

THE Ultimate
GUIDE TO
CELLULITE





85%
OF WOMEN ARE AFFECTED
BY CELLULITE



CELLULITE

Fat, in certain areas of the body, pushes through bands of connective tissues in the skin, creating bulges under the skin.



WOMEN

85% – 98% of women of all races over the age of 20 have cellulite.

What affects more than 85% of women, shows up on all body types, and is one of the most misunderstood conditions affecting women's bodies?

Cellulite.

Although it's very common, cellulite often stands in the way of what many women consider their "ideal" body; in fact, people all over the world spend over \$1 billion each year trying to get rid of their cellulite. Unfortunately, a lot of that money goes towards "treatments" that won't provide results.

This guide will help you better understand cellulite, including what it is, how it's caused, and what you can do about it.



CELLULITE BASICS

WHAT IS CELLULITE?

When fat in certain areas of the body is pushed through bands of connective tissues in the skin, it creates bulges under the skin. This gives the skin the bumps and dimples we call cellulite.

Many people think cellulite is actually a sign that you need to lose weight, but even thin women or those with low body fat percentages can get cellulite.

WHO GETS CELLULITE?

Women are far more likely than men to get cellulite. One study found that 85% - 98% of women of all races over the age of 20 have cellulite¹, while only 10% of men² have it.

This is because men have thicker layers of skin and connective tissue, making it harder for fat to push through and become visible.

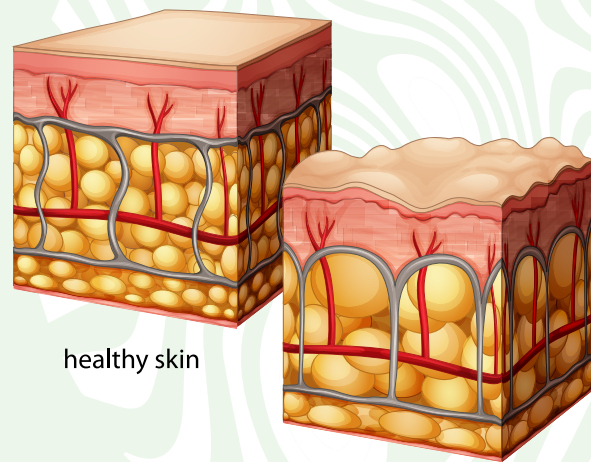
CAN CELLULITE BE CURED?

There are numerous cellulite creams, treatments, and supplements on the market that promise to get rid of cellulite for good. However, as of now nothing can completely “cure” cellulite, so steer clear of anything that claims it does.

The good news is that there are plenty of things you can do to help prevent it and minimize its appearance.

WHAT ABOUT LIPOSUCTION?

Cellulite and fat are two different things. So a treatment that effectively removes fat, such as liposuction, typically has no effect on cellulite. According to the American Academy of Dermatology, it can even make dimpling more obvious.



healthy skin

skin with cellulite

DID YOU KNOW?

Liposuction can actually make cellulite worse.



WHAT CAUSES CELLULITE?

There are a number of factors that are thought to contribute to cellulite, including:



AGE

Skin loses elasticity as we age, making it more likely to occur as we get older.



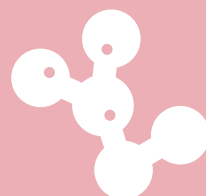
WEIGHT

Although lean people can have cellulite, weight gain or a higher body fat percentage can increase visible cellulite.



GENETICS

Cellulite may run in families, since the distribution of fat is influenced by genetics.



HORMONES

Hormonal factors also play a role, including estrogen, which stimulates fat storage.

TREATING CELLULITE

There are plenty of effective things you can do for cellulite yourself through simple lifestyle changes. If you're unhappy with cellulite and want longer-lasting or faster results, a visit to your dermatologist, plastic surgeon, or medspa may be in order.

LIFESTYLE CHANGES

Lifestyle changes that help prevent or improve cellulite, such as:

EXERCISE

Regular exercise can help prevent or reduce cellulite appearance by strengthening muscles and burning excess fat.

STOP SMOKING

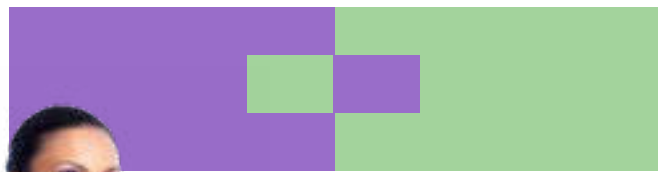
If you smoke, here's another good reason to stop—it can weaken the formation of collagen, making cellulite more visible.

EAT A HEALTHY DIET

Eating a well-balanced diet, limiting sugar and high fat foods, and staying hydrated can help keep your skin strong.

TOPICAL CREAMS

Research has shown that some prescription topical creams, including those that contain 0.3% retinol, can help thicken skin and reduce the amount of cellulite you see. You'll need to apply the product consistently for 6 months or more to see results.



RADIO FREQUENCY

Radio frequency is a type of non-invasive treatment that targets cellulite with deep heating.

The Lumenis NuEra Tight™, for example, is used to treat the appearance of cellulite. It uses RF waves to strengthen and promote new collagen. RF energy also targets deeper layers of the skin to break up connective tissue, helping to reduce cellulite appearance.

Radio frequency works on all skin types and colors and has zero downtime, making it a good option for treating cellulite. It can be performed by physicians as well as estheticians.

NUERA TIGHT TREATMENT



Courtesy of Concita Muneratti, MD - Italy

DID YOU KNOW?

Radio frequency effectively treats cellulite on **all skin types and colors.**



Sources:

1. Avram, M.M. (2004). Cellulite: a review of its physiology and treatment. *Journal of Cosmetic and Laser Therapy*, 6, 181 - 185.
2. American Society for Aesthetic Plastic Surgery

THE BOTTOM LINE

For most women, cellulite is part of life. Some embrace it, while others want to take steps to reduce it.

If treating cellulite will help improve your self-esteem and body image, lifestyle changes combined with treatments recommended by your doctor or esthetician can help.



To learn more about cellulite treatments, please contact:

Two large, empty rectangular boxes, one light purple and one light green, intended for contact information.