

elletests

THE BEST SHORT-CUT TREATMENTS

Want a washboard stomach to go with the foolproof tan? Here are the hottest new fast fixes

THE TANNING JACUZZI

I've never liked standing around in paper pants while a beautician applies fake tan, so Find's Aquasun Therapy – a cross between a Jacuzzi and a sun bed – seems made for me. My 20-minute treatment begins with a run-through of the procedure, then I'm left alone to de-robe and get in a warm bath with Dead Sea Mineral Salts. I lie in the ergonomically designed bath with built-in headrest, put on conical eye protectors and hit the button to start the power jets, which pummel my thighs. Once settled, I pull a cord to activate the UV machine, which lowers down from the ceiling until it's suspended above me. A buzzing sound reminds me to turn over every five minutes. Despite the jets and noise, it's deeply relaxing – I could almost be lying on a beach.

THE VERDICT My skin is soft and glowing and, although the tan is subtle (it's less sun-kissed, more peck-on-the-check), it's definitely taken away the glare of my winter-white skin.

Spa Find Aquasun Therapy costs £20 per session; enq (01580) 211055

RATING ★★★★★

SUMMER
BODY
SPECIAL

FACT LIPOSUCTION IS NOW THE THIRD MOST POPULAR SURGICAL PROCEDURE, WITH A STAGGERING 90 PER CENT RISE LAST YEAR*

FIVE MORE SUMMER-READY BODY TREATMENTS

1 PAIN-FREE HAIR REMOVAL

Soprano XL is the latest in laser hair removal. **The promise** You can be hair-free in half an hour. **Good for** Wimps! *Full leg from around £200. Enq.courthouseclinic.com; mapperleypark.co.uk*

2 LIPOSUCTION WITHOUT SURGERY

The non-invasive Accent treatment 'melts' fat with a heated laser gun. **The promise** Lose around 1-5cms in just one session. **Good for** Anyone looking to save time and money. *£150. Enq 0800 028 7222*

3 A BLEMISH-FREE BEAUTIFUL BACK

Fordham White's Beach Back treatment offers LED light therapy and microdermabrasion. **The promise** A blemish-free back in an hour. **Good for** Spotty backs. *£90. Enq (020) 72878484*

4 A FLAT STOMACH WITHOUT THE SIT-UPS

The latest Genie toning system uses electrically-stimulated pads attached to the body to firm and tone. **The promise** Twenty minutes is equivalent to 360 sit-ups. **Good for** Quick toning. *£35. Enq 0870 920 1177*

5 EASY CELLULITE TREATMENT

Crystal Clear Cellulite Therapy uses a shower head-like gizmo that sucks and pulses to break down the dreaded orange peel. **The promise** Sexy skin fast. **Good for** Lazy girls. *£50. Enq 0870 593 4934*