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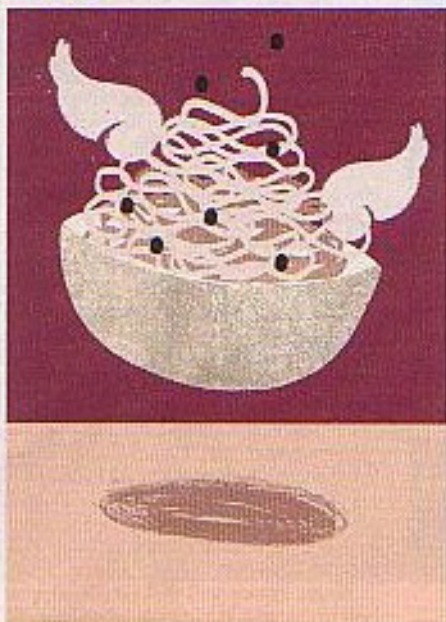
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# LOSE WEIGHT THE LAZY WAY

There are alternatives to diets and gym regimes. **Katie Dailey** and **Zena Alkayat** suggest six ways to shed pounds without lifting a finger. Illustrations **Clare Owen**



## 1 THE FABULOUS FIGURE PROGRAMME BY PURE PACKAGE

It's hard to stick to a diet of watercress when there's a fridgeful of Christmas pudding making eyes at you. Take your food choices out of your own irresponsible hands, with Pure Package's healthy eating plan. This prepared food delivery company has a range of menus for different goals, from post-natal weight loss to detox and cleanse packages for those who've had a surfeit of the bad stuff. For January, they have devised a straightforward pound-shedding programme that is surprisingly palatable. In our first package, we were delighted to find fresh filling plates of salmon, pesto chicken and baba ganoush with oatcakes to snack on (and to help testers avoid hitting the last few Celebrations at the bottom of the box at 3pm). Sign up to the Fabulous Figure Programme and, over three days, a genuinely delicious, calorie-controlled menu is delivered to your door each morning, meaning you don't even need to open the fridge – and certainly not the biscuit tin. It might not be financially viable to carry on receiving your food by carrier pigeon for too long, but three days is enough to kick-start a new eating regime, and reassure you that a healthy diet doesn't have to be deathly boring. £28.95-£32.95 a day. [www.purepackage.com](http://www.purepackage.com)



## 2 DR DUVE'S BODY SCULPT TREATMENT

Enlist the help of the doctor at Four Salon. Dr Duve has his own range of face and body fixers and has an arsenal of weight-shifting tricks. Mindful of post-Christmas excess baggage in the gut region, and other problem areas such as the upper arms, thighs and buttocks, he has designed a new package which is perfect for the idle. The Body Sculpt treatment combines several methods, kicking off with lymphatic drainage. While it sounds like something deeply unpleasant, this is actually a fairly enjoyable form of massage which helps the body eliminate toxins and waste. This is followed by a Jet Peel 3 method which deeply exfoliates the skin, leaving it smoother and bump free. Skin is then subjected to a micro needling, which is roughly as unpleasant as it sounds, and definitely not one you could try at home, even if you had the energy to. Basically a roller of teeny little needles is run over the skin to stimulate collagen production (effortless? Yes. Painless? No). Finally, a blood-reducing collagen fleece is applied, involving wet strips, gently layered over the body. By the end of this one-hour process, you are guaranteed to leave measurably slimmer and infinitely smoother. £95. **Four Salon, 62 Conduit St, W1S 2GB (7297 9600/www.foursalon.com). Oxford Circus tube, 9am-6pm Tue-Sat.**



## 3 THE CELLULITE SLAYER

This procedure involves you lying down while a certified black-belt judo champion literally pummels you into shape. The indomitable Tatiana eases you in gently, with a full-body exfoliation which uses a nourishing algae scrub to turn your skin into a blank canvas with no bumps or dry bits. She follows this with a deep tissue, all-body massage, combined with some vigorous lymphatic draining. Then the tough love – a deep kneading session targeting the really nasty bits: saddle bags, love handles and other 'problem areas' invented by glossy magazines. Once Tatiana is satisfied that your fat deposits have been manually broken down, the 'suction cupping' begins and the body is manipulated back into shape using a vacuum vessel that 'leaves fat crying under the pressure'. Yikes! But think of it as the fat crying so you don't have to at the gym. The confidence that comes with losing a little bulk might also inspire you to start earning a better figure when you do get into a gym regime. Tatiana promises an all-over slimmer silhouette, including smaller thighs and waistline after just one £120 session. Make sure you drink plenty of water following the treatment. **Neville, 5 Pont St, SW1X 9EJ (7235 3854/www.nevillehairandbeauty.net). Knightsbridge tube, 9am-6pm Mon-Sat.**

## Slow down and live better

Delayed Gratification editor Rob Orchard explains how to avoid information overload

A year ago I was a mediaholic. I'd spend hours a day trying to stay on top of the news – reading the live blogs, checking the feeds on my phone, bouncing around on Twitter and scanning online papers from across the globe to try to get a handle on what was going on. I'd even find myself rifling through leftover papers

on the tube – the information equivalent of minesweeping pints in the pub.

It's a strange way to live, and one that's only been an option for a tiny period of recent human history. Half a generation ago, you could happily read your favourite paper on the way into work, check in with the headlines on the 'News at Ten' before bed, and consider yourself up to date for the day. But since our media proliferated and went 24/7, there is always a story of some sort breaking somewhere in the world, always a fresh angle and a new spin. And because the news machine feeds on novelty, the agenda moves on relentlessly – huge stories break, get a few days of intense

coverage and then drop back down, never to be heard of again.

Staying on top of it all is like learning to yodel – exhausting, time-consuming and of limited practical application. So I made a new year's resolution to pull the plug, dump the instant updates and ditch the tweet-surfing. I'd slow right down and spend my freed-up hours following up on stories which had fallen by the wayside, and in doing so, try to get a broader perspective on the news. It was exciting. When you cut through the white noise of the fast media, you get to spot patterns and stories which they miss, and you get a perspective on what really