

Published based on [How To Identify cellulite?](#)

How To Identify cellulite?

Cellulite is easy to spot. It's the "orange peel" look or "dimpled" appearance that shows up primarily in women, frequently after their first child, and primarily around the thighs and buttocks area.

What Is Cellulite?

The fatty tissue immediately down below the top of your skin rests on top of a firm layer of collagen connective tissue. Before cellulite occurs, the external surface of the skin is smooth and elastic. The skin is consistent because the surface area of the fatty tissue just beneath the skin is ALSO smooth.

The fatty layer just below your skin is smooth and supple as long as the fat cells remain strong, healthy and flexible.

Cellulite Becomes Worse Because . . .

For the cellulite in your legs and buttocks to be smooth and supple, your cells MUST be structurally strong and flexible; otherwise the fatty layer just below the skin develops a bumpy, "ridge and valley" texture.

The way the fatty tissue is connected to the underlying collagen describes why cellular strength is really important.

When the fat cells are Solid and FLEXIBLE, the superior surface of the fatty layer keeps smooth and uniform even though the total fatty layer is being "pulled" downward toward the collagen.

If the fat tissues become structurally less strong or inflexible they can no more keep a smooth evenness and start to "sag" or "give in" to the downward pressure originated by the regular attraction of the collagen.

When Does Cellulite Appear?

Cellulite usually begins to appear shortly after a woman has her first child or somewhere between ages of 25 to 35. Of course cellulite can occur earlier than age 25, later than age 35 or not at all.

If and when you eliminate cellulite of your body depends entirely on 1) the strength and flexibility of the fat cells, and; 2) the thickness of the underlying fat layer.

Eliminar celulitis knows everything about celulitis. Get more of it at [Celulitis](#) and also check [Vendas Frias](#) for more specific information

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