

April 2005

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Shrink an inch

It's Step Two of our preparation for summer and our resident beauty expert **Susie Perry** has searched out some of the best inch loss treatments, designed to give you a more streamlined look without any effort. Great ways to achieve the slick and slender bikini look

Although we're all itching to see spring burst into bloom, we're probably not so keen to see ourselves in our beach wear just yet. Don't panic – you've still got a few months to get into shape, but if you're feeling a little puffy and bumpy in all the wrong places then don't worry, there are some quick fixes available. These treatments obviously don't come with any long-lasting guarantees but they will give you a short-term fix. You'll be confident enough to slip into your bikini, even in this weather.



Elemis Ocean Wrap at Saks.

Location	The Green Room, Body Shop	Saks	The Pink Pamper
The treatment	Body Contouring	Elemis Aroma Spa Ocean Wrap	Nimue Facial
The process	Designed to tone and shape problem areas on the thighs, bottom and arms. Incorporates specialised massage techniques to improve circulation and eliminate toxins. Treatment includes simple dietary advice and a home care routine	Designed to draw out toxins trapped in body cells and tissues. During the treatment you will be body brushed and then painted in a rich marine algae and seaweed mix containing essential oils. Wrapped in foil to accelerate detoxification and tone skin	This amazing facial will not only leave you looking years younger but will also reduce puffiness due to its unique lymphatic drainage facial massage. A medical facial, dissolving lines and wrinkles with specialist Nimue products from South Africa
The Ingredients	Energising massage oils breakdown fatty deposits	Sage and seaweed with lemon and juniper essential oils	Natural glycolic acid at 30% plus vitamins and minerals
Sneaky surprises	This is a localised body treatment which means you select your worst area to be worked on - arms, legs or buttocks	To pass the time while you're wrapped up like a Christmas turkey you receive a heavenly facial - very nice touch	When the products are first applied expect a few minutes of tingling then things calm down. A fan keeps this sensation under control
Finale facts	An excellent treatment with noticeable results	Be warned! You can't drink for 24 hours after the treatment	Wow! Beautifully smooth, almost waxy skin
Cash	£33	£50-56	£30-55
Timings	45 minutes	90 minutes	60 minutes
For bookings	01273 202373 The Body Shop, 41/43 North Street	01273 202088/666426 Saks in Ship Street / David Lloyd	01272 608060 Pink Pamper, St James Street