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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## Several Treatments Of Cellulite

By Keith George

Cellulite is a network of fat cells that are trapped by the fibers. It is commonly found on the thighs, stomach, and the butt. Cellulite is found beneath a person's skin which causes the surface of the skin to dimple or pucker like the surface of an orange peel. Cellulite is not an illness or a disease but it shows and unhealthy lifestyle.

How to diagnose Cellulite?

If after pinching the upper thigh looks little lumpy then you may have it.

Factors that influence in cellulite presence in one's body: Genes Gender Age Amount of fat in the body Thickness of one's skin and sometimes the color of the skin matters as well.

Treatments

Liposuction is a surgical process of removing accumulated fats from the muscles. In this process a suction pump is allowed to penetrate through small incisions made on the skin. The suction breaks through the deposited fats. It massages the affected area with rollers attached. The connective fibres that hold fats, toxins and water are expelled

Tri Active Laser Dermology is a laser technology that has three different functions. First it breaks up fat molecules and collagens. Then smaller laser generates new collagen making a smooth skin. Third it localize cooling to prevent bruising and swelling This reduces cellulite, tones the muscles and makes skin look firm.

Lymphatic Drainage Massage increases the functioning of the lymphatic system and it removes waste, toxins and excess fluid from the body. Lymph fluid prevents the fluid from solidifying with collagen fibers of the fat cells.

Heat and Hydro Therapy This includes water therapy, saunas and steam baths. To boost lymph flow and increase circulation baths, showers and hydro massage treatment is performed. It encourages

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weight loss. During these treatment toxins of the body penetrates out leaving the system free of fat.

**Misotherapy** In this method a drug is injected into the body .

**Electric Muscle Stimulation** Electric current is passed through the pads placed on the body in–order to contract the muscles and relax alternately.

**Body Brushing** Body brushing is done to remove the dead cells from the surface of the skin, making it easier for the toxins to be removed.

**Vibratory Endermatic System** This system stretches the connective fibers and reduces dimpling of skin by increasing the blod circulation.

**Patch Color Treatment** In this treatment patches are applied to the affected areas, patch contain

Celidium cartilaginous whereby fat is converted into energy and eliminates toxins. It has produced good results by reducing stubborn cellulite.

**Jet Therapy** In this treatment compressed air is blown on the skin through a small filtration system.

**Gene Therapy** This works on inherited gene on the x–chromosome.

The best way to remove cellulites is a low calorie intake and more of exercises, aerobics, and yoga. With a very balanced diet where intake of fibrous food should be more. Sometimes even self tanning helps because is even believed that cellulite is not noticeable on darker skin type.

Keith George always writes about valuable news & reviews. A related resource is

<http://about-cellulite.info/>

Further information can be found at

<http://find-medicine.info>

### **Cellulite Treatment Options**

**By Renee Feldman**

Cellulite is fat that is caught between bands of connective tissue directly beneath the skin that creates a lumpy, bumpy orange peel appearance mostly on the hips, thighs and backsides of most women. While not life threatening, it is ugly, unsightly and embarrassing if you're the one that has it.

Because cellulite is primarily caused by fat, reducing the body's fat content by creating a caloric deficit either by eating less or exercising is the first step for reducing cellulite. However, diet and exercise do

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not always give women (and some men) the results that they're looking for. This is where treatment options come in.

Cellulite is located right beneath the skin which is why many treatment options involve –treating the fat, –relaxing the bands of connective tissue and –proper skincare. Treating the fat involves both aerobic and anaerobic (muscle conditioning) exercises and proper diet with some caloric restrictions as mentioned above.

There are two treatments that are purported to minimize cellulite by relaxing the bands of connective tissue that "hold" the fat. One is called Endermologie and the other is called VelaSmooth. Endermologie is usually performed in a plastic surgeon or cosmetic dermatologist's office. It uses a motorized device that has 2 adjustable rollers with suction that creates smooth and regulated deep tissue mobilization. In order for it to be effective, the client must have several consecutive treatments and then follow up treatments for maintenance. The results are often visible somewhat quickly but are temporary if maintenance isn't done.

VelaSmooth is the newest technology in the realm of cellulite treatments. It uses both infrared red light and radio frequency waves to relax the bands of connective tissue that trap fat and make it appear bumpy. It's non-invasive and must be done twice a week for 5 weeks and then monthly. The initial results of VelaSmooth are very promising.

Proper skincare in the cellulite prone areas can reduce it's appearance. There are a number of cellulite creams, gels and lotions that work temporarily to varying degrees. It's important to use these topical treatments as directed. It's also important to make sure that the cream or gel is massaged in well in order to stimulate circulation. Some of these products work better than others so it's a matter of trial and error as well as persistence for topical treatments to work effectively.

Renee Feldman MA

<http://www.cellulitetips.com>

is an Exercise Physiologist and one of the first

personal trainers in the United States. Her expertise on cellulite reduction was demonstrated on an 8 week TV segment. Renee interviewed the director of a National Laser Center for the most cutting edge information on cellulite reduction.



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