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## THE ULTIMATE Anti-Cellulite Plan

Smooth your bumpy, lumpy places and head to sleek city  
with the latest in technology and natural therapies



By Teri Wingender

The first time I saw cellulite on myself, I was 14 and riding a wave of surging hormones and weight gain in all the right places. But there it was: a dent the size of a sunflower seed on my outer thigh. The quest to slay bumps and lumps with sights on my tush had begun. Over the years, I've realized there are more important things to worry about than cellulite—but geez, girls, wouldn't life be more beautiful without it?

That's what this guide is all about—taming the spongy stuff with the best that technology and natural therapies have to offer. If it makes you feel any better, hardly any of us escape it—up to 90% of women worldwide have cellulite to some extent on their hips, thighs, tummies, arms, and bottoms. Diet, lifestyle, hormonal changes, genetics, and aging all play a role.

Basically, cellulite forms when the fat cells in the subcutaneous fat layer enlarge and stick together inside their web-like pockets of connective tissue. As the pocket stretches upward from increased volume, the fibers in between the pockets are strained, inhibiting circulation and trapping toxins and water, which causes the lumpy appearance of skin.

This guide includes a range of therapies and approaches that help reduce cellulite with vigilance, and perhaps banish it for good. Not all treatments work for everyone; some are an investment in time and money, and others are free, but all are worth a try.

### VelaSmooth

VelaSmooth combines gentle light and radio-frequency energies with rollers and vacuum suction. "The heat from the light and RF energies increases metabolism of the fatty layer," explains Dr. Marion Shapiro of Mesotherapy Associates in New York. At the same time, vacuum suction acts on the blood vessels to increase circulation and massages the skin for a smoother appearance. During treatment, the VelaSmooth device "pulses" the skin while the therapist moves it across the affected areas: Some patients experience a "pinchy" feeling—which decreases as your skin tightens with subsequent treatments—for others, it's more like a warm, deep massage.

Dr. Shapiro recommends twice-a-week treatments for 8 to 12 weeks; results begin to show after 8 treatments. VelaSmooth results are not permanent, but follow-up sessions once a month or so can maintain results. (Cost: \$250 per session; less for an 8-session package.)

Dr. Shapiro also performs mesotherapy, consisting of injections of plant extracts, vitamins and muscle relaxants to break down (as opposed to stretching) the fat and rigid connective bands that contribute to the appearance of cellulite. (Cost is \$500 per session.) "Mesotherapy is better for women with heavier legs," she says. "Sometimes, we will start with mesotherapy and then transition to VelaSmooth."

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