

which "significantly improve cellulite and loose skin on thighs and buttocks, increasing micro-circulation and helping to improve lymph drainage, as well as strengthening the skin's collagen structure and minimizing fat pockets."

treatments to tone and refine

What causes rough skin? "The scientific explanation is that your body exfoliates your skin cells naturally, but more so in the summer when you're being more athletic or you're at the beach," says New York dermatologist Dr David Colbert. "Winter is tough on skin. You're tired so you don't exfoliate and then skin gets a build-up of epidermal cells which makes it look gray and dull," he says. Which makes his body treatment, The Triad, a savior. Available at his clinics in New York and LA (nydermatologygroup.com), as well as in London with fellow surgeon Costas Papageorgiou (facialplasticlondon.com), it was developed after his facial of the same name, which he performs on Rachel Weisz, Sienna Miller and Naomi Watts, among others, during Oscar season. Colbert now has a growing roster of Victoria's Secret models who have it done on their bodies prior to shows and campaigns. First, the body is prepped with microdermabrasion, which removes excess epidermal cells, then laser wavelengths high enough to target energy at collagen-producing cells are applied to encourage skin to firm up from within. Finally, a glycolic acid peel leaves skin feeling super soft. With no downtime, the treatment is popular pre-Oscars to treat skin that will be on show. "The first question I ask is, what are you wearing? If it's a long gown, I won't bother doing the legs, but I might instead focus on the décolletage, neck or hands." But The Triad is not a one-stop cure-all; for those in their late forties or with extensive sun damage, Colbert prefers using Fraxel (an ablative resurfacing laser) to remove age spots and tighten crepey skin.

One of the most outstanding treatments for smooth skin is the new, two-hour Dior Svelte Body Desire, which is another multi-pronged approach on the body, but this time with more of a focus on cellulite. Like The Triad it starts with microdermabrasion, but from there on it differs, using red-light therapy to encourage healing and following with an intense manual kneading massage, which really targets cellulite and encourages the lymph to flow freely, boosting circulation and the draining of toxins. Finally, a wrap helps to give a temporary slimming effect and additional doses of light therapy combine to result in unbelievably soft and smooth skin (dior.com).

There's something appealingly old-fashioned about Josh Wood Atelier's Dress Size Downsize, a 90-minute body massage and mask, which is proving popular because it does what it says on the bottle, so to speak, with a temporary loss of a few centimeters on waist, hips and thighs. Starting with a thorough sea salt and essential oil exfoliation, vigorously massaged in, it is followed with a heated body wrap and then a freezing-cold rubberized algae body mask which peels off to reveal baby-soft skin and reduced contours (joshwoodcolour.com/ateliers). >

BACK
Often ignored (it is, after all, somewhat inaccessible), treat your back to a 'facial'. Bliss was one of the first to offer a localized treatment for this area - try its 60-minute Fabulous Backacial (blissworld.co.uk). For blemishes, a quick dab of Shiseido Ibuki Multi-Solution Gel, £30, works wonders at reducing inflammation.

Bronze Self-Tanner Natural Glow Body, £26, Diorshow Maximizer Lash Plumping Serum, £24.50, and Diorshow Blackout Waterproof Mascara, £24.50, all by Dior; Luxury Palette Color Coded Eye Shadow in Fallen Angel by Charlotte Tilbury, £45

Jumpsuit by Balmain, £3,718; 18k gold bracelet by Maison Margiela, £1,462; 14k gold and diamond earrings by Wendy Nichol, £388