asked Cosmo's personal trainer Niko Algeri to suss out a quick cellulite-blasting plan:

- 30 seconds of squats + 10 seconds' rest
- 30 seconds of alternating lunges + 10 seconds' rest
- 30 seconds of hopping on the spot (left leg) + 10 seconds' rest
- 30 seconds of hopping on the spot (right leg) + 10 seconds' rest
- 30 seconds of plié squats (feet out, legs open) + 10 seconds' rest
- 30 seconds of side lunges + 10 seconds' rest each side
- Finish with one minute of stretching key muscles: your quads, hamstrings and glutes. Remember, nothing burns fat faster than muscle, and stretching is the part where you get muscles to look longer (but not bulkier).

What you need to know about cellulite

(so you can zap it – quickly)

"Fat cells are programmed to build up reserves that make them hungry for sugars and fats," explains Lionel. Gorged with fat (sugar turns into fat, remember), these little pockets grow bigger *and* multiply, which means there's no space for lymph to circulate properly and drain excess water. Hence the need to stimulate your lymphatic system. "Cellulite is caused by the inflammation of fat tissue," explains Dr Haus. Consultant plastic surgeon Paul Banwell adds, "Poor oxygenation of fat tissue leads to poor elasticity of skin. Fat cells become too large for the natural fibrous compartments in the skin, so these bulge and form uneven layers of fat underneath." Which gives our legs that spongy, cottage cheese-like appearance... ♦

THE SUPER FLAB FIGHTERS

The latest crop of cellulite busters have power-charged formulas

Esthederm Svelt System Multi-Target Slimming Cream, £52.50. Will tackle stubborn cellulite.



L'Occitane Firming And Resculpting Shaping Delight, £34. Fights flab and tones at once.



Payot Celluli-Ultra Performance, £31. Great for reducing stretch marks too.



Cowshed Slender Cow Body Sculpting Serum, £36. Tackles dimples and smells divine.



Kéraskin Le Body Morphologiste, £50. Easily absorbed.



Fushi Really Good Cellulite Oil, £19.96. Engages your body's metabolism to help banish excess fat.



For the wackiest cellulite treatments, log on to Cosmopolitan.co.uk/cellulitebusters

ADDITIONAL PHOTOGRAPH GALLERY STOCK, MAKEUP JONATHAN BECKETT AT FRANK AGENCY, USING EMMA HARDIE, HAIR HEATH MASSI AT FRANK AGENCY, USING AMERICAN DREAM, MODEL HERIKA DE NORONHA AT PREMIER, STILL LIVES STUDIO 33, BIKINI, ODABASH, £169, SHOT ON LOCATION AT LUX, BELLE MARE HOTEL MAURITIUS, LUXISLANDRESORTS.COM, THE COSMO TEAM FLEW AIR MAURITIUS (AIRMAURITIUS.COM), FOR STOCKISTS, SEE WHERE TO SHOP PAGE