



Models' legs are given a healthy glow at Fendi and at Moschino, right. Exfoliator and fake tan are essential kit



Legs

Wax As model bookers tell their girls: maintain good grooming at all times. Stockpile some **Miss Wax Away Strips (6), £4, at Superdrug** – they are infused with lavender to prevent irritation and come with handy soothing wipes so you can swiftly remove waxy residue.

Refresh If you want to make a quick, visible difference to your legs and do wonders for your micro-short catwalk-trend wearing potential, get an invigorating massage to pump up the circulation and drain excess fluid from thighs. Try a **Hydroblitz treatment, £65, at Hydrohealing (020 7727 2570)**, where a massaging tool pushes and sucks warm mineral-rich water on and off the skin. The result is glowing, tingly-tight legs.

Smooth For really problematic

thigh texture, such as rough skin and dimpling, try **(2) Carita's Renovating Exfoliating Cream, £36.50**. It contains a trio of sloughing agents to polish skin, plus Carita's signature skin-nourishing formula. Follow by massaging in **(1) Carita's Sculpting Serum, £50**, which contains active ingredients to stimulate circulation, aid drainage and help reduce fatty build-up. Your skin will look better after the first application. **(7) California Tan Leg Perfector, £20 (0800 587 2583)** will help achieve the polished look of model Carmen Kass's incredible legs, *far left*. It gives a hint of a tan, includes thigh-firming properties, and contains grape-seed oil to condition skin. It also contains a hair-growth inhibitor.

Shape Like Sophie Dahl, invest in a pair of **MBT trainers (5), from £25 (mbt-uk.com)**. They are designed to strengthen and tone the body's supporting muscles as you walk. And yes, the cellulite-busting, posture-improving benefits do outweigh the slightly-too-chunky aesthetic. Pilates guru Lynne Robinson recently teamed up with MBT to create a series of 12 exercises tailored for MBT wearers.

