

## Eliminating Cellulite

There is no permanent method to eliminate cellulite; it is persistent and will recur just as soon as treatments cease or one returns to old habits and lifestyle. Once the battle against cellulite has begun, it must persist. Otherwise the enemy forces of cellulite will quickly overcome the good guys and re-entrench themselves beneath the skin of the hips, thighs, and buttocks.

All women have some measure of cellulite. It is more severe for some than others and it is more visible in some than others. The good news is that there are a quite a few means available to improve the appearance of cellulite. For those who want to banish cellulite in earnest, they must resign themselves to incorporating cellulite treatment into their daily regime in much the same way as they clean their teeth twice daily. It is only through regular and continuing treatment that improvement in the condition will be noted.

There are a variety of creams and lotions that claim to combat cellulite and these work in different ways. Some work on the surface of skin, camouflaging the characteristic cellulite orange-peel texture. Others penetrate the outer layer of the skin and are effective by stimulating the circulation to the affected areas. The increase in circulation improves the movement of fluid, oxygen, and nutrients to the area's connective tissue and also aids in the elimination of waste products and toxins.

### Mechanical

cellulite treatments have also been shown to be effective. Although, once again, cellulite will return if the treatments are discontinued. In much the same way that many of the creams available work by stimulating circulation of both the blood and lymph systems, massage can be effective. Another procedure, available in salons and health clubs, involves having the cellulite-affected areas compressed by a virtual giant rolling pin. If you are considering this latter treatment, it should be noted that it is painful, expensive and can result in bruising.

There are a number of orally-administered treatments on the market. It is especially important to take special care to closely examine their labels to ensure they contain nothing that might adversely interact with any medications you may be taking for other health related conditions.

### The biggest

problem facing many of these aforementioned treatments is the lack of conclusive scientific proof of their effectiveness. There is also no conclusive proof to indicate that they are ineffective. Each individual has a slightly different physiology and it may be worth trying a treatment, even if it has not been effective for others. Personal recommendation is not always the best factor on which to base a purchasing decision.

Most commercially-available cellulite treatments are relatively new and have not yet withstood the test of time. Due to this it is important to proceed cautiously, especially if you are considering any orally-administered remedy or any remedy that is absorbed through the skin. While it can be alluring to be the first to try new products, it is often a good idea to wait until there are available product reviews. If you decide you want to reduce your cellulite, you can, provided you are willing to make the effort and are not expecting to find a magic potion or

pill to do it for you.