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AMAZING WOMEN

From Homeless
At 17 To Company
Boss At 25

SEX DILEMMA

The Lie It's OK
To Tell In Bed

SMART MONEY

20 Cash-Savvy
Tricks Women
Like You Swear By

HAIR SCIENCE

The Styles That
Work & Why

HOT FASHION UPDATES

PERFECT JEANS,
FORTIES CHIC &
DAYTIME SEQUINS

*Alexandra
Burke*
Family Feuds,
BFF Cheryl & Life
As A Superstar

THE NO-PAIN THIGH-SHRINKING LASER

The Zerona is a non-invasive 'cold laser' proven to melt fat and release it from the body through the lymphatic system - all without even touching the skin.

How > A cold laser device emitting white light is placed near the surface of the fatty area for 20 minutes on each side, front and back.

Best for > Pockets of hard-to-shift fat around the upper thighs.

Down time > None. In fact, it is recommended you exercise on the same day to help promote fat release.

Results > 'After the two-week course, you can lose around 3cm from each thigh,' says Dr Jules Nabet, the first surgeon in the UK to offer it. Theoretically, the results are permanent, but it's dependent on a healthy diet and regular exercise.

£££ > £2,000 for a course of six treatments spread over two weeks.

Where > Doctornabet.com.

DIY > Lytess Active Shaper (jmldirect.com), £39.99, is a pair of shorts worn for 21 days to firm the bottom. Its fibres contain caffeine as well as shea butter microcapsules that boost the metabolism and promote bottom tightening. ■