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Treatment Options for Reducing Cellulite

Cellulite forms as a result of physiological changes to the subcutaneous fat layer of the skin. Weight gain, poor nutrition, inadequate water intake and stress can worsen the appearance of your cellulite.

One way to treat cellulite is through mesotherapy, for the rejuvenation of the skin and also a technique used to remove unwanted fats. This mesotherapy procedure was discovered in France and has been practiced in Europe for over 50 years. The process includes the insertion of natural plant extracts and homeopathic medicines, microscopic quantities of pharmaceutical agents and vitamins into the sheet of fat and connective tissue under the skin. Mesotherapy is for body contouring of the abdomen, buttocks, hips, arms, inner thighs and for the reduction of fat pads in areas of the upper and lower eye lids. Furthermore, this procedure also stiffens and tones the skin of the face and neck. Anyone from 18 to 75 who is in good health can be treated through mesotherapy.

Liposuction is another option in reducing cellulite. This is usually considered cosmetic surgery. Liposuction is a process that can shape the body by removing useless fat from specific areas such as the hips, abdomen, thighs, knees, buttocks, upper arms, neck, cheeks and chin.

Another way of reducing cellulite is regular exercise. It is the best way because it is natural, and it should be accompanied by a healthy diet with plenty of fiber and lots of water.

Creams are also used to decrease the appearance of cellulite. These anti-cellulite creams are frequently marketed to reduce cellulite and diminish dimpling effect. Treatments may provide only temporary improvement in the appearance of cellulite, and there is no proven and effective cure for cellulite.

Endermologie, a mechanical roller massage therapy, has been proposed as a treatment in reducing cellulite. This treatment may produce temporary improvement in the appearance of cellulite, but long-term results have not been established.

Massage breaks down adhesions and also reduces muscular spasms. Regular massage every three to four weeks is usually recommended for best possible results in reducing cellulite.

Foods rich in nutrients such as lecithin, essential fatty and amino acids and antioxidants can decrease the amount of inflammation in the cells and improve circulation. Citrus fruits are good for amino acids and anti-oxidants. Supplements are best option if you are not a healthy eater. Herbal skin serum also helps burn away the fat cells in your skin.

Cellulite is not essentially an aspect of body weight. Being heavy does not mean you have cellulite. Diet and lifestyle usually affect cellulite development, and a huge part of cellulite is made up of toxins and fat that piles up in the body. It can affect women of any weight, size or body type. Some of the treatments and procedures may help in reducing the problem but they definitely won't eliminate it totally if you carry the gene.

For more information on how to banish cellulite:



[Get Rid Of Cellulite](#)

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