



PHOTO: ANDREW HUNTER

SEXY BACK

A little TLC on this major erogenous zone yields spectacular results.

The essentials

A strong, shapely back has a lot to do with posture, so avoid things that ruin it. "Sitting down for long periods, carrying stress tension in your shoulders and walking with your head forward of your body are all bad," says Monica. "Try to stay tall, whether you sit or stand. This will keep your core muscles and back strong, and help flatten your belly too."

To tackle a pimply back, use products with the same ingredients that treat facial acne. A purifying cleanser, such as Clinique Anti-Blemish Cleansing Bar, £12.50, and exfoliant, like St Ives Deep Cleansing Apricot Body Scrub, £4.99, combats breakouts. A body lotion with salicylic acid, such as Eminence Blueberry Shimmer Body Lotion, £28 (this also gives a golden glow), will keep skin healthy and blemish-free.

The latest trick

For persistent breakouts, Dr Lowe likes Omnilux blue-light therapy. "It successfully combats the bacteria that aggravate acne, especially when used with blemish-fighting skincare," he says. With help from your man or mate, treat yourself at home with the Lumie Clear LED light device, £119.95, and Dr Nick Lowe Sebum Control Cleanser, £9.95, and Spot Gel, £8.95. ©