

**M** BEAUTY

# We've seen the lite

**I**n the unlikely event that you find yourself walking through a desert for days on end with no food and a new baby to feed, then you'll thank your lucky stars you've got cellulite.

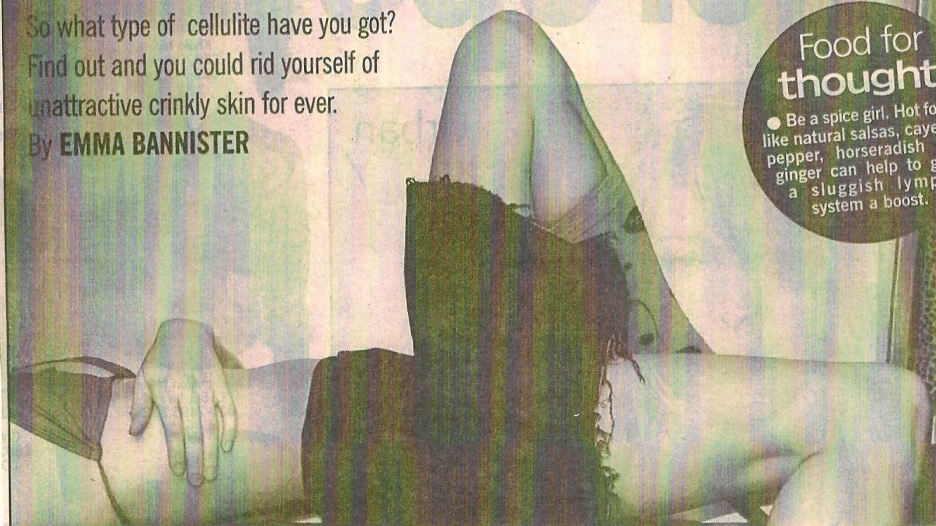
But, unfortunately, in every other situations, crinkly orange-peel skin is something we could all do without.

The harsh truth is that women are just made that way. Our long-term fat storage system is conveniently situated in our thighs with the cells in the lower part of a woman's body storing six times more fat than those in the upper body.

So, while cellulite may be what nature intended, when fashions go short and bikini time approaches we all want rid of the stuff.

So what type of cellulite have you got? Find out and you could rid yourself of unattractive crinkly skin for ever.

By **EMMA BANNISTER**



### Food for thought

● Be a spice girl. Hot foods like natural salsas, cayenne pepper, horseradish and ginger can help to give a sluggish lymph system a boost.

### Cellulite salon solutions

At the business end of the fight against orange-peel legs are a range of new salon treatments intent on fat destruction. Here are three of the most ground-breaking...

#### Mesotherapy

A bit like an Atkins diet for cellulite, mesotherapy is a cocktail of Vitamin B1, artichoke (to detoxify the liver) and local anaesthetic. It's injected by tiny needles into cellulite-ridden areas where it forces cells to give up fats and fluids.

"The fat literally melts away," says Nurse Malti O'Mahony of the Boston Clinic, who's involved in setting up guidelines for safe practice in the UK. "Once the cellulite has gone, with a good diet and exercise, it should be possible to ensure it remains at bay with occasional top-up treatments"

● One treatment at the Boston Clinic costs £60 with a course of eight priced at £450. Call 020-7229 3904 for further details.