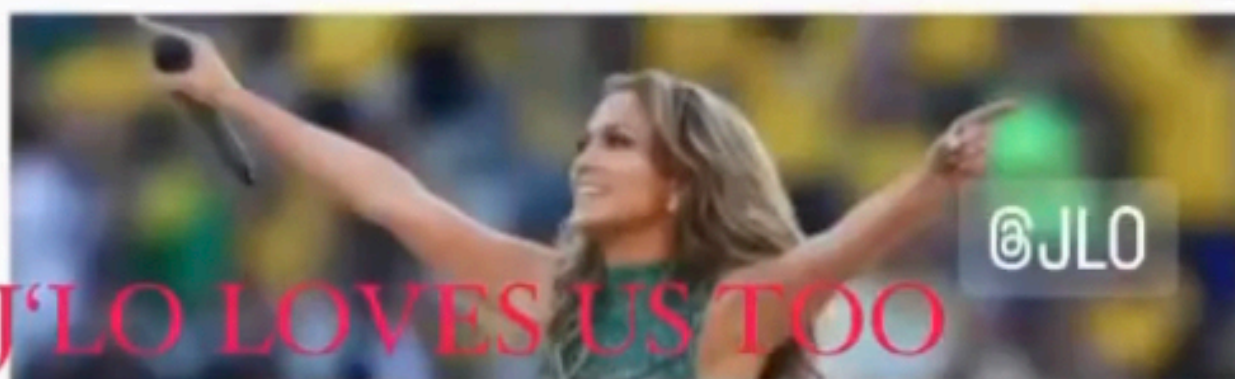




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Your Life: Get yourself a Jennifer Lopez knockout body @LPGENDERMOLOGIE_DE

Demelza de Burca's glowing report after her time at Dublin's River Medical clinic



"I've worked out my whole life and I've been incredibly disciplined when I needed to be," she told Glamour magazine.

And according to Hollywood's celebrity trainer to the stars, Gunnar Peterson, the sexy singer is also a fan of Endermologie to banish her cellulite.

Peterson, who works with a number of other celebrities who use Endermologie (Lipomassage) including Angelina Jolie, Matthew McConaughey, Penelope Cruz, Gwyneth Stefani, Bruce Willis and Sylvester Stallone.

"Lipomassage is the perfect complement to the training I have designed for my celebrity clients," he said.

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