

The body special

Katy Young and Medina Azaldin provide the ultimate guide to preparing for your summer getaway, from the very best treatments to tried-and-tested at-home gadgets

PHOTOGRAPHY BY DARREN McDONALD

AS THE WEATHER WARMS AND THOUGHTS turn to beach-side breaks, it is no surprise that body care rises to the top of our agenda. According to Dr Simon Ourian, the Beverly Hills-based consultant dermatologist who counts the Kardashian-Jenner clan among his clients, "The meticulousness dedicated to facial care for tightening and brightening now extends to the body." And the beauty industry has responded to this interest with a raft of new treatments to recondition the skin from top to toe.

Whether you have three months to invest, a few weeks to prepare or your holiday is just days away, there is a suitable body treatment to try. Here is *Bazaar's* pick of the best non-invasive therapies, offering maximal results with minimal downtime.

BEAUTY

THE THREE MONTH PLAN

The optimal time frame: 12 weeks allows skin cells to renew three times, resulting in a completely reconditioned complexion.

FOR SCULPTING To tackle pocket tissue that doesn't respond to exercise, such as the bra line and under the arm, try Trusee. This radio-frequency treatment heats and destroys fat cells, with results noticed in two months. Aside from experiencing a warm glow, sessions are completely pain-free.

FOR FIRING As well as tightening the knees, arms, back and stomach, Body uses ultrasound and radio frequency to boost hyaluronic-acid production. Treatments are recommended, seven days apart, and results are visible in 12 weeks.

FOR TEXTURE LPG Endermologie uses a vacuum-like device that feels like a deep-tissue massage, stimulating microcirculation and lymphatic drainage processes, which also helps with water retention. Two treatments weekly for six weeks are ideal. Results last up to six months.

FOR BRIGHTENING Safe for all skin tones, the Halo Laser uses ablative and non-ablative lasers to reduce the appearance of fine lines, scarring and pigmentation, while encouraging elasticity. Only one or two sessions are required and, while you may feel some slight discomfort, it is relatively pain-free. Peeling may occur three to five days post-treatment to reveal fresher, more luminous skin.

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From £320 at Lanserhof at the Arts Club (gurgustinsbader.com)

From £250 a session at Galen Clinic (thegalencentric.com)

From £500 for the 360 Body Tight Treatment at Skin Design London (skindesignlondon.com)

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TONE AT HOME

Boost a dull complexion and stimulate muscles with these easy-to-use essentials



Foreo Bear 2 Body, £279

Nuface NuBody Toning Kit, £383

SELF-SOOTHE

Harness the rejuvenating powers of LED and adopt a nourishing regime for happier skin



Joonbyrd Sunday Sofa Body Butter, £62

Sculpta By Déesse Pro, £499

TOP UP THE GLOW

Keep up the conditioning with these intensely hydrating and protecting serums and oils



Augustinus Bader the Geranium Rose Body Oil, £85

Omorovicza Body Serum, £95

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