

'Drop a decade – in your lunch hour!'

Want to feel younger, smoother and firmer in time for Christmas, without resorting to the surgeon's knife? We tested the stars' favourite treatments to help you turn back the clock... fast



THE "BOOB JOB"

The Beautytek machine

Celeb fan: Kate Winslet, 30.

What is it? A non-surgical breast lift.

How does it work? Breasts are massaged with a probe that sends an electric signal, encouraging cell repair and firmer skin.

Verdict: The tester's breasts were instantly lifted by a couple of centimetres.

Time taken: 45–60 minutes.

Did it last? About four days, but you need a course of treatments to maintain "perthness".

Price: £150 per session. Call 0870 609 2850 or visit www.beautytek.co.uk.

RATING:
5/5



THE "FACELIFT"

The Yon-Ka Optimizer facial

Celeb fan: Madonna, 47.

What is it? An anti-ageing facial that claims to lift and tighten your skin as well as reduce the appearance of wrinkles.

How does it work? It uses the herb horsetail to "rejuvenate" your skin, and collagen to help plump it up.

Verdict: Tester's skin looked firmer, younger and glowing. It felt smooth too.

Time taken: One hour and 15 minutes.

Did it last? A week later, the tester's skin was just as soft and smooth.

Price: From £60. For participating salons, call 020 7518 8370.

RATING:
4/5

"LIPOSUCTION"

The Shapechangers detox wrap

Celeb fans: Mariah Carey, 35; Dannii Minogue, 34.

What is it? A full body wrap that draws out toxins and claims to make you lose inches.

How does it work? Warm collagen-soaked bandages are wrapped around you and the heat from the bandages draws out the toxins.

Verdict: The tester was measured before and after, and had lost 13 inches all over her body.

Time taken: About an hour.

Did it last? According to our tester, the inches went back on three days later. But it's a good way to tone up fast.

Price: From £50. For more information, call 020 8964 0770.

RATING:
4/5



CELLULITE FIX

VibroGym

Celeb fans: Sophie Anderton, 28; Gabby Logan, 32.

What is it? A machine that sends vibrations through the body, and claims to tighten muscles and reduce the appearance of cellulite.

How does it work? You stand on a platform, which vibrates rapidly, and follow a training programme drawn up for you by a VibroGym instructor.

Verdict: This didn't have much effect, as several sessions are needed for it to work.

Time taken: 15 to 20 minutes.

Did it last? You need to have six sessions to really notice a difference.

Price: Prices start from £10 per session. Call 0845 430 0175 or visit www.bettervibrations.com.

RATING:
3/5

