

DAILY EXPRESS



Crabtree & Evelyn Renew + Nourish Hand Cream
£20.50, crabtree-evelyn.co.uk

As well as hydrating ingredients, this hand cream also contains AHAs (alpha hydroxy acids) from apple extract, which give a gentle exfoliating action to the skin, helping to smooth rough skin and brighten the appearance of dark spots. You might have noticed the bath and body brand has recently had a packaging revamp.



Amanda Harrington Ultra Balm Universal Rescue Cream
£16, amandaharrington.com

It's technically a pre-tanning moisturiser for the whole body to avoid patches developing in areas of dry skin, but the rich blend of sweet almond oil, cocoa butter and aloe vera makes it an excellent general hand cream too (plus it's handbag-sized). Apply to hands, elbows and knees.



Caudalie Vinoperfect Dark Spot Correcting Hand Cream
£15, uk.caudalie.com

This cream not only intensely moisturises but also has noticeable anti-ageing effects thanks to a radiance-boosting active ingredient sourced from grapevine sap. Testers gave rave reviews, with improvements in hydration, skin texture and the appearance of age spots.

The Body Shop Hand Cream in Warm Vanilla
£5, thebodyshop.com

This one's also all about the scent – Warm Vanilla, limited-edition for the festive season, a sweet-but-not-sickly, creamy, custardy fragrance. The main moisturising agent is shea butter, sustainably sourced and hand-produced using traditional methods by Ghanaian women. At 30ml, it's perfectly pocket-sized, too.



SPOTLIGHT ON...

Every week, we road test the latest beauty innovations

This week: **LPG ENDERMOLOGIE CELLU M6 ALLIANCE**

Beauty editor Laura Mulley tries out the latest skin-firming, cellulite-busting treatment

What's the big deal?

The CELLU M6 Alliance machine is the latest technology from French brand LPG Endermologie, which uses a 'lipomassage' technique to stimulate dormant cells, boosting collagen and elastin production. On the body, it claims to reduce cellulite and the appearance of stretch marks, firm sagging skin and break down stubborn pockets of fat. On the face, it helps to smooth wrinkles, plump the skin and reduce a double chin.



Our verdict:

Laura says: 'Yes, I know, most of us probably have cellulite – it's totally normal and nothing to be ashamed of. But this summer, I admit I was a little shocked at how big and deep the dimples on the sides of my thighs were. Forget about an orange peel effect, this looked more like an old, gnarly potato.'

'Always sceptical of topical creams that promise to make it miraculously disappear, I was interested to see if something more high-tech might have an effect.'

'After squeezing into a white bodystocking, the practitioner began working the device's head over my bum and thighs. It feels like a mechanical leech sucking and kneading its way around the area for 45 minutes. It's supposed to feel stimulating rather than painful; you must say if it hurts, to avoid bruising. In true British fashion, I silently gritted my teeth before speaking up, after which I actually came to quite enjoy the



weird sensation. Results are supposedly visible after six treatments, but there wasn't really any change (due to my high-sugar diet, apparently), so I signed up for another six. After which I admitted I still couldn't see much difference, but when looking at the before-and-after pictures, I did notice a slightly more contoured shape and those dimples appeared less deep.

'It would probably be more effective on the early signs of cellulite, or on slim people looking to shift those last stubborn areas of fat. I've still got cellulite but, to be honest, I'm fine with that.'

★ A course of 12 treatments costs from £960. See endermologie.com to find your nearest salon. We tried it at Dermaesthetics Clinic in London (020 7509 6415, dermaesthetics.uk).

Words by: Laura Mulley Pictures: Getty Images

