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May 2005

& hove

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project

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Say goodbye to cottage-cheesy orange-peely dimples

In Step Three of our preparation for summer series, resident beauty expert **Emma Wells** has tried and tested some of the best cellulite treatments available in Brighton and Hove



Dimples may look cute on the right guy but orange-peely, cottage-cheesy dimples are definitely not a look you want to be seen out with. Cellulite is the curse of up to 90% of women and getting rid of it is a multi million pound business.

So what really works?

Don't confuse cellulite with being fat. Your skinny neighbour may have it, your favourite movie star who just had lipo may have it, the overweight lady at the supermarket checkout

probably has it. Although it is made worse by being overweight it is actually caused by uneven deposits of fat under the skin that are not held in place because the connective tissue loses its strength.

Location	The Lanes Health and Beauty	SCUK	The Treatment Rooms
The treatment	Vibratory G5 massage	Hypoxi trainer	Stimulating hip and thigh treatment
The process	Directional stroking techniques break up the cellulite trapped as far down as 6.5 cm. A sweeping motion then directs toxins towards the lymph glands for removal	The specific vacuum effect generated during a gentle workout increases the supply of blood to the fatty tissues located in the problem areas enabling activated fat to be effectively transported away	The use of Espa warm marine algae and selected oils help to deeply detoxify the system. Hot and cold applications increase vascular activity in areas prone to sluggish circulation
Sneaky surprises	A cooling detoxifying cypress and juniper gel is used to complete this surprisingly relaxing and enjoyable treatment	A little like sitting in an egg shaped cocoon from the waist down and cycling in a Hoover with the on/off switch being gently tampered with – cool though!	Warm and cold compresses really help to boost circulation and are welcomingly refreshing, adding to an all round great treatment
Finale facts	Firmer skin, loss of cellulite with the added benefit inch loss.	Instantly firmer feeling skin and lots of inch loss when you follow the course	Legs are left feeling light, refreshed and toned.
Cash	£25 for 1 session, £135 course of 6	Free trial session, £350 course of 12	£49 for 1 session, £265 course of 6
Timings	30 mins	30 mins	1hr 10 mins
For bookings	01273 725572 Market Street, Brighton	01273 688830 LA Fitness, Tower Point, Brighton	01273 81844421 New Road, Brighton