

Lose those last 10 lbs! Your 4-week action plan

Health

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InBrief



A facial for your fanny

Chances are you haven't given much thought to your posterior this winter. (We hadn't.) But as bathing-suit season approaches, we decided to take New York's **Smooth Synergy** spa up on its offer of a Fanny Facial. Here's how it works: An esthetician exfoliates your rear with the spa's Papaya Body Scrub, followed with a few minutes of massage. Then she hooks a dozen or so wires to your behind that radiate microcurrents that allegedly tone, firm, and minimize cellulite. (Our tester said the pulses didn't hurt, but they weren't exactly pleasant, either.) The spa says you'll need at least 12 treatments—at \$160 each—to notice a difference. Our tester's bottom line? "It's not worth spending that much money on my butt," she says. "Besides, it made me hyper-aware of what was back there, where normally I just wouldn't have cared."

Vital Stats

Health.com asked:
Would you be too
embarrassed to get
a facial on your
fanny, even if it could
reduce cellulite?

no

63%

yes

37%



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www.smoothsynergy.com