

# One day to go

**USE UP TO 3LB!** Even though by this time tomorrow you'll be on your holiday, there are still last-minute things you can do to minimise any love handles. Following a detox diet for just one day won't do you any harm and will help you to get a flat tum, says Juliette. 'And you don't need to survive on some horrible cabbage soup all day – you can eat super-healthy foods like fish, oats and yoghurt.'

*You can do it!*  
 Drink dandelion leaf tea! It might not taste like your standard cuppa, but if you suffer from fluid retention, this herbal infusion can produce amazing results, practically overnight, helping you to lose anything up to 4lb while you sleep.

## YOUR ONE-DAY EMERGENCY DETOX

- **Breakfast**  
1 bowl fruit salad, 1 pot low-fat natural yoghurt and 1tbsp oats.
- **Morning snack**  
1 nectarine.
- **Lunch**  
1 small avocado mixed with 1 small pack prawns, salad, balsamic vinegar, 1tsp olive oil and lemon juice, 1 apple.
- **Afternoon snack**  
1tbsp sunflower seeds.
- **Dinner**  
Grilled tuna steak with steamed veg, 1 small banana and a handful of strawberries.



## Four last-minute must-dos

- 1 RETHINK YOUR DRINKS**  
Fizzy drinks and the artificial sweeteners found in many diet beverages can cause your belly to swell. Instead, try sipping a tall glass of still water flavoured with lemon to keep your bloating at bay.
- 2 STAND UP STRAIGHT**  
Holding your shoulders back and standing straight will make you appear taller, give you a flatter stomach and help you look up to 7lb slimmer in an instant. 'Standing tall irons out your middle and makes your waist look leaner by increasing the distance between your hips and your ribs,' explains Lynne Robinson, a celebrity Pilates trainer whose clients include Liz Hurley.
- 3 DON'T MULTI-TASK WHILE YOU EAT**  
Don't chat to your colleagues while you have your lunch, or bolt down your dinner, or chew gum. 'You'll swallow more air that way, which makes your stomach inflate,' explains nutritionist Fiona Hunter.
- 4 BUY A BODY BRUSH**  
Dry-skin brushing leaves skin looking and feeling firmer immediately. Brush in upward sweeping motions before showering. Try the Body Shop Body Brush, £7.



## Can you drop a dress size in 90 minutes?

Samantha May had her body wrapped to find out

**WE TRIED IT!**

'Standing in my paper thong as the therapist took 18 measurements from my body, I wasn't excited by the thought of being wrapped tightly in elasticated bandages soaked in a clay formula and turned into a soggy Egyptian mummy. But if it helped me fit my dimply backside into a size-10 bikini again, I'd be buried under a pyramid for a few hours, too! I know it's not a miracle cure and the only way to truly lose weight involves trainers and walking past cake shops, but there's great appeal in looking slimmer instantly – even for a few hours. Anyway, Zoe Ball swears by the technique, and she is looking amazing on *Grease Is The Word*. The wrapping started at my ankles and worked up. The warmth of the clay was nice at first, but as the clammy bandages covered more of me, I felt as if I was wearing a wet and chilly swimsuit.

After being mummified, I was put under a thermal blanket to 'sweat it all out'. Now I know how a Sunday roast sausage feels when it's wrapped in bacon and whacked in the oven! But it was so relaxing. An hour later, I was unravelled and jumped into the shower before standing in front of the mirror to see the 'new me'. My skin felt amazing – softer than in years – and the cellulite I hated so much looked less apparent. And guess what? I'd lost 11 inches off my tummy, 0.5 from my ribcage and 0.5 from my thighs. It's not exactly a dress size, but my trousers do now feel less tight. Although the results didn't last longer than a day – I basically lost water and toxins, not fat – it did work. If you want to look great for a day on the beach, I think it's worth having a wrap just before you leave.'

**Prices from £50. See [www.universalcontourwrap.com](http://www.universalcontourwrap.com) or call 01784 259988.**

BEFORE

AFTER



*Tip*  
 WEARING PERFUME REALLY CAN MAKE YOU SEEM SLIMMER. ACCORDING TO A TEN-YEAR STUDY BY CHICAGO'S SMELL & RESEARCH FOUNDATION, A SPICY SCENT WILL MAKE YOU APPEAR A WHOPPING 12LB LIGHTER. 'IT'S THE PERFUMERY EQUIVALENT OF WEARING VERTICAL STRIPES,' SAYS STUDY LEADER DR ALAN R HIRSCH. PICK UP ESTEE LAUDER'S PLEASURES INTENSE, £28. ONE SNIFF OF THIS VANILLA, LILY, PEONY AND ROSE BLEND WILL HAVE YOU FEELING FABULOUS.

WORDS: JEFFREY CLAY; SAMANTHA MAY: ANDREW BRACE; NICK WALTERS/PHOTOGRAPHY; SCOTT ANTHONY BRACE