

Yes, you can get rid of cellulite in a month!

Take five
attractive
women with
cellulite,
put them
on five
different
treatments
for a month
and the
results
were...



CELLULITE — that horrible dimpled 'orange peel' skin — is the look every woman dreads. Diet and exercise can help to reduce it, but are there any faster and easier ways to solve the problem before you have to reveal all on the beach? **BONNIE ESTRIDGE** challenged five women to lose their cellulite in just a month ...

KARIN HERZOG'S SILHOUETTE CREAM

TESTER: *Kate Walker, 22, a nurse, is single and lives in Blakedown, Worcs.*

THE PROBLEM: I've had cellulite on the backs and sides of my thighs since my mid-teens. The skin feels lumpy and gritty. My circulation is sluggish and I don't like drinking water even though I know it helps to remove cellulite-causing toxins.

Since I cut out snacks and sweets a year ago, the cellulite has improved slightly, but I still have lumps. I'm desperate to get rid of it.

THE TREATMENT: Kylie Minogue, Sharon Stone and Uma Thurman are fans of Karin Herzog's Silhouette Cream. It is infused with oxygen to stimulate the body's circulation, which helps eliminate cellulite-causing toxins.

The improvement is said to be accelerated when used with Herzog's Tonus B12 — a body toner with vitamin B12, green tea and avocado, which is said to energise the skin.

The products should be used twice a day for at least a month.

WHAT IS IT LIKE? I was told to use light, sweeping movements to apply the white cream but not to massage it in.

When first applied, it felt unpleasant, like stinging nettles, but after a few days I no longer noticed any discomfort.

After the cream has dried for ten minutes, you massage in the Tonus B12. I used both treatments twice a day for a month, after my morning shower and before bed.

RESULT: My skin felt silky after one day, and a week later my thighs felt firmer and looked smoother.

By the second week, my skin was less mottled and brighter. By the end of the month, I could barely feel any bumps or lumps.

I'm so pleased that I'm going to keep using the products — and for once I won't feel self-conscious baring my thighs on the beach.