

# BEACH-READY BODY

The countdown to the clothes-off season has begun. Here's our last-minute list of remedies for those who also need to shed a few pounds

## THE TRAINER: JAMIE BAIRD

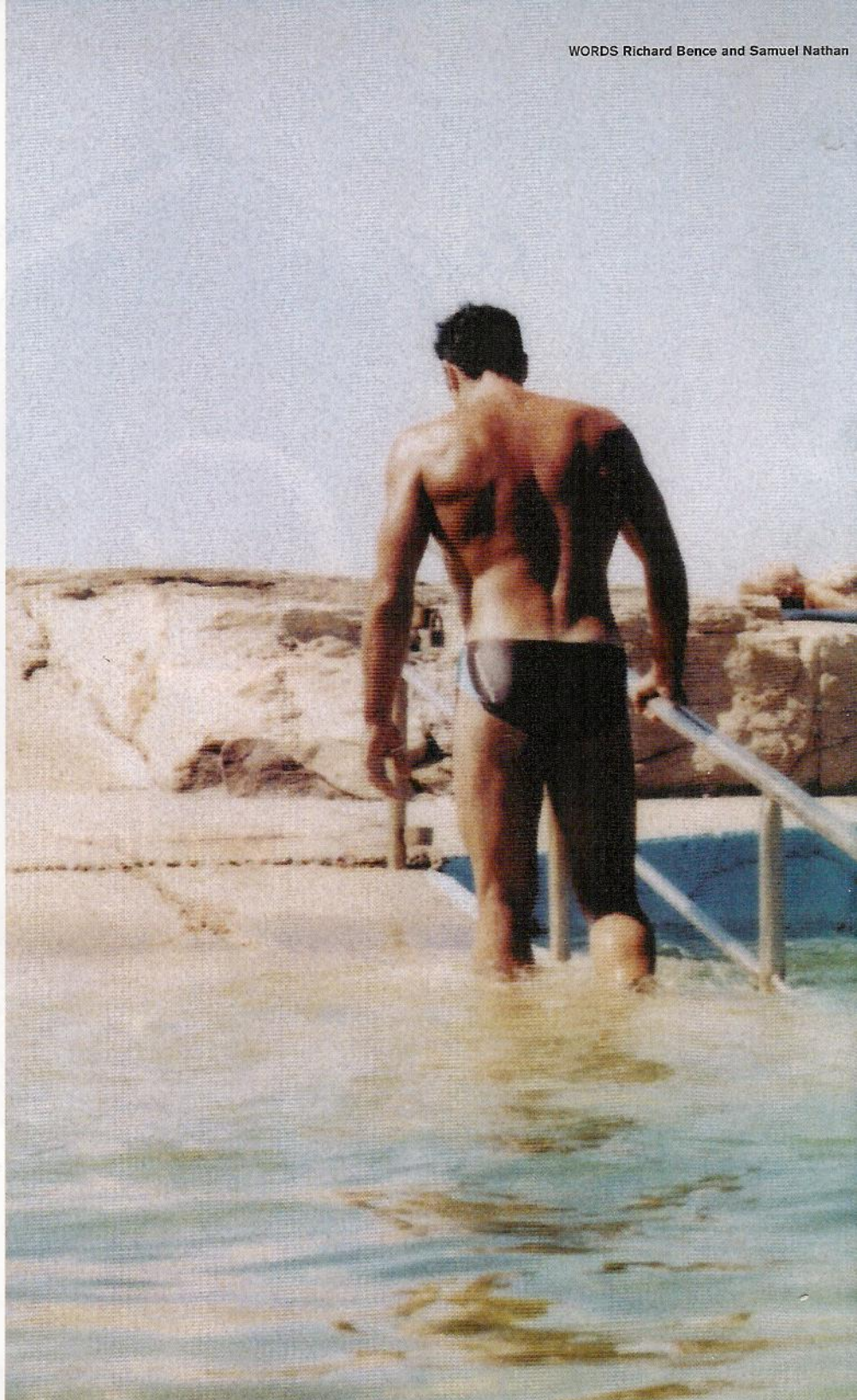
It's midsummer and you're off on holiday. So you try on a pair of swimming trunks you've purchased, glance in the mirror, and – lo and behold – you're a fat gay. Do you a) go on the two-finger diet (yes, we mean forced vomiting), b) go into deep denial and pretend you're still slim, or c) go to a fitness trainer for the stars? If you chose C you're in luck, because Jamie Baird, fitness trainer to such celebrities as Kate Beckinsale, Donna Air and Charles Worthington, can offer you a quick solution to getting rid of your love handles and man boobs. Jamie's "Quick Fix" Fat Loss programme offers those self-conscious enough the chance to lose up to 14lb in four weeks. The programme includes a personal consultation interview with Jamie at his gym, at the fabulous Sanderson hotel in London, a diet plan consisting of a "Prep" stage and an "Intense" stage (each lasting two weeks). If you live further away, there is also the option of ordering the manual and doing the programme remotely as a correspondence course with lots of well-signposted pictures and instructions on how to do it properly. Crucial to success is incorporating Jamie's eating regime, which cuts out most fruit because of the high sugar content, coffee and fizzy drinks, as well as banning booze, fried food and most things we already knew were bad for us. It works.

