GET A BEACH BODY IN 8 WEEKS

Does the swimsuit season cause you to break out in a hot sweat? Follow our 8-week beach body countdown and you will be buffed and bronzed in no time

8 WEEKS

Smooth skin: Want to blitz unsightly pockets of cellulite? Cut out caffeine and adopt a vigorous body-brushing regime to stimulate the lymphatic system, improve circulation and remove dead skin cells. If you've cash to splash, follow in the footsteps of Kim Kardashian and book weekly sessions of VelaShape II (around £100), a body contouring and cellulite treatment which combines infrared light, radio frequency and vacuum massage to boost circulation and improve skin tone.

7 WEEKS

Cut above: A good trim now will eliminate split ends and encourage healthy hair growth.

Elbow grease: Dry, rough skin can make your elbows appear cracked, scaly and dirty. Put a little bit of elbow grease into exfoliating and moisturising them now and you'll have them looking smooth and silky in a few weeks' time.

6 WEEKS

Draw the line: Ditch the eyebrow pencil and try semi-permanent make-up that won't run, smudge or wipe off in the sun. Make-up artist Tracie Giles will map out your perfect brow, recommend the perfect shade, then use a fine needle to tattoo individual hairs. The ink will last nine to 18 months and as the pigment appears 50% darker for the first couple of weeks, you'll have time for it to fade to the desired shade.

5 WEEKS

Best foot forward: Avoid a flip-flop fiasco and get your tootsies in tip-top condition. Forget flouncy footbaths and pay a podiatrist to see real results. For one of the best, make a beeline for Margaret Dabbs Sole Spa at Liberty's of London for a medical pedicure that uses a scalpel to scrape away hard skin and calluses.

4 WEEKS

Dracula therapy: Give your face a collagen boost with the medi facial platelet-rich plasma (PRP) therapy. A small vial of blood is taken from your arm and re-injected into the parts of your face that need it. The idea is that the PRP will boost collagen, reducing wrinkles and scars. Pioneer Dr Daniel Sister recommends having this three to four weeks before departure: "It will make your skin stronger and more resistant to sun damage, while more collagen and elastine will help the skin remain moist."

3 WEEKS

Protect & prepare: Getting a facial too close to your departure date can be a disaster as sensitive skin may break out. Having one now, however, will clear out your pores and hydrate your skin. Remember to start applying an antioxidant serum if you're not doing so already!

Inside out: Why the red face? Start taking a powerful antioxidant supplement or 1000mg vitamin C together with two or more tablespoons of tomato paste daily to help give your skin natural SPF protection from the sun.

Sparkling smile: Eliminate tooth stains caused by coffee, tea, red wine and nicotine. Visit your dentist for pearly whites using the latest techniques such as laser whitening. Your tan will look ten times better against that whiter, brighter smile!

2 WEEKS

Hair raisers: Grey streaks? Revealing roots? Touch up your highlights now, but make sure you have a luxury conditioning mask to help prepare hair for the onslaught of the sun and salt. And don't forget to buy hair products with SPF.

Body armour: Boost your immunity — eat raw berries, packed full of antioxidants, and start taking a probiotic supplement to help raise the levels of friendly bacteria in your stomach.

1 WEEK

Smooth talk: Humidity can cause unruly hair to frizz and look lacklustre. Book a Brazilian blow-dry around five to six days before departure to infuse keratin into the hair, leaving it silky smooth.

Tummy trouble: Bloated belly? Beauty guru Sarah Chapman warns against eating foods that are spicy or high in salt as these cause you to retain fluid. Her advice? Drink plenty of water to flush out toxins and avoid alcohol, and sugary and fizzy drinks, as much as possible.

Nail it: Book a mani-pedi and get toenails and fingernails buffed and polished. Splash out on a gel polish that will usually last for up to two weeks chip-free.

Smooth talk: For a fuzz-free holiday, book a waxing session a couple of days before departure to maximise time before regrowth, but give sensitive skin a chance to settle down.

Top to toe: A fake tan can boost your confidence on the beach, while specialist airbrush tanning uses techniques that will make your legs look longer and stomach thinner.