

ITAIN'S NO. 1 GLOSSY... EVERY WEEK >>

WIRALIA

£1.90

raziamagazine.co.uk 28 January 2008

Has Jen found her baby daddy?



**INSIDE
KATE'S
34-HOUR
BIRTHDAY**



**ANGELINA
EX: 'DON'T
TRUST
HER,
BRAD!'**

**IN
STORE
NOW**



trend



spend



**IVF
nightmare**

HOT BUYS UNDER £50 KERCHING!

**'ANOTHER
WOMAN
IS HAVING
MY BABY'**



ISSUE 151



flash!

Can Botox prevent spots? Top US plastic surgeon Dr Steven Dayan (www.drdayan.com) has noticed that Botox clears up acne while it freezes wrinkles. 'There haven't been any studies, but I've noticed it has an anti-inflammatory effect on acne,' he says.

7 GO 'CALORIE NEUTRAL'

Sick of complicated diet plans? The latest weight loss buzzword is 'calorie offsetting'. Which means you balance the number of calories you eat with the amount of exercise you do. And there's now a raft of new gadgets to help you. Still being fine-tuned, the MiLife system (1) is a wristband that monitors exactly how much you move. It comes with scales, and both items talk via Bluetooth to your PC, which then suggests how to increase your daily exercise to burn all the calories you take in. Meanwhile, the Bodybugg armband works on a similar principle, using sensors to measure your daily activity which you upload to your PC, adding in what you've eaten. A year's MiLife package costs £199.95 (www.milife.com). Bodybugg costs from £150 (www.bodybugg.com).

8 LASER AWAY YOUR LINES

The Pearl rejuvenating laser (2) has taken the US by storm, and is coming to the UK this month. The results have been compared to those of chemical peels, but without the long downtime or post-treatment redness. Like a peel, the laser burns the upper layer of the skin to reveal a newer one underneath, but it's done in a more controlled way. The heat of the laser promotes collagen and erases sun spots and fine wrinkles. 'The Pearl combines the best of visible results with a single treatment and downtime of about three or four days,' says cosmetic adviser Wendy Lewis (www.wlbeauty.com). 'The improvement for sun damage, texture and tone is impressive.' A single treatment will cost from £1,000; call 01608 677264. Before having any laser treatment, check the clinic is registered with the Healthcare Commission (www.healthcarecommission.org.uk).

9 VACUSTEP IS THIS YEAR'S POWER PLATE

Hot from Europe, the VacuStep lower-body blitzer (3) is set to rival Power Plate as a super-fast way to shape up. The idea is this: you step into the machine on to a cross-trainer-type device and start moving. When the chamber closes, vacuum pressure starts to pull against your bottom, hips and thighs. It sounds bonkers, but promises to help you lose five to nine inches from hips, thighs and bum in 20 half-hour sessions. Sign us up! A course costs £495 (www.vacustep.com).

10 KILL THOSE FOOD CRAVINGS

This year, nutritionists have found a host of new ways to stop those cravings... **STOP SNACKING** That's the message from naturopathic doctor Penny Kendall-Reed. Her new book *The No Crave Diet* (Virgin Books, £12.99), is a low-carb food plan to end cravings. She says you should leave five or six hours between meals. 'Fat-burning typically begins three hours after a meal,' she says. **FEEL FULL AGAIN** 'About 20 minutes into a meal, your body produces hormones that stop you eating – but most of us have finished our meals by then so can't take advantage of them,' says Dr Robert Portman, from supplement company PacificHealth International. The solution? Products that aim to switch on our feel-full hormones earlier. First up is Satiatrim (£35.95 for 27 drinks, from www.victoriahealth.com), a milkshake that triggers the production of the hormone CCK (cholecystokinin), which stops you overeating. Or try Naturally Gorgeous Smoothies (£3.29 at Waitrose), which contain PinnoThin, a substance made from pine nut oils that claims to boost CCK, as well as feel-full hormone GLP-1. ■

