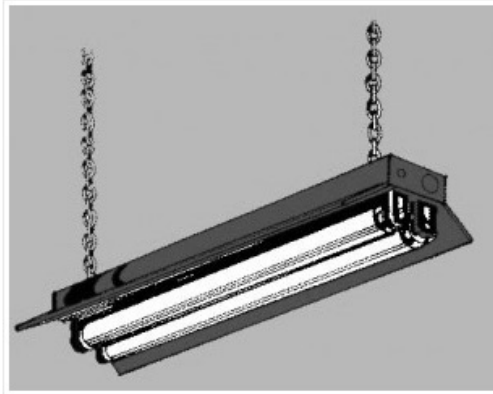


How to look good semi-naked

SEPTEMBER 14TH, 2009  BODY · TONING AND FIRMING  1 COMMENT



I'm no Gok, so I'm not going to try and persuade you to prance about with nowt on at all. But there are times in our lives when you just want to feel like you're pretty damn hot when you're wearing next to nothing.

Admittedly that's more likely to happen in the summer, but hell, you have to put the work in for the rest of the year so I'm not going to apologise for an untimely post.

'Romantic' situations are made easier by the control that you generally have over the lighting. Although I once had a boyfriend who had a fluorescent strip light in his bedroom. (He wasn't weird, it was a University-owned flat. OK, he was a bit weird, but for different reasons.) Trips to the local swimming baths with your baby are made easier by the fact that you are so busy trying to stop them drink the water/poo in the water/ drown in the water that you don't give a tiny rat's arse what your thighs look like.

But then life/fate/the angry gods present you with a situation where you just wish you'd been dry brushing your legs and drinking wheatgrass since you were twelve. I'm talking cellulite, if you hadn't already worked it out. And here's the low-down on some potions that claim to sort it.

Moving up market a bit is [Karin Herzog](#), a newish brand hailing from Switzerland. Their two-step Dynamic Duo is getting massive press, and is apparently used by Uma Thurman, Kylie and Sharon Stone. Not that we care about such people. The first step, 'Tonus B12', is an energising body toner containing vitamin B12, green tea and avocado. The following 'Silhouette' treatment contains 4% oxygen to stimulate the body's circulation and eliminate cellulite-causing toxins. Fancy. And a lot more expensive (the RRP is £68.00 although you seem to be able to get it for less on the website). But does it work? It's a slight fiddle, and I'd prefer one tube, but I can honestly say that my dimples were a lot less dimply.

1 Comment



Kimberley Wilson

September 15th, 2009 at 7:48 am

I have to say Karin Herzog is the best anti cellulite product EVER!!! I have done so much training with so many different products brands and can only say that nothing will ever come close. I have recently taken the brand on for my business KoKo Beauty and is just flying, my clients adore it!!!



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