

T A T I E R

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INTERNATIONAL £4

Fatal Blows

Was Simon Blow's
grandmother
murdered by his uncle?

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spectacular

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about the royal

How Norfolk got its mojo

The people
who put it
on the map

ELLE

on life,
lust &
lingerie



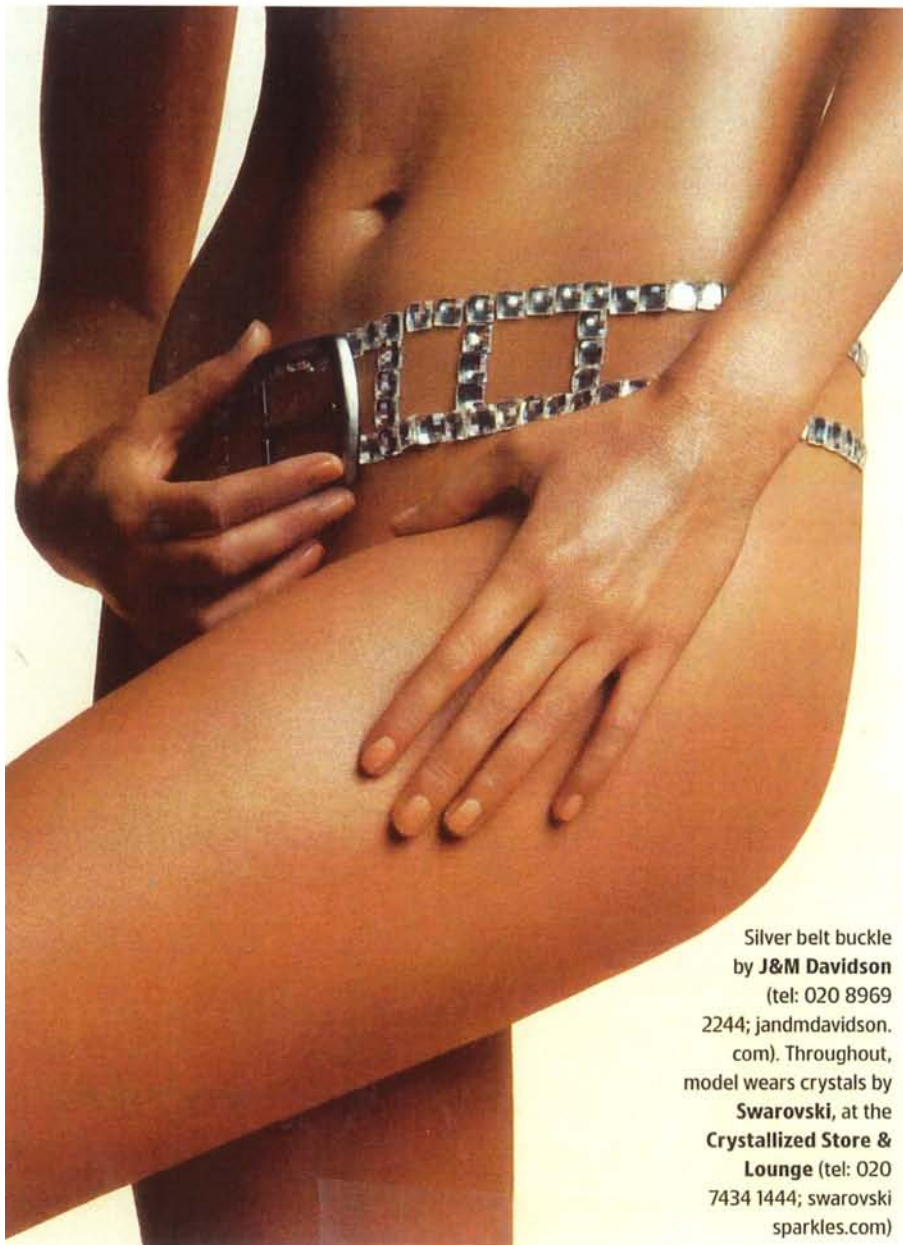
Model wears Capture
Totale Radiance
Enhancer, /Adore Skin
Body Oil, both by Dior

BodyWorK

You'll feel like a
new woman with
today's hi-tech
miracle machines,
says Emma Smith



PHOTOGRAPHED BY
NICOLA GROSELL
STYLED BY OLIVIA FALCON



Silver belt buckle
by **J&M Davidson**
(tel: 020 8969
2244; jandmdavidson.
com). Throughout,
model wears crystals by
Swarovski, at the
**Crystallized Store &
Lounge** (tel: 020
7434 1444; swarovski
sparkles.com)

The problem **Cellulite**

The solution SmoothShapes is the newest technology to tackle orange-peel skin. Laser and light therapy is used to heat and liquefy fatty areas responsible for cellulite. A mini Hoover-like handpiece with nodules

sucks at the skin to open up channels for the laser and light to get through. The nodules break up stubborn clusters of fat to smooth out lumps and bumps.

Pain factor Mildly uncomfortable, it feels like a painful deep-tissue massage.

Downtime You can be out the door straight afterwards but you might feel a little tingly around the treated areas.

Who to see This treatment is brand new in the US at the time of press so named doctors in the UK are yet to be confirmed, but visit smoothshapes.com.

Results 10/10. Our tester was one of the first to try this in New York and only had time for two treatments but was wowed by the results. Stubborn cellulite that she had been battling with since her teens had really smoothed out. Imagine what a full course of the recommended eight treatments would have done.

The problem **Stretchmarks**

The solution Spa RF and Mesotherapy is a course of two treatments spread across two days. A supersonic 500-shots-a-minute mesotherapy gun dispenses a cocktail of vitamins into the skin. This stimulates the skin cells to encourage them to build more collagen around the tears in the skin. The next day you'll have Spa RF which is a panel that heats the skin to 42 degrees and pumps oxygen into the area to get the circulation going so that it tightens the stretchmarks.

Pain factor Mesotherapy injections feel a little scratchy but subsequently you may well feel bruised.

Downtime Expect redness and some bruising afterwards so you won't want to get straight into a bikini. Make sure you do this at least a week before you hit the beach.

Who to see Meena Lee at EF MediSpa (tel: 020 7310 8786; efmedispa.com). Spa RF and Mesotherapy for stretchmarks starts from £450.

Results 4/10. Stretchmarks are tricky territory, as the longer you've had them the less likely they are to completely disappear. This treatment works effectively to fade them and a course of up to eight treatments is advised over three months.

The problem **Varicose veins on the legs**

The solution Two new procedures: Foam Sclerotherapy (a foam injection that seals the vein shut) and Ambulatory Phlebectomy (the offending vein is gently tugged out through small incisions) mean that vein removal is no longer the horror story it used to be.

Pain factor Both require a topical anaesthetic cream and are pretty pain-free.

Downtime You have to put your feet up for half an hour following both procedures, and then wear Nora Batty-style flesh-coloured stockings to support the area for two weeks. No washing around the vein for 48 hours. It's also recommended you walk for at least an hour a day to avoid risks of deep-vein thrombosis.

Who to see Mr Ian Franklin at the Cadogan Clinic (tel: 020 7901 8500; cadoganclinic.com). Minor vein removal starts from £200.

Results 10/10. The treatments were amazingly painless and have left our tester with the unblemished legs of her youth. Vein removal used to involve up to two weeks off work and a general anaesthetic, but now you're in and out in an hour at the most. There's no top-up required as once the vein is gone, it's gone. □