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The Holiday Preparation: Part 1

I'm off on holiday soon and whilst the packing may be last-minute, the preparation has been going on for weeks. I had all the best intentions of being a dedicated gym-bunny in the lead-up to holiday in order to shift a few pounds and tone up a little for a boost of bikini-confidence, but sadly life got in the way and the gym has fallen by the wayside. But, in the place of the gym I have been trialing a number of beauty goodies- some of which offer a quick fix, some of which are slightly more long-term.

So of course I wouldn't be doing all this and not blogging about it, here is instalment number one with more to come:

The Cellulite Treatment: Karin Herzog Dynamic Duo

I was sent the Dynamic Duo to test about a month ago, which was perfect timing to start using it in the run up to my holiday. The Dynamic Duo includes two lotions: 'Silhouette' and 'Tonus B12'.

Rather than try to explain it myself (I am no scientist after all), below is the explanation from the KH website:

Silhouette: Formulated to act locally on the parts of the body which are most liable to deposits and massing of fat. Using a patented formula this cream disperses adipose tissue by forcing Oxygen gas deep into the tissues, blasting away toxins that block the capillaries, causing uneven bumpy skin.

Tonus B12: As well as being essential for the correct formation of our red blood cells for the construction of DNA and for the vitality and longevity of every cell in our body, vitamin B12 is also the major vitamin responsible for the correct digestion of food and is crucial in aiding the body in the conversion of carbohydrates and fats into energy.

OK, so basically what it claims is that when used together the two lotions create a magic cellulite-cure. The case study on the website is admittedly impressive, but this can be any number of things, - good airbrushing, excellent marketing, general consumer bluffing.... I wanted to test it for myself to see if it really was all it is cracked up to be.

The application is pretty simple, just rub on one cream into to areas you want to treat, followed by the other. The guide suggests not rubbing in the Silhouette too much as it will naturally be absorbed by the skin and rubbing means more ends up on your palms than the lumpy bits.

First impressions were OK, skin felt soft and smooth but orange peel skin was still there. It was after about a week of use I started to feel like I was seeing an improvement, skin felt smoother and the couple of deeper bumps that were constantly visible started to become less noticeable.

I have continued use on a daily basis (give or take a couple that I skipped) and I can 100% see an improvement. This doesn't mean that all traces of the dreaded C-word have vanished, but I would be confident to say that they have gone from being noticeable at all times, to only noticeable when compressed (legs crossed, sitting down- you know what I mean).

The best thing about the product, is that I am happy with the results after a month - and I still have lots of product left. I was a bit concerned that the two tubes would work and then run out really quickly, and at £45 for the pair it is not a cheap product. But having used I do think it is good value for money if you really want to tackle your cellulite.

Only downside is that you do have to use it every day, which can be a bit of a hassle- but to shift cellulite it is well worth it. Plus, you don't have to apply in the morning like I have been doing- you can do so at night if that works better for you.

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