

HELLO!

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**COLEEN
ROONEY**
'WHY KATE
MIDDLETON IS A
STYLE QUEEN'



EXCLUSIVE

EXCLUSIVE PHOTOS

**WILLIAM
AND KATE**
ATTEND A FRIEND'S
WEDDING - WILL
THEY BE NEXT?



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FLAVIO AND ELISABETTA
PRESENT BABY
FALCO NATHAN
ON BOARD THEIR
SUPERYACHT



EXCLUSIVE

**VICTORIA
BECKHAM**
'Now Eva
Longoria's
friendship
saved me'



PLUS: FIRST PHOTOS OF SINGLE SANDRA BULLOCK

Gadget girls

Too busy or broke for a salon treatment? High-tech at-home solutions make it easy to get top results with everything from hair removal to smoothing out cellulite

There was a time when if you wanted an effective, long-term solution to excess hair, sagging skin, fine lines, blocked pores and cellulite you needed to book an appointment with a beauty pro. But thanks to the latest DIY gadgets you can now tackle these problem areas in the comfort of your own bathroom. Inspired by the clinical-strength machines used by doctors, dermatologists and nurses, they are safe to use and, with a little practise, can offer at-home results similar to those you would expect from a beauty therapist.

Naturally, these mechanical marvels are not as powerful as the clinical versions, and for the best effects you will have to commit to using them for around six weeks, but stick with it and you could soon see salon-style improvements for a fraction of the cost.

The current skin saviour

Fans of the high-tech facial will be familiar with the mild buzzing of galvanic currents, which therapists claim helps deliver active ingredients into your skin.

The process works on the basis of like charges repelling each other, and opposites attracting, in a similar way to magnetic poles. Skincare products formulated to work with a galvanic system contain key ingredients that carry either a positive or a negative charge. A small hand-held device is set to the same charge as the product so that it repels the ingredients – whether they are anti-ageing serums, cellulite lotions, neck creams or even scalp ointments – giving them an extra push through the outer layers of the skin so they work at the deepest level possible.

Now the same technology is available for use at home in the form of the Galvanic Spa II system from Nu Skin (left) – a simple-to-use, programmable, handheld gadget with self-adjusting galvanic currents and interchangeable conductors. No wonder high-profile models including

Kate Moss have been converted.
ageLOC Nu Skin Galvanic Spa II, £272.30 Visit nuskin.com





Hair-removal heroes

Professional laser hair removal is quick and effective but can be painful. Dial the power down a little and instead of one wavelength of light, widen it to a broader bandwidth and you have the new generation of IPL (Intense Pulsed Light) hair removers. Not only are these safe to use at home, they also have less "ouch" factor. The new, improved Tria was the first system on the market, but Philips, Boots and Remington all offer IPL machines. All of them take time and patience to master. And don't expect the experience to be pain-free, as they work by heating up the follicle to kill off the blood supply, which stings slightly. You will see results, though. Madonna, reality star Kim Kardashian (above) and model Kimora Lee Simmons have all had IPL hair removal.

Remington IPL5000 i-Light Hair Removal Unit (right), £349.99 From department stores.

Tria Laser Hair Removal System (below),

£575 Visit triabeauty.co.uk.

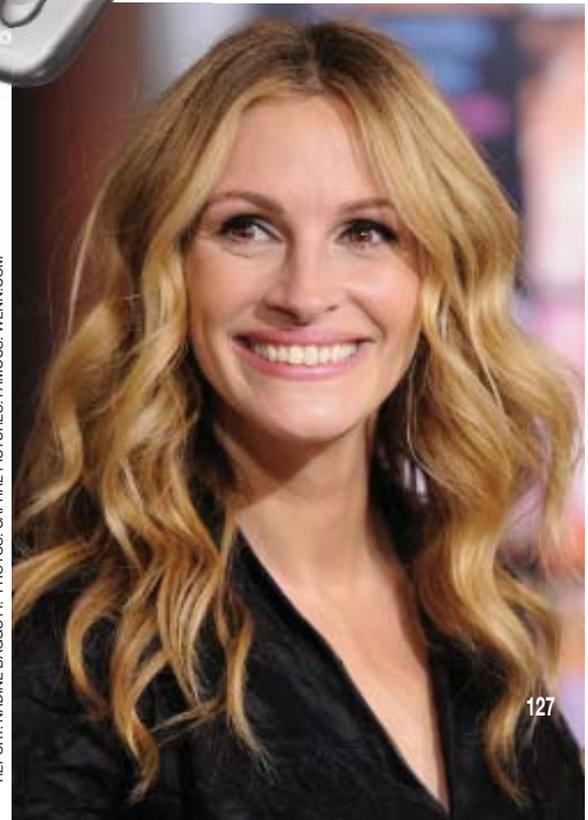


The thigh and stomach smoother

Radiofrequency energy has long been used in salons and spas to target pockets of fat and cellulite by heating them to boost the metabolism and encourage skin



N.V. Perricone MD Light Renewal Therapy, £225 Available from lookfantastic.com.



tightening. The at-home version (left) uses the same technology at a lower level, and over time will work well on anyone who is generally slim but has pockets of stubborn fat or lax skin.

TriPollar Pose, £349 Available from Harvey Nichols, Boots and Next.

The deep cleanser

The Clarisonic Skincare System is an everyday alternative to a salon deep-cleansing facial. The groundbreaking face brush (right) works using the sonic technology we might be more familiar with in electric toothbrushes, sending pulses of vibrating waves into the skin



to dislodge trapped dirt, make-up and sebum. LA facialist Kate Somerville has passed on the word to A-list clients, including Paris Hilton, Michelle Pfeiffer (left) and Jessica

Alba, and swears by its micro-massaging action: "This brilliant brush gently exfoliates and gets skin really clean," she says. "It removes all dirt and debris and is the best for getting rid of congestion and stubborn make-up."

Clarisonic Skin Care System, £150 From Space NK, visit spacenk.co.uk or tel: 020-8740 2085.

The blackhead blaster

A Bliss Triple Oxygen facial has always been the gold standard, deep-cleansing, extraction-based treatment. And now you can recreate part of the experience at home with the new Bliss "Pore"-Fector Gadget (right), which uses sonic waves to clean up clogged complexions, and target blackheads and blemishes.

Bliss 'Pore'-Fector Gadget, £125 Available from 15 May, visit blissworld.com.



The light-line eraser

Skincare guru Dr Perricone – whose following is said to include Julia Roberts (below), Courteney Cox Arquette and Heidi Klum – has long believed in the rejuvenating powers of light. And the latest weapon in his anti-ageing arsenal is an at-home version of the light diode skin treatment he offers at his New York skin spa. The handheld device (below left) emits a combination of near-infrared light and visible red light which can increase collagen and elastin production to firm skin and decrease fine lines and wrinkles. During clinical trials, 83 per cent of users remarked on an improvement in the appearance of lines, along with smoother skin and better skintone.

REPORT: NADINE BAGGOTT. PHOTOS: CAPITAL PICTURES; FAMOUS; WENN.COM