

RIP OUT AND
KEEP PLAN

Fitness Prescription

A LOVELY BUM

Wobbly, dimply or in need of a boost? We've got the moves, the diet and the sneaky fixes to help you tone that butt – fast!

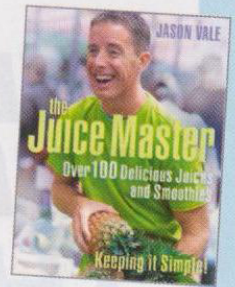
TUSH- TONING TRICK

Maximise your gluteus maximus burn by working out in these Reebok EasyTone pants. Like the shoes, they stimulate key muscles, this time using ResisTone bands that create resistance as you move. Be warned: they're a tight fit, but not as tight as your buns will be afterwards!

**EasyTone pants, £50,
Reebok**



YOUR 3-DAY DIMPLE-DEFEATING DETOX



Adapted from *The Juice Master Keeping It Simple!* (Harper Thorsons, £12.99) this juice detox will help you crack down on cellulite in just a weekend!

	DAY 1	DAY 2	DAY 3
ON WAKING			
	Hot water with slice of lemon	Hot water with slice of lemon	Hot water with slice of lemon or lime
BREAKFAST			
	Detox Special	Super Detox Smoothie	Detox Special
LUNCH			
	Detox Special	Dreamy Detox	Beyond Detox
DINNER			
	Cellulite Eliminator	Cellulite Eliminator	Cellulite Eliminator
EVENING			
	Beyond Detox	Beyond Detox	Beyond Detox

Choose your juicer Centrifugal juicers shred the produce to separate pulp and juice. Choose one with a wide chute (from £75). Masticating juicers slowly grind the fruit and veg to produce slightly more and better quality juice (from £160).

Get juicing – the recipes

Detox Special

Put 3 whole apples in a juicer, then add a carrot, slice of lemon (with rind on), ¼ yellow bell pepper, 2cm chunk each of cucumber, broccoli stem and raw beetroot, plus ¼ celery stick, and juice. Place a couple of ice cubes in a blender along with the flesh of one avocado. Add the juice and blend together until creamy.

HOW IT HELPS

Celery is believed to flush your body of excess carbon dioxide while beetroot is said to detoxify the bloodstream and is good for cleansing the liver and kidneys.

Cellulite Eliminator

Juice 1 apple, 1 pear, ¼ pink grapefruit and 2 sticks of celery. Pour over ice and sprinkle finely diced mint on top.

HOW IT HELPS

Apple and mint are thought to help eliminate toxins from fatty tissue. Grapefruit is high in vitamin C, which stimulates the lymphatic system. Celery and pear are said to aid kidney function.

Dreamy Detox

Juice 2 apples, a slice of lemon (rind on), a 2cm slice each of cucumber and fresh ginger, plus a stick of celery. Place in a blender with ice and whizz until smooth.

HOW IT HELPS

Apple and cucumber are great at flushing out the digestive system, and lemon has a cleansing effect on your intestinal tract.

Super Detox Smoothie

Blend a handful of fresh blueberries and blackberries with 200g low-fat live yogurt, plus the juice of half a pineapple and ice.

HOW IT HELPS

Blueberries and blackberries contain some of nature's most powerful antioxidants, while yogurt helps to maintain a healthy gut.

Beyond Detox

Place a whole apple into the chute, push it down and pack in 1 handful of spinach and a small amount of parsley (leave out the parsley if you have kidney problems or are pregnant). Add 2cm slice each of cucumber and raw beetroot, and switch on your juicer. Then juice two more apples. Place the juices in a blender with ½ a ripe avocado and ice. Blend until smooth. Brush your teeth after drinking!

HOW IT HELPS

Beyond Detox has all the vitamins, minerals and antioxidants you would expect in a full-on detox, plus eight essential amino acids – the building blocks of protein. Parsley is good for digestion.

CHEATS TO A PEACHY REAR

These all get to the bottom of the problem – a sluggish circulation

THE CREAM

Mádara Body Care Flower Attack Anti-Cellulite Set, £49

This kit includes a toning shower soap, an anti-cellulite cream and a firming oil with hard-working ingredients, such as caffeine and horse chestnut, to help firm and smooth. Massage into the skin with stroking movements.



THE TREATMENT

Endermologie, Court House Clinics, £70 per treatment (£1,000 for 16)

Originally designed to treat muscle injury, Endermologie is a high-tech massage delivered by a machine that uses suction and rolling to break down fat and reduce water retention. Our tester said it felt like a cross between an encounter with a mini Hoover and a deep massage! The treatment takes about 35 minutes, and a course of 15 to 18 treatments is suggested.

THE TOOL

Aromatherapy Associates Body Brush, £12

Daily body-brushing offers multiple benefits including smoother, brighter skin, stimulated circulation and improved lymphatic drainage. Use the brush on dry skin, taking it along your legs and bum (towards your heart) in sweeping motions. →



