

3am · Celebrity News · Nigella Lawson

By Clemmie Moodie | 5 Comments | 19 Apr 2013 00:01

Nigella Lawson's two-stone weight loss secret revealed: £295 sessions of hypnosis

On top of exercise and portion control the celebrity chef has been undergoing regular hypnosis sessions with Susan Hepburn who counts Lily Allen as a client

Tweet 69Like 268Send



Domestic Goddess [Nigella](#) Lawson forgot to mention a key ingredient when revealing the secret of how she lost over two stone in weight - large helpings of hypnosis.

The self-taught cook, who has sold three million cookbooks, put her impressive weight loss down to the three Ps - pilates, a personal trainer and portion control.

But Nigella, 53, also had a course of £295 sessions with a heavyweight in the hypnotherapy world - Susan Hepburn, who counts Lily Allen among her clients.

Curvy Nigella visited her Harley Street clinic in Central London, where she was induced into a “relaxed state of consciousness” before being encouraged to eat smaller, more controlled meals.

As part of the hypnotic diet, Nigella - who included a recipe for deep fried bounty bar in one of her cookbooks - was encouraged to keep a healthy eating diary between sessions.

Soon the star began publicising her progress by uploading snaps of her unusually small meals to Twitter followers.



A source said: “Nigella loves her food and always will.

“She will never compromise on epicurean delight for the sake of her waistline and isn’t the kind of woman to survive on rice cakes and cottage cheese.

“But she wanted to lose a few pounds, and decided hypnotherapy would mean she could still eat her favourite foods - but in smaller sizes.

“Nigella was thrilled with the results. She has also learnt self-hypnosis which she will be able to use for life.”

Over 14 months, Nigella, married to art collector Charles Saatchi, has gone from a curvy size 16 to a svelte 12. As well as enjoying regular pilates lessons, the popular TV cook has employed a personal trainer to help keep her on the straight and narrow.

Hepburn, regarded as a world-leading authority on weight loss, is widely accredited with helping Lily Allen drop from a size 12 to a size 8.

Speaking about her weight, Nigella recently insisted: “I remember Elizabeth Hurley once said, ‘It’s either the cookie jar or the size six jeans’.

“Well, fair enough. She would rather the size six jeans, I would rather the cookie jar.

“You make that choice. If wearing certain clothes matters most to you, that is going to be your priority, whereas I could probably do that for two days but my real priority is eating.”

Last night Susan Hepburn said: “It is my policy never to comment on whether or not someone is a client.”

There’s probably a very simple answer to this, like... they’ve been the best of mates for years and fancied a catch up over some nice food.

But [Nigella](#) recently went out for a night on the town with none other than comedian [Michael McIntyre](#).

She and funnyman [Michael](#) ate a meal and everything.

Now, these aren’t two people whose friendship we were aware of - but how much fun would a night out with them be?



Login with Facebook

SEE MORE STORIES YOU'LL LOVE

Stories shown below are those we think you'll like based on what you've read before. Improve what we show you by logging in with Facebook.

RECOMMENDED IN 3AM

Why?



[Michael Douglas](#)
Behind The Candelabra: "Liberace called me his prince.. then he RUINED my life", says his ex-boyfriend



[Heather Small](#)
M People singer Heather Small: "The music industry is sexist and racist"



[Boy George](#)
Boy George looks slimmer than ever and shows off a new beard on a night out in London



Strictly Come Dancing
Strictly beauty Kristina Rihanoff: Men don't come on to me... they know Joe Calzaghe is my boyfriend



Celebrity pictures of the day
Tom Daley and a super cute kitten and Caroline Flack looking tiny: Celebrity pictures of the day!



[Harry Styles](#)
Getting some tips? Harry Styles hangs out with veteran ladies' man Rod Stewart and his wife in LA



[Harry Styles](#)
Harry Styles and Kimberly Stewart: One Direction star stays the night at Rod Stewart's house



[Eva Longoria](#)
Eva Longoria flashes her bum in see-through skirt in yet another wardrobe malfunction



[Caroline Flack](#)
Which celeb wore this cunning disguise on the beach? You'll be surprised



[Gwyneth Paltrow](#)
See Gwyneth Paltrow try to sexy dance with three topless hunks on the Ellen show, Video

MOST READ IN 3AM



[Helen Flanagan](#)
1 Helen Flanagan looks red hot as she fills up £90k Audi after Scott Sinclair break up

[Harry Styles](#)
2 Harry Styles and Kimberly Stewart: One Direction star stays the night at Rod Stewart's house

[Kelly Brook](#)
3 Kelly Brook tells boyfriend Danny Cipriani: Sort your life out or it's over

[Lewis Hamilton and Nicole Scherzinger](#)
4 Lewis Hamilton begs Nicole Scherzinger NOT to do another series of X Factor

[Jessica Alba](#)
5 Jessica Alba wore corset for THREE MONTHS to get figure back after giving birth

BINGO



Get £20 FREE on your first deposit Join Now!