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Cellulite Creams 101: What Would the Doctor Recommend?

By [Ryan English](#)

There are various creams available in the market today, but with all of them to choose from, it is now more difficult to make the decision. This article will introduce you to what you need to know about creams and suggests brands that are recommended by dermatologists, as per reviews.

Cellulite creams are a cheaper version of a doctor's visit. These can be purchased over the counter and can be administered at home in just a few simple steps. It is recommended for all types of skin and has also been proven to reduce cellulite in a few weeks. It uses the power of active ingredients and it is assisted by the massaging action during application. Massaging the concerned area remains an easy method that is always free of charge. Because of the trends to discovering the better ways of reducing cellulite, a wide range of creams are available in the market. How then will you be able to know which is the best cellulite cream for you?

In online news by Good Morning America, three active ingredients are popular to reducing the cellulite on skin. These include:

- Caffeine--a natural antioxidant that flushes away toxic wastes from cells
- Retinol-is responsible for exfoliation and a stimulant of collagen production which is an important skin cell regeneration element
- Dimethylaminoethanol (DMAE) - is extracted from fish. This element, when combined with the digested protein (amino acid) increases muscle activity to produce firmer skin

The best cellulite cream can use one or a combination of active ingredients such as those mentioned above. The best advice you can get is the cellulite cream brand recommended by your trusted dermatologist because they know the right amount of each ingredient, which is safe and effective for your skin type. Here are a few brands in random order, which top the 2010 and 2011 list of best cellulite cream brands:

- Dermology Cellulite Solution - it's a cream that brings together the power of retinol and caffeine, which are active ingredients that have been proven to safely suck out the fat and regenerate the skin. With numerous reviews, testimonials and continuous research, Dermology has remained in the top 3.
- Revitol-rumored to be the number one this year, Revitol has proven itself the most legitimate and effective of the best cellulite cream brands in the market today. It has been continually patronized and even recommended by top dermatologists because it has been around for quite a while now, giving it more room for expertise and experience.
- Nivea Goodbye - the brand that most people trust because of its proven line of products that never fail us when it comes to skin problems. It is the cheaper version of the previous 2 products.
- Procellix - part of the top 5 list in 2010 and 2011 most recommended cellulite creams. it includes caffeine as an active ingredient, along with other natural ingredients to produce toner skin from the outside as it reduces fats inside.
- Cellulean - is a top brand, mainly because it promises results faster than all other brands in the market. Reviews can attest that its results primarily show a week or two, less than that of the other brands.

While dermatologists still believe that there is no single solution, these brands are some of the few recommended cellulite creams that they will offer. Combine them with a good diet and the right exercise, you are on your way to visibly fairer and firmer skin, without the orange peel look that cellulite gives.

[Cellulite Cream](#) is one of the best solution in eliminating stubborn cellulite. Gradually apply it in the affected area and make sure to pair it with exercise for [effective solution](#).

Article Source: http://EzineArticles.com/?expert=Ryan_English

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