

SOS Body distress!

DOES YOUR DERRIERE NEED DIY? WORK THESE TRICKS TO GET TAUT AND TONED, SAYS TRACEY WITHERS

DEFINITION of body confidence crunch? Standing next to a Victoria's Secret supermodel. After lunch. Yes, I recently found myself talking body image with Doutzen Kroes, Dutch uber-beauty, L'Oréal Paris poster girl and, might I say, owner of the finest behind in fashion. I beg her not to blame it on a booming metabolism. "I wish I could say that!" she

laughs (hair swishes, men practically pass out). "Before a Victoria's Secret show I completely cut out sugar and alcohol...I have to sweat like an athlete! I do sports, Bikram yoga, Pilates. And I do a lot of boxing." Time to start working on your one-two. But the supe also has her secrets, pointing to the pair of nude Loubs all the way down at the end of her legs. "They do help," she winks. Everybody needs back-up.



The divine Doutzen works hard to stay in shape

Firmer! Tighter! Feeling lighter!
These cheats and celebrity secret weapons will get you there — fast!

THE SKIN COACH

Sisley Paris Celluli-Pro, \$230 (1 300 780 800)

Body issue: Cellulite!

Works because...

Souped-up rice peptides trick cells into producing heat and energy, just like you are at the gym, and eliminate water retention. Essential oils and plant extracts smooth and tighten skin. Upshot? Supple, more toned, sexy.

See results: In four weeks of twice-daily application.



THE NO-WORK WORKOUT

VelaShape non-invasive laser salon treatments, from \$250 per treatment (www.karpati.com.au)

Body issue: You love body con clothes but hate spin class.

Works because... Science bit: a combination of bi-polar radiofrequency, infrared light, vacuum and mechanical massage liquifies and redistributes fat to reduce cellulite and re-sculpt contours. Sexy bit: Demi Moore does it. And she pulled Ashton Kutcher.

See results: In four sessions.

THE LEG SLIMMER

Hypoxi L250 hi-tech workout, \$65 per session/\$650 for 12 (www.hypoxi.com.au)

Body issue: A super-stubborn bottom half.

Works because... As you recline with your lower body enclosed in a vacuum chamber and pedal steadily for 30 minutes, the gentle pressure of the vacuum concentrates fat-burning circulation on belly, butt, thighs and legs. Subtext: shrink and firm your butt without losing your boobs!

See results: Drop a dress size in five to six weeks.