

4 LAZY WAYS TO A FLAT TUM

Eva takes the easy route to maintain her enviable tum

Posh is doing 200 sit-ups a night to keep her tummy flat for the Spice Girls tour. But if that sounds too much like hard work, why not let someone else worry about your wobbles?

2 ULTRATONE

This works by using special pads to stimulate your ab muscles which emit electronic micropulses on to trouble spots, while you lie back and relax. Sounds good to us! The vibrations feel a bit tickly, but half an hour is the equivalent of doing 100 sit-ups and you can even choose from programs such as general slimming, post-baby or anti-cellulite. Gwyneth Paltrow and Madonna use it. Sessions start at £25, but several are needed. Call 020-7935 0631 or visit ultratone.co.uk.



3 CRYOTHERAPY

Caprice loves this new sculpting treatment, which takes its name from the Greek word kryo, meaning cold. The body's wrapped in bandages, then soaked in water and cryo lotion - containing cellulite-busting caffeine and horse chestnut - which lowers the temperature. It's claimed that the energy used to warm the body back up burns fat around your midriff. You should see inch loss after one session, which costs from £50. Call 01455 891785 for your nearest salon.



1 RODIAL TUMMY TUCK

Oh, we know it's expensive, but God it's good! This firms the midriffs of Eva Longoria and Gisele Bündchen. It's £100 for 100ml and contains pomegranate to firm flabby flesh, extracts of fig to break down fat cells and special microfibrils that tighten tums. The result? A toned middle without a sit-up in sight. Visit rodial.co.uk.



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4 GERARD'S GREEN TEA ABS TREATMENT

This brand new tummy massaging treatment, which Eva Longoria uses along with Rodial, banishes bloating. Think a tube-free colonic! Your stomach's massaged with a mixture of seaweed extract, green tea and essential oils, which reduces water retention. An hour-long session, which costs from £50, relaxes the colon and kick-starts your digestion. Call 020-8202 2020 for salons.

