

DAILY EXPRESS

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INSIDE GOOD HEALTH

Say goodbye to cellulite forever

WITH OUR EXCLUSIVE
STEP-BY-STEP GUIDE **SEE PAGE 28**



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Cellulite affects up to 95 per cent of women and even blights the near-perfect bodies of icons such as Liz Hurley, Naomi Campbell and Jennifer Lopez. **HILARY FREEMAN** investigates treatments which claim to banish it

SAY GOODBYE TO CELLULITE



SHOW TIME: Liz Hurley



FLAW: Naomi Campbell



FACE IT: Jennifer Lopez can't escape the evidence

MESOTHERAPY

This is not for the faint-hearted but it's a non-surgical, less invasive alternative to liposuction. It targets excess flab through micro-injections of a homeopathic mixture (including vitamin B1, artichoke to detoxify the liver and local anaesthetic) into cellulite areas.

Once injected, the mesotherapy triggers a boost in blood circulation and lymphatic drainage and breaks down fatty deposits.

A course of eight (£450) is recommended but you should start seeing results after four sessions. Three-monthly top-ups may be required.

For further information contact the Boston Clinic, Bayswater, West London, tel: 020 7229 3904, or e-mail info@boston-clinic.co.uk

JANET GINNING, 44, owns a hairdressing salon in Mayfair, London. She's a size 14 to 16

I FOUND mesotherapy very painful despite the anaesthetic and afterwards my skin was very bruised, which lasted for weeks.

However, it did work. Although the fat on my stomach hasn't gone completely, I lost three and a half inches and the skin looks smoother. It's not a quick fix. You need to diet and exercise regularly to keep it off.