

Oversized boobs



STAR WORRY: Singer Britney Spears, 27, says: "I have a love-hate relationship with my boobs. At the moment, I hate them and want them smaller."

Ross says: "Swimming might help. Research does show that female swimmers have small breasts and this could be because swimming promotes the development of a sort of muscle fibre known as 'slow twitch'. These fibres are needed for long-distance endurance events and are smaller than the 'fast twitch' variety."

Frances says: "Obviously you can get a breast reduction op, which costs from £3,000, but you need to see a surgeon first to see how your boobs will need to be remodelled."



Bingo wings

STAR WORRY: Musician Mark Ronson, 34, says: "I won't wear T-shirts. I hate the way my arms look."

Ross says: "Perform press-ups with your hands only three inches apart. By bringing them so close together, you disengage the muscles of the chest and exercise more the arm muscles, specifically the triceps. By performing 20 press-ups four times you should start seeing a difference in the tone of the arms."

Frances says: "Sometimes fatty deposits collect under the arms. A course of mesotherapy can help make the skin look tighter."

Love handles

STAR WORRY: Bianca Gascoigne, 22, slimmed because she hated hers so much. She says: "I put on weight around my stomach, which I can't stand."

Ross says: "To help banish love handles try some side planks. Lie on your arms resting on your elbow with your body side on to the floor and extended out straight. Hold the position for as long as you can then repeat on the other side."

Frances says: "You need to be reducing the amount of fat in your diet. Laser liposuction of your love handles can work, but it shouldn't simply be seen as a quick fix."