



## The Skinny on Cellulite

- Lifestyle (alcohol and tobacco use)
- Lack of physical activity
- Blood and lymphatic circulation problems, and clothing that hinders circulation

Cellulite is caused by an imbalance between the processes of lipogenesis (formation and storage of fat in adipocyte cells) and lipolysis (fat elimination or usage of fat as a source of energy). The result is adipocyte hypertrophy – an abnormal increase in the size of fat cells, which occur in various areas of the female body such as thighs, buttocks, hips and stomach (and sometimes knees and arms).

Why does the skin start looking like orange peel? Because fat cells swell so much that they have no room left to grow in the connective tissue. The only direction they can go is toward the dermis layer, which in turn pushes on the epidermis. That is when bumps and lumps become visible.

Beside featuring a dimpled appearance, cellulite can produce two other unpleasant symptoms:

- Pain when the skin is pinched, even slightly
- Inadequate arterial, venous and lymphatic circulation

As a result, this esthetic problem can also cause some localized health problems. Stuck inside a network of hardened connective fibres, swollen fat cells literally squeeze blood and lymphatic vessels as well as nerve endings. ⇔

**M**ost women live with cellulite. In fact, it is estimated that 80 percent of all women over the age of 20 have cellulite, regardless of the size and shape of their body. Mostly known as “orange peel skin,” cellulite is more an esthetic condition than a medical one. Thousands of women end up in esthetics institutes and paramedical clinics to get rid of the unsightly dimples located on their thighs, hips and buttocks.

Factors that can aggravate cellulite include the following:

- Hormonal imbalance during puberty, pregnancy or menopause
- Stress and anxiety
- Genetic predisposition and ethnic group
- Poor nutrition (too much sugar or saturated fats, and not enough water)

### ⇒ Traditional treatments

Many treatments have been created in an attempt to rid women of cellulite. Most of them have a double purpose:

- To improve nutrients and oxygen intake, and eliminate toxins
- To reduce fat. Among the various products and techniques currently available for improved circulation and reduction of cellulite, there is the "loofah" sponge, cactus fibres, horsehair mittens, vitamin and mineral supplements, rubber pants, exercise books, brushes, body wraps, and lotions to tone the skin.

Many institutes now offer cellulite treatments using EMS (electrical muscle stimulation), massage / percussion machines, pressotherapyboots, hormone or enzymes injections, electrical pads and massage techniques. It is interesting to see new technologies joining in the fight against cellulite to answer the need of millions of women who want to get rid of it (see sidebar: Non-Invasive Technologies). Very few treatments give permanent results; normally,

regular routine visits or a change in lifestyle is necessary to get more lasting results.



### Non-Invasive Technologies

When it comes to getting rid of cellulite, clients of beauty institutes and medical spas are more and more on the lookout for the latest technologies. Some non-invasive approaches are listed below.

#### **G5<sup>®</sup>**

Massage/percussion machine that manipulates the soft tissue of the body. Works to enhance local and general circulation of the blood and lymphatic fluids.

#### **Pressotherapy**

Using inflatable boots, pressotherapy enhances circulation with the help of pneumatic pressure. Helps relieve heavy legs.

#### **Electrical Muscle Stimulation (EMS)**

Medical device approved to relax muscle spasms, improve blood circulation, and prevent blood clots and muscle atrophy.

#### **Endermologie<sup>®</sup> (LPG)**

Involves the use of a motorized device with two adjustable rollers and controlled suction. The skin folds and unfolds under the continuous action of the rollers. The procedure is called "endodermologie."

#### **P.R. Cell (Silhouet-Tone)**

This is a deep tissue massage apparatus that combines "palper-rouler," a French technique, with vacuum massage.

#### **Lumicell Touch (Silhouet-Tone)**

Combines vacuum tissue massage with infrared and magenta light (which stimulate fat elimination in the adipocyte cells).

#### **LaserDermology (Cynosure)**

Mechanical Massage (palper-rouler) with the action of diode lasers to enhance microcirculation.

#### **VelaSmooth (Syneron)**

This heat and massage system uses bi-polar radio frequency (delivers thermal energy to the fat cells) and infrared light (heats up subdermal fat), as well as mechanical rollers and vacuum suction. Heating up the tissue increases the metabolism of fat and shrinks the size of the fat cells, increases the production of new collagen and dilates blood and lymphatic vessels in the derm and subderm.

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