

Body of opinion

■ YOU may think they've got perfect bods, but even top celebs hate bit of themselves.

Whether it's boobs, bums, legs or love handles, there's always room for improvement.

■ Now we've recruited top fitness expert Ross Edgley and beauty guru Frances Furlong from Skin Health Spa to help give them - and you - some advice on how to tackle their worries.

■ Here JAMES MOORE finds out just what some of the big names hate about themselves and comes up with some great ideas to help out.

■ Get more tips from Frances and Ross at skinhealthspa.com and rossedgley.com

Skinny legs

STAR WORRY: Girls Aloud star Nadine Coyle, 24, says of her pins: "They're just too skinny and I've never liked them."

Ross says: "Do squats with your feet a shoulder-width apart. This will disengage the muscles in your bum, concentrating the effort on your quads and hamstrings and helping to give your legs more muscle definition. Try for 20 reps each time you do the squats."

Frances says: "My advice would be to bulk up by working out with weights in the gym."

Small boobs

STAR WORRY: Big Brother's Lisa Appleton, 41, wants to go bigger and has said: "I did so much bodybuilding over the years that I lost my boobs."

Ross says: "Doing dumbbell fly exercises will help stop them sagging and therefore look bigger. You do them with weights in the gym while lying on a bench - lifting up the

weights and then lowering them to the side of your body in an arc-like motion. Get a trainer at your gym to show you how."

Frances says: "These days there is no need to rush into having surgery on your breasts. You could opt to have Macrolane breast injections, which perk them up and give them a natural look."

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Wrinkles

STAR WORRY: WAG Abbey Clancy, 23, says: "I'm always fretting about ageing. I'm not one of those people who say I'll never have Botox. If you need it, get it."

Ross says: "Having sex is one of the best ways to beat wrinkles. Orgasms release endorphins which stimulate your immune system cells, reducing the deepening of lines."

Frances says: "Botox can soften wrinkles to give you a younger-looking complexion. Once injected it takes about one to two weeks to take effect."