

# The Telegraph

## The £60 inch-loss treatment to try before your summer holidays

My prep used to begin with a course of LPG endermologie around April. But now I'm over 40, I do at least two sessions a month all year round. How more people haven't tried this body-toning and inch-loss massage treatment, I can't fathom.

Not only is it efficient (the new triple-action LPG machines are able to eliminate localised fat, smooth cellulite and stimulate collagen in one 35-minute session) but it's pleasurable, like being massaged with a tiny car vacuum (only in a really nice way).

### Holiday-fabulous in five steps

#### 1 LPG endermologie

Bar exercise, the most efficient toning and slimming treatment there is. From £60 a session; find your nearest centre at [endermologie.com](http://endermologie.com)



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