

Sexy legs

Written by

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Unfortunately, most women have to think twice before sporting a sexy mini, thanks to cellulite, varicose veins and excess fat. But you can proudly flaunt your limbs too; just follow this guide.

Beauty tricks

Brush off cellulite: The hormone oestrogen is partly to blame for fatty deposits, as well as lack of [exercise](#) and poor circulation. So give nature a helping hand with a body brush. In the shower, massage your calves and thighs with a brush that has rounded teeth. Have a close shave: Waxing is all very well, but the easiest and cheapest way to keep [legs](#) fuzz-free is with a razor. Shave downwards in the direction that the hair grows, then upwards for a close finish. Prevent ingrowth by massaging with an exfoliating cloth every day.

Food for firmer pins

Beat salt: A high salt diet is known to cause fluid retention, so ditch sodium-rich foods such as

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crisps, ready meals and Chinese take-out. Eat away the bumps: Oily fish such as salmon, fresh tuna and mackerel are packed with omega-3 fats, which help the body shift flab while maintaining muscle tone. Get your greens: Spinach, broccoli and other leafy green vegetables help beat cellulite. Oats so simple: Tucking into oats in the form of porridge or cereal each morning can help beat the bloat. This is because they're packed with soluble fibre, which boosts digestion and encourages the body to eliminate excess fluid.

Limb-honing exercise moves

Squat for slimmer thighs: Try these ball squats everyday...

1. Place a full water bottle on the floor with feet wide apart.
 2. Bend down and pick up bottle up.
 3. Bend again, place bottle on floor.
- Repeat in sets of six.

Skip for better shape

Skipping with a rope for 10 minutes every other day is a great way to create some attractive curves, not to mention it's a fun exercise.

Fashion fixes

Get high and waisted: Skirts, shorts and cuffed pants that sit high on your waist will make your legs look longer and your bottom trimmer.

Be well-heeled: Strappy sandals visually cut the leg at the ankle and make it look shorter. Go for pumps and strappy sandals with no ankle straps.

Raise your hemline: If you don't love your legs it can be tempting to hide them under calf-length skirts or shorts. But cuts that end on the widest part of your calf actually make your legs look thicker. So try and avoid that pitfall. Hemlines that end an inch or two above the knee create the illusion of slimmer legs without flashing too much thigh. Just the thing that you want.

Choose neutral shoes: To elongate the line of your legs, choose shoes in a neutral colour that's similar to your natural skin tone. Actually, these days, you can even find sandals with sheer straps. Otherwise you can try pearl, beige, tan and brown. Even metallics make the legs look like they go on forever. Silver works for those with fair skin, while those with tanned or wheatish complexion can try bronze and silver.

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