



...the Dècleor Perfect Sculpt Bust treatment at Spa Illuminata, London...

This was much more relaxing than I expected and I did notice immediate results. The therapist exfoliated the bust area, décolleté and under the arms before applying a lemon scented cream. After massaging that in, she applied the sculpting clay – containing spirulina and essential oils – then layered it with plastic and a warm blanket to keep in the heat. I was treated to a heavenly shoulder and arm massage while the clay worked its firming and toning magic. To finish, the therapist massaged in Perfect Sculpt Divine Rejuvenating Cream. I can see how a course of these treatments could be really beneficial. It costs from £40 per treatment.

...the S120 by Hypoxi at Destination Gym, London...

This treatment is designed to help get rid of stubborn cellulite and it's certainly different. I donned a sort of rubber skirt before sitting in the treatment unit, this was then closed around my waist and the edge of the skirt fastened into the unit. This forms a tight vacuum seal, which is what the treatment is all about. The idea is that alternating high and low pressure – vacuum and compression – encourages blood flow to solid, fatty tissue (cellulite), breaking it down in a way that exercise and diet alone can not do. While all this was happening I gently pedalled away for 30 minutes. You need a course of 12 treatments to see results, which costs around £450, but the results are said to be impressive and I'm definitely going to complete the course.

...the Vacunaut by Hypoxi at Destination Gym, London...

This treatment is said to have lots of celebrity fans including Robbie Williams and Cheryl Cole, so I was really looking forward to trying it. I had to put on a very tight neoprene suit, almost like a diver's wetsuit, before stepping onto a treadmill. The suit has three valves on the front and to these the therapist attached three tubes, which were themselves fixed to a machine beside the treadmill. While I gently walked (feeling very much like one of the Borg in Star Trek linked up to the Collective), air was sucked out of the suit around my tummy, creating a vacuum, then released. This vacuum increases blood flow directly into the fatty tissue, removing toxins and breaking down fat. You need a course of 12 treatments costing around £550 but fat and inch loss is said to be impressive.

"It's not just what you put on your body that affects how it looks, but perhaps more importantly, what you put in it."

Guam Seaweed Mud at Urban Retreat, Harrods, London...

This promises to reduce cellulite, tone and strengthen the skin. The mud is harvested from unpolluted Italian seabeds and combined with clay containing ivy extract, oregano and lemon essential oils. It costs £50 for a one-hour treatment.

Clarins Pro-Active Facial...

This starts with a four-phase cleansing and exfoliation process to ready the skin to receive one of Clarins' Pro-Formula products. These contain essential oils and plant extracts, and are easily absorbed during massage, nourishing the skin. A lift-off mask is also applied to boost circulation. From £50 at Clarins Skin Spas and health clubs across the country.

Elemis Body Sculpting Cellulite and Colon Therapy...

Designed to improve lymphatic drainage and circulation, so removing toxins, to enhance the skin's appearance. The treatment includes stomach massage to cleanse the colon, a body mask to deep cleanse and firm the skin, and the application of Elemis Body Sculpting Firming Cream to tone and smooth the hips and thighs. From £40 at salons and spas across the country.

Aqualibria Rejuvenate Programme...

Colon hydrotherapy spa Aqualibria offers customised detox programmes, tailored to the needs of each client. "We believe that true beauty, total wellbeing and vibrant health come from within," says director Velile Ndebele. "There is no greater gift to give oneself than the time to take care of our wellbeing in order to rebalance, rejuvenate and re-energise the mind, body and emotions." Colon hydrotherapy helps get rid of toxins from the bowel, cleansing it, which in turn has beneficial effects on the rest of the body – as congestion is removed so the absorption of nutrients and circulation are increased, skin problems can clear, while hair, skin and nails are visibly improved. Velile explains: "A detox programme combining colon hydrotherapy can help rejuvenate the body, as a better-functioning colon can have a rejuvenating effect on other organs, such as the skin, improving complexion and tone, and reducing or eliminating skin conditions." For more information visit www.aqualibria.com