

How I got my 007 body: Bond star Daniel Craig reveals his ice cold beauty secret

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As heartthrob James Bond, he has the body most men long for and every woman finds irresistible. And now the beauty secret to the toned and slender actor, Daniel Craig, can be revealed. Mr Craig, 44, has taken to a form of intense therapy ahead of filming for his latest 007 movie.



Daniel Craig, who stars in the 23rd James Bond film Skyfall, attributes kriotherapy to his toned physique

The therapy can now be named as kriotherapy, a treatment in which he endures freezing cold temperatures to stimulate his blood flow and give him more energy for exercise.

It is believed the treatment can double the amount of time a person can exercise.

A source told the Mail: 'Daniel Craig has been using kriotherapy as part of his training regime ahead of the new Bond film. He has had it several times but is very secretive when he is here.'

The session itself involves moving around in a cold chamber which is between minus 100°C – 135°C, for up to 3 minutes.

The extreme change in temperature can trigger cold receptors which in turn affect the nervous system by releasing endorphins, the body's own pain killing and anti-inflammatory agents.

And with this sudden drop in temperature, blood is directed to vital organs and stops the amount of blood flow to injured areas. This makes kriotherapy useful for easing recurring injuries or aches and pains.

Heptathlete Jessica Ennis is believed to have recently tried out the therapy following an ankle injury.

Renata Zejer, a therapist for Champneys Tring Health Resort said: 'A lot of athletes are having this kind of therapy. It makes them feel energised and enables better blood supply so it is easier to do exercise.

'The intense change in temperature pumps the blood around the body and releases more endorphins, so people feel more energised and have more oxygen, which makes them feel more refreshed afterwards and makes it easier for them to exercise.

'Instead of doing one minute of press ups, they can double what they were doing before.'

Of course Daniel Craig, who stars in the 23rd James Bond film Skyfall, also has many other techniques and training to attribute to his toned shape.

Personal trainer Simon Waterson, who has trained James Bond stars Pierce Brosnan, Denise Richards and Halle Berry, helped Daniel Craig prepare for his role as 007.

Mr Craig's workouts involved power lifting and working out extremely hard with heavy weights.