

Banish the orange peel look

Vani-T Fake Tan

Best for: Confidence.
The treatment: After being buffed with a coconut scrub, my therapist rubs me down with Vani-T Liquid Sun, a solution that contains antioxidant, anti-ageing properties.
The results: At last I can pull on a summer skirt without wincing at my pale pins – I was amazed what the bronzing did for my confidence. The colour lasted for a week.
Price: £55 for 60 minutes.
Glow Spa & Beauty.
 Tel: 020 7752 0652.
 www.glowurbanspa.co.uk

VelaShape

Best for: Smoothing bumpy thighs.
The treatment: A hose sucks at my

thighs, breaking up the fat cells near the surface of the skin while a laser heats them up and breaks them down. The heat helps my body absorb and excrete the waste.

The results: The first treatment left marks on my thighs (so don't go for the treatment too near your holiday) but after the second, my cellulite improved. It wasn't gone completely but my legs were smoother.

Price: £250 for 60 minutes or £1,200 for ten sessions.

London Medical & Aesthetic Clinic.
 Harley Fit. Tel: 08445 499055.
 www.lmaclinic.com



Wow Fat Zap

Best for: Vaporising inches.

The treatment: Heat-transmitting laser pads are applied to my thighs, breaking up the fat cells and stimulating collagen. After 20 minutes I'm up doing simple squats and step-ups on a vibration plate.

The results: I lost 7cm from each thigh but you need a course of eight for permanent results.

Price: £250 for 60 minutes.

Harley Fit. Tel: 08445 499055.
 www.harleyfit.com

Body Matters

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On track for the good life

Smart moves: Since the iPhone launched in 2007, some 65,000 applications or 'apps' have been created. Around 1,500 of them are health-related – can your phone get you from flabby to fit? **BY JAMES ELLIS**

My friends and I are out for the night. As the umpteenth round arrives, I finish the last of my water and tap an icon on the screen of my iPhone to log the pint that replaces it. A glowing red number 13 stares back at me. It's the number of units I've drunk tonight – half my weekly allowance.

I tap again and the phone tells me that's 1,278 calories, or the same amount I would have eaten with a rather disgusting fast-food meal inside me. Ominously, it also says it will take me 2.2 hours of running to burn the booze off.

Welcome to the iDrinkulator, an iPhone application that, providing you're honest, tots up how much you've drunk during the week and what harm it could do. The thought of a mini nanny state in your pocket may be too much for some but it's awoken my competitive, ahem, spirit and I resolve to get through the week without adding to the total.

iDrinkulator is just one of the hundreds of iPhone apps available from the iTunes store that are now devoted to health and

fitness. Headed abroad and afraid of the mozzies? Download iRepeller, which emits an ultrasound from the phone to scare them off. Want to get all buff? The originally named 100 Press Ups promises to get you to do just that in six weeks. Slightly stupid and can't count? Eight Glasses A Day will keep a tally of... how many glasses of water you've drunk.

Some of the apps may seem plain daft but a growing number make full use of the iPhone's inbuilt technology, such as its accelerometer and GPS, to produce applications that will track you when running, walking or biking, calculate your pace or cadence (the speed your pedals turn) and the distance you've travelled before plotting a Google map that will show you just where you've run.

Keen runners and cyclists will be aware of GPS-enabled watches such as those produced by Garmin (www.garmin.com) that cost a small fortune (£200 upwards) but how do they match up to iPhone apps that cost just a few pounds?

We tried two of the most popular GPS apps against the crème de le crème of running watches, the Garmin 405 (left).



The apps vs the watch

RunKeeper has a simple interface with start and pause buttons and a screen that shows time, speed and distance. When you stop, exercise is downloaded to www.runkeeper.com. RK worked well but some of the tracking maps were erratic, especially in the city where buildings can block GPS signals: one run took me from Hyde Park to Battersea and back several times meaning I did more than 30 miles in 30 minutes! However, the website allows you to correct such quirks by letting you redraw the map. *Lite version, free. Pro version £5.99.*

iMapmyrun is linked to popular site www.mapmyrun.com. The app has similar features to RunKeeper but it takes a couple more clicks to get going. After three attempts, I was ready to throw the phone against a wall as it wouldn't lock on to a GPS signal. Finally, on a run in a non-built-up area and holding it in my hand rather than a shoulder holster, it logged a signal and provided an accurate map of the session. A second go was annoyingly stopped mid-session by an incoming SMS. *Free.*

The Garmin 405 was matched against runs with the other two and was faultless. Not once did it lose a GPS signal, not once was the map inaccurate. You can also set up workout schedules where the watch will issue an alarm when you need to change pace – ideal for interval training. Information can be downloaded to GarminConnect (connect.garmin.com), the very excellent Good Run Guide (www.goodruncguide.co.uk, £10 annual subscription) or www.mapmyrun.com £180-£280 with or without heart monitor.



Picture: Corbis/Collage; Jerry Prely



Other health and fitness apps

iFitness: 230 exercises in words and pictures. Set up routines, such as weights, and record your progress. *iTunes, £1.19*



Survival Pocket Reference: 250 pages with everything from basic first aid to how to create a shelter in the woods and building a fire. *iTunes, 59p*

A sensor rhythm

The Nike + iPod system (19), where a sensor in your shoe tracks your run and sends it to your iPod or iPhone, has been available for a couple of years but the link between music and running could be becoming even more scientific. Dr Costas Karageorghis has spent the past 20 years analysing the effects of music on exercise as head of the music in sport research group at Brunel University. His team have found that:



running movement and reduce the oxygen required by up to six per cent.

■ Musical rhythm emulates the pattern of some physical skills, meaning music can enhance technique and make you more efficient.

■ Music lowers your perception of effort, so you feel less pain.

London's Run To The Beat, a half-marathon dedicated to music and sport, takes place on September 27. For more details see www.runtothebeat.co.uk

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