

Lipo: THE LOWDOWN

No suction required!



Hypoxi Therapy

What? Your lower body is sealed in a cabin containing an exercise bicycle. The low-pressure unit combined with cycling supposedly breaks down fatty tissues and eliminates cellulite. Twelve 30-minute sessions over one month are recommended.

Where? Call 0800 731 1323 or visit www.hypoxitraining.com.

Cost: £25-40 per session.

Tester Talia says: "After eight sessions, I'd lost 4cm from my bum, 6cm from my hips and 8cm from my waist. Now I'm hooked!"

Thigh-skimming score: ★★★★★

Mesotherapy

What? Various secret ingredients are injected under the skin using a five-point needle to improve drainage, dissolve fat and banish cellulite. Four once- or twice-weekly treatments are recommended.

Where? Dr Georges Roman, Devonshire Medical Chambers, London. Call 020 7323 2123 or visit www.dr-roman.com.

Cost: From £100.

Tester Katie says: "This isn't for everyone as it hurts, but after three treatments, I'd lost 1cm from each thigh, and my cellulite had gone."

Thigh-skimming score: ★★★

Don't fancy going under the knife? *Company* tried* and tested the lipo alternatives...

Oxy-Contour Body Re-Shaping

What? A massage to increase circulation plus a second massage with Tonus-B12 cream, to break down fat and reduce fluid retention. A toxin-busting cream is applied, then a plastic sheet wrapped round thighs for 35 minutes.

Where? For your nearest salon, call Karin Herzog on 0800 056 2428.

Cost: £60 per salon treatment. Karin Herzog Tonus-B12 cream, £26 for 150ml, and Silhouette, £28.50 for 150ml, also available from salons and department stores nationwide.

Tester Vicky says: "I lost 1cm from my thighs, and my skin became more toned."

Thigh-skimming score: ★★★★★

LipoShape Body Shaping Underwear

What? These cycling short-style pants are said to help sculpt and define the lower body, and reduce cellulite. They should be worn for 12 hours daily, for 8-12 weeks.

Cost: £49.99. For mail order, call 0870 011 3224.

Tester Julie says: "I only wore the pants for two weeks as they were uncomfortable. They worked well as a silhouette-slimmer, though."

Thigh-skimming score: ★

Shiseido Body Creator Aromatic Gel

What? This contains caffeine, which breaks down fat, and has a special fragrance that stimulates your metabolism. It is said to smooth thighs, while minimising cellulite. Use for at least three weeks.

Cost: £29.95 for 200ml. For stockists, call 020 7630 1515.

Tester Jenny says: "After two weeks, while my thighs were silkier, my cellulite hadn't improved, but I'll definitely keep using it!"

Thigh-skimming score: ★★★



Endermologie

What? Dressed in a body stocking, you're massaged with a rolling and sucking machine, which stimulates circulation. Fourteen half-hour sessions are recommended.

Where? Wimpole Skin Care Centre, London. Call 020 7487 5465 or you can visit www.wimpoleskincare.com.

Cost: £50 per session, (£750 for 16).

Tester Lindsay says: "The massage rollers felt lovely. After eight sessions, my legs and bum looked smoother. It is expensive, though."

Thigh-skimming score: ★★★



Avon CelluSculpt Anti-Cellulite Body Sculpting Treatment

What? This cooling gel cream apparently firms your body's contours, minimising cellulite. Massage into clean skin for five minutes, twice a day for 12 weeks.

Cost: £12 for 200ml. For mail order, call 0845 601 4040 or visit www.avon.uk.com. (Comes with a money-back guarantee.)

Tester Claire says: "I used this for two weeks and, while the texture of my skin has improved, it hasn't reduced my cellulite." **Thigh-skimming score:** ★★

Photograph: Rebecca Bradbury