



**YOUR
BODY**
(only
better!)

ONCE YOU'VE TRIED THESE BEAUTY WONDER PRODUCTS AND TONING EXERCISES, YOU'LL BE SO BODY CONFIDENT YOU'LL **NEVER** WANT TO GET DRESSED AGAIN. BETTER WARN THE POSTMAN THEN...

BY **HELEN FOSTER**

1 FOR FIRMER BREASTS

The beauty miracle: Clarins knows a thing or two about breasts — it developed its first bust treatment 60 years ago. The latest offering is Bust Beauty Gel, £35, a toning product so effective that after four weeks of use, testers described their boobs as 20 per cent firmer.

The natural boost: Perky boobs also come from toned pec muscles (which sit beneath your breasts) — but you don't need the gym to blitz them. "Tone them in the car," says Ragdale Hall trainer Dean Hodgkin. "Imagine the steering wheel is a clock and place your hands at 9.15, with palms facing in and elbows slightly bent. Squeeze both hands towards the centre, keeping your elbows by your sides, and hold for five seconds. Repeat whenever the car has stopped."

2 ACHIEVE AWE-INSPIRING ARMS

The beauty miracle: Study after study proves the slimming benefits of green tea. But if you hate the taste, just rub it on your body instead. Kaloss Body Firm Gel, £24.95, contains active ingredients from green tea and, applied topically, it's just as effective at boosting metabolism. Better still, it'll firm bingo wings too!

The natural boost: British Military Fitness recently named an exercise called burpees as *the* best total body move ever. BMF fitness manager Simon Richman says: "Do 30 burpees twice a day, four times a week, and you'll get definition in a fortnight." To try one, squat down and put your hands on the floor. Take your weight on your hands and kick your legs back so you're in push-up position, then jump back into a squat, and finally jump up in the air. Repeat.

3 GRAB YOURSELF A GREAT REAR VIEW

The beauty miracle: If you suffer from back acne, try the new drink Beauty, £1.29 for 500ml. Creator Jules Birch says its magic ingredient is the protein complex Praventin, which "inhibits the development of the bacteria that cause spots". Testers who consumed 200mg of Praventin daily found their spots reduced by 71 per cent in a month.

The natural boost: Also in your car you can tone the tiny muscles in your back — ready to wow in a backless dress. Ragdale Hall's Dean Hodgkin says: "Imagine your steering wheel as a clock again. Move your hands to 11.05 with arms straight and palms down, and push on the steering wheel for as long as you can." Repeat every time you stop at a red light.

4 GET A TONED TUMMY

The beauty miracle: Now dream abs can become a reality with L'Occitane's new Delicious Tummy, £26.50. This firming cream uses a combination of almond and blackthorn fruit, which encourages the breakdown of fat and combats saggy skin. Of the women who tested it, 80 per cent noticed their tummy was more toned after just one month.

The natural boost: Try the Icebreaker, a move from the latest New York gym trend The Martini

Workout, where classes are followed by a well-deserved cocktail. You do this move with a wine/Martini glass on your tummy. Lie on the floor with legs straight up in the air, then lower them five inches down. If you don't tighten your abs while you do it, the glass will fall over. Repeat 20 times.

5 HAVE TIGHT THIGHS AND A BEAUTIFUL BUTT

The beauty miracle: Nearly everyone has cellulite, but now you can zap it with a cream containing caffeine. "Caffeine increases circulation aiding removal of fat, plus it has a diuretic effect, so it removes fluid that can make cellulite worse," says pharmacist Shabir Daya. For rapid results try Valie of Switzerland's new Anti-Cellulite Cream, £29.95, which contains five different caffeine sources.

The natural boost: Try sprints. Researchers recently found that a 20-minute cycle, which alternates eight seconds of pedalling as fast as possible with 12 seconds of going slowly, made women lose three times more fat than those who worked out steadily — with most of it coming from the hips and thighs.

Win body-shaping beauty products at Fabulousmag.co.uk

STOCKISTS: CLARINS (AVAILABLE NATIONWIDE), BEAUTY (AVAILABLE AT TESCO AND MORRISONS), KALOSS (0845 230 1401), L'OCCITANE (020 7907 0301), VALIE (VICTORIASHEALTH.COM)