

WHY DO WE GET CELLULITE?

Often referred to as "orange-peel skin", thanks to its dimpled appearance, the formation and establishment of cellulite is a result of myriad factors.

Lo says it can be caused by ...

- A hereditary predisposition, including poor circulation.
- Hormonal changes linked to puberty, fluctuations during pregnancy, gynaecological surgery and menopause.
- Lifestyle choices, which include lack of exercise and sleep, poor diet, excessive alcohol intake and smoking.
- Digestive disorders that can lead to sluggish waste and toxin elimination from the body.



5 TOOLS AND TREATMENTS TO TRY AT HOME

Help reduce fatty deposits with a circulation-boosting massage, or a twice-daily application of a detoxifying lotion containing ingredients such as caffeine, ginkgo biloba, manganese or ginseng.

1 Apivita Metamorphosis Anticellulite Body Scrub, \$24.90. **2** The Body Shop Cellulite Massager, \$13.95. **3** Biotherm Innovation Celluli Laser Biofibrine High-Precision

Anti-Cellulite Gel, \$78. **4** Gatineau Slimroller (price includes Vital Feeling Body Sculpt Perfect), \$90. **5** Babor Body Line Thermal Stop Cellulite Night Repair, \$83.

tried & tested: body treatments

Cellulite and fatty deposits are easy to develop and can be very hard to remove. We sent three *marie claire* staffers to try the latest treatments to see what works.

THE TREATMENT: Endermologie

How it works: It's based on the targeted manipulation of connective tissue with a hand-held rolling massage system and adjustable suction pressure. The twice-weekly treatment - ideal for treating thighs, hips, stomach, knees and arms - aims to encourage lymphatic drainage and the release of fatty deposits.

The cost: \$120 a session. Typically 10 to 14 treatments are required.

The verdict: "I've suffered from cellulite for a long time and I wanted to reduce its appearance. I enjoyed the treatments as it felt like I was being pampered with an intensive massage. By the fifth session I had noticed that my trousers felt looser, and while my cellulite hasn't completely gone, my skin is smoother and firmer."

Where to try it: Bodymécanique, Edgecliff, NSW, or call (02) 9362 8489 for salon details.

THE TREATMENT: Hypoxi

How it works: Increased blood flow to the affected areas - thighs, hips and buttocks - is believed to help flush out toxins and burn fat. This is achieved by sealing the lower half of your body in an airtight capsule, with your feet secured into a pedalling machine. Pedalling under varied pressure conditions for 30 to 40 minutes aims to boost blood circulation and accelerate fat metabolism. Twelve treatments are recommended to see results.

The cost: \$58 per treatment, or \$600 for a series of 12 sessions.

The verdict: "I was hoping to reduce fat and smooth the skin on my thighs and buttocks, and the treatment did just that. I'm happy with the result. I'd recommend the treatment for anyone wanting to get trim before a big event or to help shift that last bit of stubborn weight."

Where to try it: Hypoxi Australia, Surry Hills, NSW, or call 1300 HYPOXI for salon details.

THE TREATMENT: Mesoslim

How it works: A gel-like formula rich in seaweed, caffeine, ivy and buckwheat is applied to the affected area and, using a flat handpiece electro-therapy system, it is claimed that these ingredients are infused deep into the skin cells to help flush out toxins and dislodge stubborn fat cells from areas such as the abdomen, thighs, hips and buttocks. To treat the stomach region, a special waist belt is worn for six hours a day between treatments to promote drainage and strengthen abdominal muscles.

The cost: \$175 per session, with six weekly treatments suggested for best results.

The verdict: "I wanted to tone and reduce water retention across my stomach. The therapy was a very relaxing and enjoyable experience. In the short term, I noticed a reduction in water retention, and my skin feels softer and more refined."

Where to try it: Bay Pelle Esthetics, Rose Bay, NSW, or call 1800 554 545 for salon details. ▶