You can sign up by calling Jamie on 07970 782 476 or visit [www.thefitnesscoach.com](http://www.thefitnesscoach.com). Price on application.

## THE HOT NEW CRAZE: BEAUTCAMP PILATES

You want to get toned, but you don't want to go down to your local gym, pump iron and become another beefed up Muscle Mary. Well, here's the perfect solution, BeautCamp Pilates – yes, it's like Pilates, only more hard-core. Think of it as Rambo does Pilates and you'll be along the right lines. BeautCamp Pilates incorporates some of the same equipment as normal Pilates and some of the same movements, but the workout itself is ultimately very different. Whereas Pilates uses slow, deep breathing, and small rotational engaging movements, BeautCamp Pilates uses fast-paced movements, muscle-straining positions and, bizarrely, disco music. So basically it's every gay club you've ever been to. Like every fitness fad, BeautCamp Pilates has adopted its fair share of celebrity followers, such as Elizabeth Hurley and Nicole Kidman. BeautCamp Pilates was developed in Los Angeles (where else?) but has been adopted over here by Dominique Day, a British journalist who fell in love with the technique whilst in the US of A. It takes place at Westbourne Studios in Notting Hill, London – just don't forget your disco leg warmers.

Visit [www.beautcampilates.co.uk](http://www.beautcampilates.co.uk).



## THE TREATMENT: COLONIC HYDROTHERAPY

Working up a sweat in the gym is just so uncouth; lifting weights in a pig pen of an enclosure with lots of other odour-producing commoners – you're worth more than that! What you need is a quick, sophisticated way to lose weight: no, not bulimia, colonic irrigation. Just by lying on your back, you'll literally be able to see those pounds drop/float away (I know, gross), and you could lose up to 10lb in an intensive course (six sessions), making having a tube up your jacksy somehow completely legitimate. But if you've got your qualms about colonic irrigation, you needn't worry, because if you visit Aqualibria in Harley Street you can watch your human debris being forcefully expelled and still retain your dignity. The super-modern colon hydrotherapy centre boasts an array of facilities to put you at ease, such as DVDs, aromatherapy

candles, massage chairs, thinner tubes to minimise your discomfort, and their bespoke service helps you choose the kind of treatment that is best for you. So forget all your gym woes, you don't need to work hard to lose weight before your holidays: simply lie on your back and think of England.

To find out prices or to book an appointment go to [www.aqualibria.com](http://www.aqualibria.com) or call 0800 612 9481.

## THE BEST FAKE TAN: FAKE BAKE

Why wait until the end of your holiday to look bronzed and beautiful? Cut out all that stressful sunbathing crap and cheat by having a really rich, dark and deep tan before you even hit the beach by Fake Bake (0870 054 4455 [www.fakebake.co.uk](http://www.fakebake.co.uk)). Either have a lady spray it all over you (best for total coverage) or apply it yourself (find a friend to do your back obviously).