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# **Learn About Cellulite And Different Healing Possibilities**

Cellulite is the dimpled fat pockets on the thighs of many women. It is often situated on the buttocks too. As ladies get older, cellulite becomes more prevalent. It looks like orange peel or cottage cheese. The skin is not smooth, but has dimples on it. The uneven dispersion of fat below the layer of skin is the cause.

Cellulite - why does it form?

The restrictive movement of fat in the epidermal tissue results in Cellulite. As we age, the dermal layer loses collagen, elasticity and strength. When the collagen in the dermal layer is minimized, the fat beneath the skin is placed in an entirely different way. Because the fat layer is uneven the skin appears to be dimpled.

Please don't overestimate the power of liposuction, it will not help you. You can't reverse the distribution of fat. Facial wrinkles are akin to cellulite. As we age, the collagen breaks down and wrinkles ensue. Cellulite is almost exactly the same. The only difference is that wrinkles can be easily treated, while the same is not the case with cellulite. Cellulite on your thighs and buttocks as well as wrinkles on the face are formed in much the same way. We will go on to explain the reason why females rather than males get it.

Can formation of Cellulite be prevented?

Cellulite can not be prevented in any way. Between cellulite fat and other body fat there are no differences, they are made of exactly the same stuff. The difference lies in the way the fat is laid out below the layer of skin. That is what gives you the "cottage cheese" look. Cellulite does not depend upon your weight. Even underweight women can get it too. Cellulite is mainly dependent on hormones, genetics and age. It is not common for men to get it.

How do you deal with cellulite?

Medicine has no answer for cellulite. Massages can help, but are not a permanent cure. There is no permanent cure either, though supplements, pills and creams are being sold claiming cellulite treatment and cures. People tend to try various types of diets that may treat cellulite. Creams that claim to get rid of cellulite usually do not work like they are supposed to. Alternative or natural therapies are suggested. There is no cure for cellulite, so many innocent customers are being duped. Don't jump in without approval from your doctor. Cellulite is not an easy condition to treat.

An unhealthy diet and alcohol consumption both contribute to the formation of cellulite. If you eat these foods excessively your body can no longer dispose of the toxins and they find a home in the fatty tissue. Instead of consuming drinks that contain caffeine or alcohol, experts advise drinking 8 glasses of water daily.

Those who don't get much exercise are more likely to get cellulite due to poor muscle tone. Sticking to a cardio or strength training program is key to keeping cellulite at bay. Walking, jogging, and swimming are also fun activities to avoid cellulite.

This is the removal of cellulite or fats deposits thru surgical procedure. Even supposing liposuction has attainable side effects, increasingly people are going for it as a result of its rapid and excellent results. On the other hand, people who should not have the funds or the guts to [cellulite cure](#) take a look at liposuction use cellulite creams.

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