CELEBRITY HEALTH CHECK

Francis Boulle

SPIROS'S STORY

Goggles

I've seen the effects last several years, which sounded exactly what I was after. I had a test patch put on my arm to make sure I didn't suffer a bad reaction to the laser and was left to make my mind up.

I didn't want to tell Penelope as I wanted her to notice the "new me" without telling her, so didn't talk it through with her. But I'd made up my mind to go ahead and have the treatment done.

I went to the clinic for my session in mid-February. I had to wear a pair of goggles to protect my eyes from the laser. Less than an hour later it was all over. There was some stinging but the ointment they gave me to rub on helped, calm my skin so any discomfort only lasted a few hours.

It took a few days before I started to see any change – the hairs appeared thinner and whenever I went for a shower I noticed growing numbers of the thick black hairs in the plughole, so it was obviously working.

I went back for further sessions every six weeks. Now, after four sessions, you can still see a few fine hairs but nothing more than that. I've still got two more sessions to go, which should hopefully spare my feet hairless for the next few years.

The whole package will have cost me £400 but it'll be worth every penny when Penelope sees my new feet.

The slight discomfort from each laser session is nothing compared to the joy of being able to relax in flip-flops on holiday without anyone commenting!

Laser op cured our

TOE-CURLING . . . men are turning to laser treatments to banish hairy Hobbit feet like Bilbo Baggins'

FUZZY feet are never a good look – especially in summer.

After all, it's hard to be Mr Smooth when you've got cracked yellow nails and bushy hairs sprouting over your flip-flops.

But it's not just women who find men's hairy "Hobbit feet" toe-curling.

Blokes whose plates of meat wouldn't look out of place alongside Bilbo Baggins in Peter Jackson's fantasy film The Hobbit tr[illegible] whose clinic is near London's Harley Street, says the number of men coming to him to have their foot hairs zapped away by a special laser has more than doubled in the last year.

Dr Prager says: "For men, feet is a big area, because they all go out in flip-flops at the moment. That is the big craze.

"Men want their feet to look good."

Here, MATTHEW BARBOUR meets three

IAN'S STORY

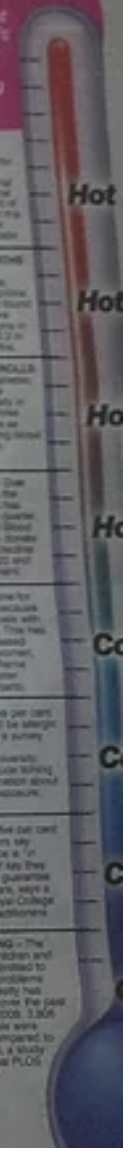
JUSTIN'S STORY

myView

By Dr Michael Prager

THE healthometer

What's hot and what's not in the world of wellbeing



BREAD – Is not as bad for us as once thought. Research in scientific journal Nitric Oxide has found the average salt content of a packaged loaf sold in the UK has fallen by 20 per cent over the past decade.

PLANNED HOME BIRTHS – Are less risky than planned hospital births, particularly for experienced mums. A Dutch study found the likelihood of severe complications to be one in 1,000, compared to 2.3 in 1,000 for hospital births.

AFTER DINNER STROLLS – Could stave off diabetes. Scientists at George Washington University in the US found that three 15-minute walks are as effective at stabilising blood sugar levels as one 45-minute walk.

GIVING BLOOD – Over the past ten years the number of donors has fallen by almost a quarter according to NHS Blood and Transport. To donate and help halt the decline call 0300 123 23 23 and book an appointment.

MEN – Are to blame for the meningitis because they choose to mate with younger women. This has resulted in decreased fertility in older women, says Professor Reena Singh, of McMaster University in Ontario.

SEMEN – Twelve per cent of women could be allergic to semen, says a survey by Manchester Metropolitan University. Symptoms include itching and painful erection about an hour after exposure.

GPS – Eighty-five per cent of family doctors say general practice is "in crisis" and half say they can no longer guarantee safe patient care, says a poll by the Royal College of General Practitioners.

BEING YOUNG – The number of children and teenagers admitted to hospital for problems linked to obesity has quadrupled over the past decade. In 2008, 5,805 young people were admitted compared to 672 in 2000, a study in the journal PLOS One found.