



PRODUCTS TO TRY

BioElixia Body Shaper Cellulite Contour Crème (\$59, 1300 354 942)

This has a blend of antioxidants and moisturisers that work to reduce the appearance of cellulite.



DnA Elements Anti-Cellulite Superfruits Oil (\$19.95, exclusive to nourishedlife.com.au)

The essential fatty acids and vitamins A and E in this oil help stimulate the lymph system and nourish the skin.



Thalgo Défi Cellulite Intensive Correcting Cream (\$83, (02) 9430 2200)

This oxygenating formula aims to activate circulation.



Freezeframe Liposlim (\$79, 1800 662 686)

This contains ingredients that boost circulation and break up lipids in fat cells, and it has a built-in massager to smooth the appearance of cellulite.

CELLULITE CREAMS

While cellulite creams won't get rid of cellulite, they can make skin look and feel smoother, and contain ingredients that are touted to strengthen the connective tissue and boost circulation.

Hobson says most formulas contain one or more of the following types of compound:

- Retinoids such as vitamin A (retinol), which can improve skin firmness and elasticity.
- Hydroxy acids, such as lactic, salicylic or glycolic acid, which stimulate the growth of elastin and collagen to improve the health of the connective tissue.
- Botanical extracts such as green tea, which can stimulate the body's circulation.
- Xanthines such as caffeine, which help break down fat.

in preventing and treating cellulite as it's responsible for removing waste; if it's not working as it should, waste can build up in the fat cells, causing them to thicken, and weakening circulation and connective tissue.

• **Body brushing:** This an effective way to boost the lymph system and reduce cellulite, Greg Moses, of beauty brand BioElixia, says: "Daily dry brushing will help to enhance circulation in the brushed area and aid the skin's natural detoxification process." He recommends using a natural bristle brush to do long, upward strokes while applying gentle pressure, then rinse off in the shower. "Try to alternate shower temperatures from hot to cold. This will further invigorate skin and bring more blood to its outer layers and expel more of the toxins that break down its connective tissues, which ultimately leads to cellulite."

• **Professional treatments:** There are various options that aim to reduce cellulite; these range from using targeted injections, laser, radio frequency or infrared to dissolve fat deposits to using massage and suction techniques that encourage the break up of cellulite. "A type of massage known as manual lymph drainage stimulates lymph flow and may be one of the most effective means of treating the causes of cellulite," Emma Hobson, education manager for The International Dermal Institute, says.

CELLULITE BE GONE

Forever trying to disguise those stubborn lumps and bumps that cling to your hips, thighs, stomach and butt? All is not lost – these treatments and techniques can help you shift the dreaded dimple

Cellulite doesn't discriminate, appearing on women at any age and of any body shape, and getting it to leave is no easy feat.

The term cellulite describes the uneven, under-skin fat deposits that create a dimpled look and it most commonly affects women due to the difference in our deep skin structure, dermatologist Dr Eleni Yiasemides says. It's thought to be caused by three main processes in the dermal layer: an out-pouching of fat tissue; fibrous tissue distorting the skin fat; and a build-up of fluid from poor circulation and lymphatic drainage.

Various factors trigger these processes to occur, including an imbalance of the female sex hormone oestrogen, poor diet, slow metabolism, dehydration, lack of exercise and genetics. While weight gain can lead to cellulite, weight loss doesn't guarantee it will disappear. "Since cellulite isn't strictly related to excess body fat, losing weight through dieting and exercise may not resolve the

problem," Yiasemides says. "Many people with cellulite are within normal weight range, however, the condition is more pronounced in those carrying excess weight."

PREVENTION AND TREATMENT

The main reason that skin tissue weakens and cellulite appears is poor circulation, Dr Diana Howard of The International Dermal Institute says, and this occurs if it doesn't get the required support for optimal function.

• **A healthy diet:** This can boost collagen production and strengthen the connective tissue, and b+s nutrition expert Lisa Guy advises boosting your intake of vitamins A, C and E from fruit and veg, and essential fatty acids from fatty fish and nuts and seeds.

• **Regular exercise:** This improves circulation, burns calories to reduce fat, adds muscle tone under the skin to disguise cellulite and improves lymphatic drainage, Guy adds. Research shows that the lymphatic system plays a critical role

PHOTOGRAPHY: GETTY IMAGES



"DAILY DRY BRUSHING WILL HELP TO ENHANCE CIRCULATION IN THE BRUSHED AREA AND AID THE SKIN'S NATURAL DETOXIFICATION PROCESS"

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