



Treatment of the week: FatGirlSlim cellulite treatment

By [KATE FAITHFULL](#)

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When I heard about the new FatGirlSlim cellulite-smoothing spa therapy, I jumped at the chance to try it. Bring on the beach.

The treatment is all about kick-starting your circulation, which is the secret to peachy skin. My therapist, a friendly, punky blonde called Heather, starts by dry-brushing my body.

I listen politely to the health chat about lymphatic drainage, but what I really want to know is whether the treatment will blitz the 'hailstorm damage' on my thighs and bottom.

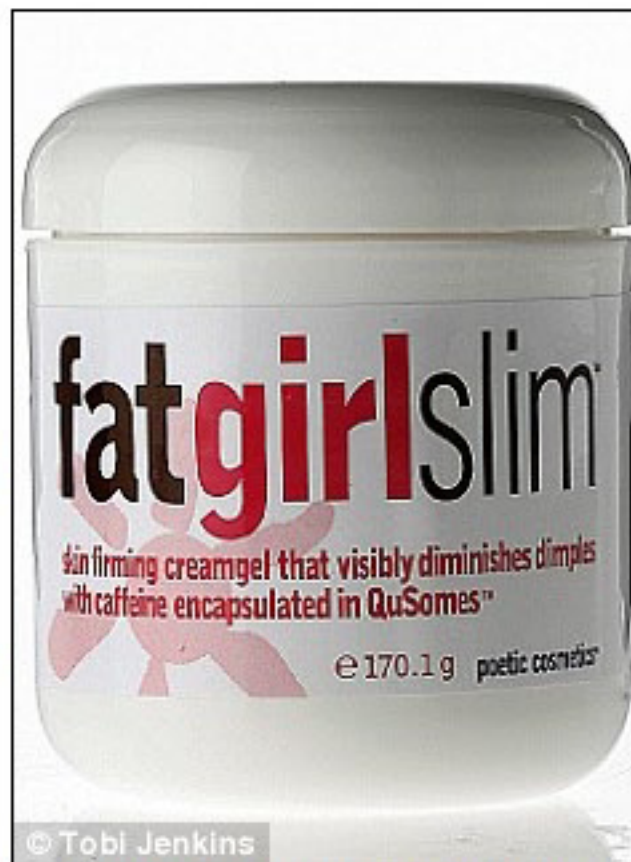
Heather explains it is no miracle cure - there's no such thing - but it will leave my skin feeling beautifully plump (in a good, firm way.)

Next, she massages luxurious grapefruit essential oil into my skin to give my sluggish cells some zing, before covering my trouble spots (belly, bottom, thighs) in a seaweed, algae and mineral wrap.

She tucks me up in an insulating tinfoil cape like a heroic runner, as heat aids the detox process.

After sweating out my poison, on goes the famous FatGirlSlim firming cream packed with caffeine, the theory being it can help your body metabolise fat faster.

Finally, a rub down with a waist-whittling gel with energy-releasing amino acids.



Packed with caffeine, FatGirlSlim claims to help your body metabolise fat faster

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The verdict? Well, it's not a magic wand that will zap off the inches, more's the pity. But it will buff your unlovely lady lumps into curves, and smooth skin so you look and feel better. And the best thing is that you get to take the body brush home to show your cellulite who's boss every day.