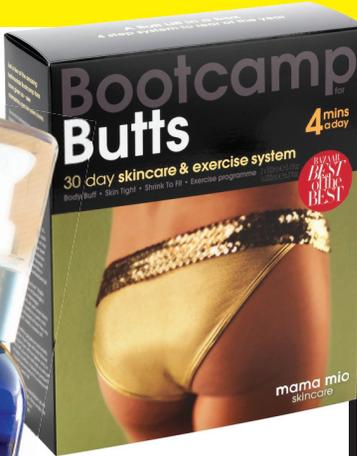


THESE SOLUTIONS WILL NEVER
REPLACE HARDWORK, DEDICATION
AND COMMITMENT

GLUTE SHAPING AIDS

While a healthy, calorie controlled diet and exercise is the best combination to get the glorious glutes you are after, a little help never hurts. Check out these glute shaping aids that can help you reduce cellulite around your trouble spots and firm and tone the area when you're not in the gym.



1 *Bootcamp for Butts contains:*

1. A three minute kick-ass exercise programme created by celebrity trainer Eजूa Baker.
2. A 100ml gentle Body Buff exfoliator to improve circulation and encourage cell renewal.
3. A 100ml body toning serum that lifts, tightens and tones exactly where you need help.
4. A 100ml cellulite cream.

1. Mama Mio Bootcamp for Butts

Mama Mio Bootcamp for Butts is a complete skincare and exercise system that will lift your butt in 30 days. The system includes a three step skincare combo to smooth, soften, tone, tighten, increase circulation and reduce the appearance of cellulite. To ensure a dramatic difference, the system also hones in on two simple but highly effective daily exercises that take no more than three minutes a day to complete. *Mama Mio Bootcamp for Butts is sold through top spas and salons countrywide at a RRP of R1780. Visit www.maternabliss.co.za for stockist info.*

2. Sculpt Gel

Sculpt Gel is a topical fat burning gel that specifically targets stubborn fatty deposits. It has a powerful synergistic combination of compounds making it one of the most effective products available today. These compounds include:

- Yohimbine HCL
- Octopamine HCL
- N-Acetyl-L- Carnitine HCL
- Caffeine HCL

Sculpt Gel's main active ingredient is Yohimbine HCL, which binds to Alpha-2 receptors. As Yohimbine is an Alpha-2 antagonist it blocks these A2 receptor sites and prevents the receptor from stopping the production of norepinephrine at that site. The increase in norepinephrine at the site causes the release of considerably more fatty acids, which are burnt for energy. Sculpt Gel delivers Yohimbine directly to the problem areas where it is applied and should be used daily, 20-30 minutes before exercise. *Email sculptgel@gmail.com for more info.*

3. Body Sculpt Burn Extreme fat burners

Burn Extreme is a formulated mix of both stimulants and non-stimulants, which provides the body with the essential ingredients it requires to promote weight and fat loss. Burn Extreme delivers a balance of ingredients that triggers the body to enhanced levels of thermogenesis and lipotropic states. This heightened thermogenic effect leads to increased usage of calories and fats, which are broken down and burned for energy. *To order visit www.bodysculptlabs.co.za or email info@bodysculptlabs.co.za.*

4. Hypoxi therapy

Hypoxi therapy is revolutionising the way in which you can become slimmer and more defined. The treatments use a non-invasive method of eliminating fat and cellulite in stubborn areas, like your hips, buttocks and thighs. The closest alternative to Hypoxi is the invasive liposuction procedure. This form of therapy reportedly has a 100% success rate to date. *Visit www.hypoxi.co.za for more info about studios in Bedfordview, Centurion, Kyalami and Sandton.*

5. Reebok EasyTone+

Developed by Reebok's Advanced Concepts team, EasyTone+ features built-in balance pods with Moving Air Technology, which transfers air in response to your stride and creates micro-instability with every step. The 3D Ultralite soft foam sole is designed to offer lightweight performance with added durability and flexibility. The performance-inspired shoe is more than 20% lighter than the EasyTone Renew, making it perfect for fitness enthusiasts looking to make every walk an EasyTone. EasyTone+ features premium EasyTone and performance innovations in an ultra-stylish package. The lower, sleeker look is ideal for women with busy lives who want a shoe to match their everyday wardrobe. The deconstructed upper creates a shoe that is not only lightweight, but also cool and comfortable enough to be worn all day long. *Available at selected TotalSports stores from R1099.*

