

# Shape up

By Pip Usher

## Look good, feel great



With a flirtatious gust of wind, summer has breezed into Lebanon. Hemlines shorten; the beach beckons – it's only a distaste for those pillowy, post-winter rolls that stop us from stripping completely and screaming, "Sunshine, take me now." Whether you're a quick-fix junkie or a firm believer in the slow and steady approach, these tried-and-tested methods will kick-start your metabolism into bikini season.

### Start Living Right

Self-confessed former chubby girl Maya Nassar never thought there'd be a day she'd enjoy exercise. But when she tried to pull on her pair of "fat" jeans and they wouldn't squeeze past her knees, she decided to stop

making excuses and become responsible for her lifestyle. These days, she's found gracing magazine covers as an advocate for healthy eating and female bodybuilding, her body transformed into a powerful mass of well-defined muscle.

If there's one thing Nassar understands, it's how daunting exercise can be, especially if the inside of a gym is an unfamiliar sight. "It came from feeling fed-up with being insecure," Nassar remembers as she recalls her transformation. Keen to share her success, she created an app, Start Living Right, which acts as a personal trainer for those looking to kick-start their lifestyle. With a fat loss calculator, calorie counter, animated workout programs and a log

section to monitor each day's workout, it's a cohesive guide to getting fit without fad diets. Ditch those desperate ideas of maple syrup cleanses – this app requires determination, hard work and a long-term commitment to placing healthy living at the top of your "To Do" list. But the results are worth it. "I'm happier, more confident, satisfied," Nassar says with a small, proud smile. "I feel really good inside."

*Start Living Right is free to download on any smartphone*

### Iyashi Dome Treatment

While toxins are a hot topic of debate these days – do they really exist? – both the naysayers and the evangelicals seem to be in agreement on one thing: being a sweaty mess is good for you.

And so it is that I find myself perspiring profusely in a casket-shaped device in the creamy depths of Dermapro's anti-ageing clinic. Heralded as the next revolution on the path to eternal beauty, the Iyashi Dome is a Japanese invention – and if one nation knows the secret to staying youthful forever, it's the brains behind green tea and tofu. The experience is peaceful, like a long day of sunbathing but without sand in your mouth. Toxins make their escape under the dome's infrared, 40-degree rays, and with each stream of sweat, I bid them adieu.

Research online tells me that one session in the dome produces the same amount of sweat as a 20km run, except that I'm naked and able to nap my way through most of it. It also declares that I've shed 600 calories during my 30-minute session. Aerobics? Why bother. I can sleep my way to a slim figure.

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