

THE A-LIST: LEG EXPERTS

Bazaar highlights the superstars of the beauty world. This month: firming, toning pre-holiday leg-shapers
BY KATY YOUNG

KATHARINE McERLEAN

Best for... pre-holiday toning.

The lowdown One of our glamorous friends describes McErlean's amazing leg (and body) massage as the only reason her post-baby body looks leaner and tighter than ever. McErlean starts with a scrub and tight body wrap to shift inches, before a gorgeous, slow lymph-draining massage with reflexology to debloat and sculpt.

From £90 for 90 minutes; home treatments in London (01372 473917; www.kmbeauty.co.uk).

MARK WHITELEY

Best for... bare-leg perfection.

The lowdown For broken capillaries, small bumps or visible veins, we recommend vascular surgeon Whiteley. A leader in the field, he brings the best modern methods to his practices, to pinpoint exactly what treatment you need to ensure veins won't come back – so your newly immaculate legs will be long-lasting.

From £150 for an initial consultation, at the Whiteley Clinic, London and Guildford (01483 477180; www.thewhiteleyclinic.co.uk).

ACCENT XL RADIO FREQUENCY

Best for... firmer, tighter skin.

The lowdown When it comes to firming and toning (rather than inch or weight loss), this is *the* low-effort, big-effect treatment. The radio-frequency device works at two levels: one, to strengthen and thicken skin (though the full tightening effect won't be seen for three months); the other, at a deeper level, breaking down cellulite to give skin a gorgeous smooth texture. For best results, go for six to 12 weekly treatments.

From £600 for a four-week course on one area, at Renew Medica, Weybridge (0844 576 8311; www.renewmedica.com).



MARKO LENS

Best for... a leg mini overhaul.

The lowdown Plastic surgeon Lens focuses on those details – from brighter, even tone to creating a thicker, softer skin – that fit into a one-hour slot. He uses mesotherapy to smooth out thighs and prevent cellulite, and ultrasound to help re-shape legs. His all-over body peel transforms flaky skin on knees and shins.

From £150 for the Oxy Detox Treatment (30 minutes), London (020 7631 3212; www.markolens.com).

ENDERMOLOGIE LIPOMASSAGE

Best for... toning up the last few inches.

The lowdown For smoothing bumps and fleshy pads around the knees and thighs, Endermologie is one of the few cellulite treatments this side of cosmetic surgery that really work. The handheld mini

'Hoover' moves over the body (you wear a body stocking), using gentle suction to boost circulation and break down fat cells. You'll see a difference after the first six to 12 sessions but, for lasting results, you'll need to attend regular monthly bookings. *£60 for 30 minutes, nationwide (0208731 5678).*

GEORGES ROMAN

Best for... dropping a jeans size.

The lowdown Cosmetic doctor Roman's waiting list for the Ultra Lipolyse treatment (done under local anaesthetic, using lasers to break down fat cells) is filled with models and actors. Results are fast – one treatment can take you down two jeans sizes – but be aware that, though this may be more uncomfortable than painful, it can result in up to 10 days of swelling and bruising.

From £1,800 per area, London (020 7636 1313; <http://theromanclinic.com>). □