

TROUBLESHOOTING

Still can't entertain the idea of a hemline-raising Marilyn Monroe moment? Let's just nix a couple of lingering annoyances, so you can shop for flirty fashions!

SPIDER VEINS

Sclerotherapy is the most efficient and least expensive treatment option for spider veins, says Marilyn Cassetta, registered-nurse specialist at Silkwood Medical (NSW).

- **WHAT IS IT?** Using a very small needle, a clinician injects fluid directly into tiny capillaries, then flushes them with a fluid that causes the capillary walls to collapse and be reabsorbed.
- **HOW MUCH DOES IT COST?** Treatments start at \$250 for 30 minutes and can go up to \$350 an hour.
- **HOW LONG DOES IT TAKE?** It takes about 30 to 60 minutes.
- **HOW MANY TREATMENTS DO I NEED?** Under 50 years old? You typically need three to four, a month apart. Over 50? You'll probably need more; often, the older you get, the more spider veins you'll have.



QUICK FIX

Pumice your way to softer feet.

To fight hard, dry skin, use a pumice stone daily, after soaking your feet (or, at the very least, right after a shower). Then, slather them with an occlusive moisturiser (see below) and pull on a pair of socks. For thicker hardened skin, it's best to visit a podiatrist.

Why is the skin on my shins so scaly?

Shins have few sebaceous glands, and their oil secretion decreases as we age, says Sydney podiatrist Patrick Ivits. "Swimming, air-conditioning and dehydration all contribute to dry skin."

FIX IT: Moisturise right after showering. Choose from emollients, which contain fatty acids that help replenish oils; thick and greasy occlusives, which are good for applying before bed; and humectants with alpha-hydroxy acids to exfoliate dry skin.

TONE & TRIM



4 WALL SCISSOR

Tones bum & backs of thighs

MAIN MOVE

Return to the Windscreen Wipers starting position (p. 84); bend knees to plant feet on wall. Peel back off floor (keep shoulderblades down), and step feet up wall so body forms a diagonal line from feet to chest. Bend elbows and support lower back with hands. Lower right leg towards head as far as you can; keep legs straight and abs tight. Return to wall; lower left leg. Alternate until you've completed all reps.

➤ MAKE IT HARDER

As you lower leg, pause and pulse 2 or 3 times, moving it up and down a few centimetres before returning it to wall. Repeat with other leg.

➤ MAKE IT EASIER

Gently scoot body 10 to 15 cm away from wall, so wall supports more weight. **P**