

Smoothing Out The Rough Spots

(NAPSA)—In France, they call it “orange peel,” in America, “cottage cheese.” And on babies, it’s simply adorable. But by any other name, cellulite—and its many forms of treatment—is big business and highly controversial. Why? Because an antidote for the unsightly bumps and unevenness it imparts on the skin, especially on buttocks, hips and thighs, remains elusive despite the surplus of products out there. That might be about to change, but in the meantime, what is the back-story on that dimpled-demon?

Cellulite is a non-medical term to describe waffle-textured fat on the buttocks and thighs. Unfairly, it’s predominantly women who fall victim. It can appear on girls as young as 14 and tends to increase with age. Cellulite can also show up in postnatal women and those taking birth control pills—the system can’t get rid of the high flow of estrogen in the body. Men, it seems, luck out: the structure of their cell network helps reduce the chances of its development.

Luckily, there are some solutions.

Massage—Theoretically it’s possible that some of the fat pockets in cellulite may rupture by massage and result in a reduction of its pitted appearance. Studies have shown that deep massage can help improve the appearance of cellulite, but it is highly dependent upon the skill of the masseuse.

Endermologie is a machine-assisted massage system, which uses suction rollers to intensely massage the fat cells, breaking them down, boosting circulation and carrying fat out of the system. Endermologie does not remove cellulite but reduces its appearance. This treatment is not cheap and requires at least ten treatments fol-



Many women are discovering there may be an antidote to the unsightly bumps of cellulite.

lowed by twice-yearly maintenance.

Products have come a long way. Nivea Body offers a good one for firming and reshaping the skin. Reshaping Treatment works by replenishing coenzyme Q10 in the skin, which helps the body remain firm and toned. It also relies on an active soy protein extract, which supports the natural regeneration of collagen. The product absorbs quickly and, when used in conjunction with a healthy, active lifestyle, will impart noticeable results.

Lymphatic Drainage Massage helps boost the functions of the lymphatic system, encouraging the removal and filtering of waste, toxins and excess fluids from cells. If lymph circulation is poor, the lymph fluid solidifies, creating thickened fibers that blend with septa (fibers of collagen that run through fat cells). This process can create thick strands that push harder on fat, bulging it upwards to impart a dimpled texture.

Eliminating sugar from the diet can help reduce cellulite because sugar causes collagen to harden, making the septa pull down on the skin and the fat more visible.