

Now while I don't want to stress you out, pulling on a new bikini this summer can be slightly traumatic if you haven't taken the necessary grooming steps to bare all. My plan is to give you a plan so the walk to the water is more "confident stride" than "dump towel and bolt".

SMOOTH TALK

It seems hairy-down-there has made way for barely there at all. So, if you're into a more groomed look, here are the best ways to get it.

DIY wax: Not for the weak, but at least now the at-home products are more advanced and have waxing kits specifically for the bikini area.

Try: *Nad's Sensitive Hair Removal Crème*, \$9.95 (1); *Andrea Naturals Blueberry and Banana Brazilian Bikini Wax*, \$19.95 (11); *Veet Ready to Use Mini Cold Wax Strips*, \$10 (5).

Laser: "It's ideal, because it removes the strand, and weakens the hair, so prevents them from reforming. Can't afford a full course? A few sessions should weaken the hair permanently. This also helps with any scarring that's occurred," says Kaye Scott, skinbyscottandsullivan.com

Professional wax: Bikini wax is different to other hair-removal treatments, so choose a qualified beautician for a better result.

Shaving: The saying "If you shave, the hair will grow back thicker" is bull. The hair will be prickly, but it won't affect the root, so can't change its thickness. Shaving really is the best option. We love *Schick Quattro for Women*, \$12 (14).

CURB CRAVINGS

"Pastries, biscuits, chips, mashed potato and white bread are addictive foods that give us a quick energy boost, but no nutrition," says Kylie Bingham, naturopath and nutritionist from Tony Ferguson Weightloss Centre. "So choose low-GI carbohydrates instead, like wholegrain breads and vegetables. Also, make sure you include protein, so, instead of toast and jam in the morning, try porridge with fruit, or a poached egg on multigrain bread. Most importantly, don't skip meals, especially breakfast, because you'll crave bad food later on."

HITTING THE RIGHT TONE

I start thinking of body tone about a month before summer hits, which, according to Natalie Marnoch from No Attitude Training and Bridal Bootcamp, isn't too late. "You don't have to go crazy and start an unrealistic training regimen. Simple squats, lunges and bench-presses will make a

difference but it'll take about eight weeks to see results. Try to add some form of cardio and resistance training to your daily routine. Work different body parts on alternate days to give your muscles time to rest (ie. one day do lunges and squats with your cardio, the next do dips, push-ups and ab work). Remember, exercise alone isn't enough; healthy eating is key and will make a huge difference to how you look."

THE END OF PEAK OIL

It can be tricky to hide bad skin, so try getting it under control. If you're prone to oily skin in humid weather, switch to a gel cleanser and make sure your moisturiser is oil-free.

Try: *Papulex Cream 40ml*, \$39 (18); *Papulex Cleansing Gel 150ml*, \$29 (16); and *Clearasil Tinted Pimple Treatment Cream*, \$9.45 (2) – these will clean and protect your skin without irritation or dryness, so a zit-free, hydrated face could be yours in no time.

THE 90-MIN SHAPE-UP

Frustrated over those annoying pockets of flab that just won't budge? Enter UltraShape.

What is it? A walk-in, walk-out procedure to break down fat cells using focused, non-invasive, ultrasound energy.

What happens? You lie down while a hand-held device glides over the marked area.

How long is the treatment? Between 60 and 90 minutes, ↑

Catch this Wave

Counting down the weeks to bikini weather? So is CLEO beauty ed Rachael Mannell, who outlines the must-dos before you tip-toe through the hot sand. Read on for a smooth summer.

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Biotherm product of the month

For smoother thighs this summer, look no further than the high-precision anti-cellulite gel Biotherm Celluli Laser. To score one of 10 precious tubes, worth \$62 each, head to cleo.com.au for details.





→ with the amount of treatment depending on the area being worked on. One love handle may need up to three sessions.

What happens to the fat cells? They're broken up into the fluid between the cells, and then fed through the vascular and lymphatic systems to the liver, which then processes them naturally.

The cost? It's sold as a package of three treatments (which is what you'll need to get results) for \$2,200. Call 1300 666 244 for info.

FIGHT IT, THEN FIRM IT

So you've bought a new cellulite treatment but it isn't making a dent in your dimple removal. Why? Like exercise, using a firming cream every other day doesn't get results, so make your new cellulite cream work harder for you by applying it twice a day, religiously!

Try these skin-firming gels: *L'Oréal Paris Body Expertise Perfect Firm*, \$26.45 (6); *Garnier Skin Naturals Bodytonic Massaging Anti-Cellulite Rollerball*, \$13 (8); *Lancôme Magistrale Anti-Ageing Redefining Treatment*, \$94 (9); *Nivea My Silhouette!*, \$11.90 (10).

DODGE RAY DAMAGE

A session in the sun is all it takes to get a lifetime of saggy skin, sunspots and wrinkles. So you must be smart about skin protection – with so many high-SPF products these days, there's no excuse!

Under make-up: *Nivea Light Feel Daily Face Veil*, \$11 (12). **Matt:** *Sunsense Daily Face Matt Formula SPF30+*, \$14 (17). **Tinted:** *Kiehl's Ultra Facial Tinted Moisturizer SPF 15 (light)*, \$40 (7). **Lips:** *Elizabeth Arden Eight Hour Cream Lip Protectant Stick Sheer Tint SPF 15*, \$34 (19). **Body Milk:** *Garnier Ambre Solaire Very High Protection Sun Milk SPF30+*, \$13.70 (15).

Spray on: *Sunsense Clear Mist SPF 30+*, \$13 (13). **Towelettes:** *Dermalogica Solar Defence Wipes SPF15*, \$31 (3). **Natural:** *Nutralia Nourish Sunscreen*, \$14.95 (4).

BUMPY ROAD ENDS NOW

Bumps on arms can make singlet season a nightmare. These ingrown hairs, called folliculitis, are also found on legs, face, back and bikini line. Luckily, there's a "cure".

What is it? DANNÉ Follicuzyme.

How does it work? A fast, non-invasive treatment that releases the hair from the follicle and reduces inflammation. Follicuzyme is designed to keep the condition under control.

Number of treatments needed? It depends on the condition, but two to eight is suitable.

The cost? The sessions start from \$140. Call 1300 00 SKIN (7546) for more info. *The end*



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