

YOUR CELLULITE BREAKDOWN

Everything you need to know—from what causes those not-so-cute dimples to making them less noticeable.

What Gives?

Like spider veins and stretch marks, these dreaded dimples can be genetic. So unfortunately, if Mom has them, chances are you might too. But don't go giving her the evil eye just yet!

Choices we make, like poor diet and lack of exercise, can also contribute to the formation of cellulite. For instance, everyone has a protective layer of fat between skin and muscles. Connective tissue that joins the muscles to skin can weaken over time from stress, fluctuations in weight, sun damage, or aging. When these connective tissues weaken, fat cells and fluid bulge through, giving skin its lumpy appearance. When skin loses its elasticity (especially as we age), these bulges become even more prominent. Therefore, someone who chooses to smoke, eat junk food daily, and not exercise is more likely to weaken their connective tissue and lose elasticity in skin than someone who makes healthier choices.

The bad news? There's no miracle product in the world that can make cellulite go away—no matter what the product or brand may guarantee. But there are things you can do to help reduce the appearance of rippled skin. Read on to learn more.

Nip cellulite in the butt!

DECREASE DIMPLES WITH HEALTHY HABITS

Eat Clean

Swap processed and fried foods for nutritional, fiber-rich fruits and vegetables like apples, lentils, and spinach.

H2O, H2O, H2O

Upping your water intake keeps body tissue and the lymphatic system clean so your body is able to easily shed excess fat.

Sweat It Out

Strength training firms muscles that lie beneath cellulite, which can help smoothen the appearance of bumpy skin. Cardio improves circulation and burns body fat as well.

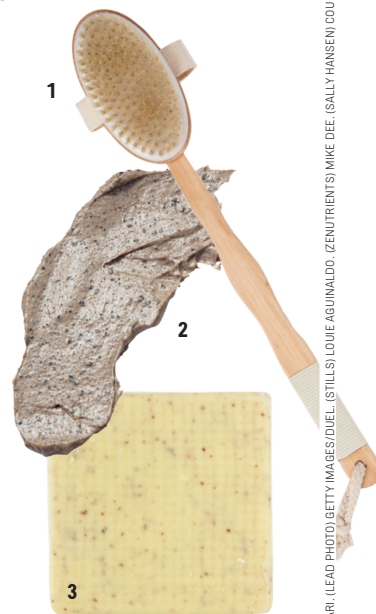
Make Hard-To-Shake Lumps Less Noticeable

DRY BRUSHING

Dry brushing helps tighten skin by causing the tissue to "swell, which hides the uneven dimpling effect. While the underlying cause of cellulite remains unaffected, the swelling may temporarily help to achieve the appearance of smooth skin," says Dr. Aivee Teo of The Aivee Institute. Get a brush with stiff, natural bristles and brush skin using long sweeping motions toward the direction of your heart.

EXFOLIATE

Plain and simple—if you scrub hard enough, you'll irritate your skin, which causes it to become swollen or "plump" so dents in skin are temporarily less visible. Body scrubs that contain caffeine also provide antioxidants that can help tighten skin.



(TEXT) MERIAM AHARI. (LEAD PHOTO) GETTY IMAGES/DOEL. (STILLS) LOUIE AGUINALDO. (ZENUTRINT'S MIKE DEE. (SALLY HANSEN) COURTESY OF BRAND.

MASSAGE

A "vigorous lymphatic massage following the direction of blood flow encourages the removal of fluid outside cells, thus reducing the thigh diameter in individuals with cellulite. The uneven dimpled appearance may be improved but still, it's temporary," says Dr. Mary Jane Torres of Vietura Aesthetic Lifestyle. If paying for a professional massage is not within your budget, purchase a handheld, manual massage tool instead to stimulate circulation and break up excess fluid.

TOPICALS

Topical creams, serums, and oils cannot eradicate cellulite since, like stretch marks, these bulges occur below the surface of skin. However, some products can temporarily firm and tone skin so that depressions are less noticeable. "Methylxanthines, retinoids, and Vitamin A are the most common ingredients in creams and serums that promise to reduce the appearance of cellulite. These only reduce the amount of water between fat cells; thus giving the impression of a firmer tone in that area," explains Dr. Torres.

1 Watsons Wooden Back Brush, P142. **2** Zenutrients Smoothing Barako Coffee, 100 ml, P234. **3** Lush Buffy Body Butter, P425. **4** Bliss Fat Girl Stimulator, P2,310 for kit. **5** Perricone MD Cold Plasma Body, P4,550. **6** Jergens Skin Firming Toning Moisturizer, 400 ml, P352. **7** The Body Shop Spa Fit Toning Massage Oil, P1,195. **8** L'Occitane Almond Velvet Balm, P3,150. **9** Clarins Body Lift Cellulite Control, P3,350. **10** The Souq Naturals Cellulite Firming Oil, P1,200. **11** Juice Beauty Green Apple Firming Body Moisturizer, P796.



Cellulite Treatments

These salons and spas provide treatments that help reduce the appearance of puckered skin.

METRO SPA
Firming & Contouring Treatment, P1,500 to P2,500.
Massage and Body Shaping Gel are combined to tone skin while minimizing the appearance of puckers.
metrospaph.com

LE SPA
Silhouette Firming Wrap, P3,500.
Silhouette shaper cups are used during massage to encourage collagen production while breaking down fatty deposits.
sofitelmanila.com

VIETURA AESTHETIC LIFESTYLE
UltraSlim Tight, P3,800 per session with purchase of five sessions.
Infared technology, radio frequency and endermology are combined to "melt" fat and tighten skin, lessening the effects of cellulite.
sofitelmanila.com

THE PENINSULA SPA
Anti-Cellulite Firming Body Treatment, P4,250.
Massage is paired with shaper cups to encourage collagen production, break down fatty deposits, and drain surplus fluid so the surface of the body appears smooth and even.
(02) 887-2888

MARIE FRANCE CENTERS
EDM + S.L.I.M., P4,500 to P5,500
FDA-approved mechanical roll stimulation smoothes skin while ridding the body of excess fatty deposits.
mariefrance.com.ph

THE AIVEE INSTITUTE
X-wave Therapy, P5,000.
Acoustic Wave pulses generate vibrations within connective tissue to firm and tighten tissue so skin dents are less noticeable.
aivee.ph

Cellulite Camo

WHEN ALL ELSE FAILS, DISGUISE DIMPLES WITH A SPRAY-ON TAN OR SELF-TANNER. IT'S A SUPER QUICK FIX FOR MAKING IMPERFECTIONS LESS PROMINENT SINCE SKIN IS EVEN-TONED AND GLOWING.



1 Tan Organic Self-Tan, P1,725.
2 Model Co Tan Mousse, P1,100.

3 Ocean Potion Dark Formula Xtreme, P399.
Dark Formula Xtreme 4 TANNING TONIC with Aloe Vera & Vitamin E. 8 FL. OZ (237 mL).

4 Bliss A Tan For All Seasons Mist, P1,980.
a tan for all seasons self-tanning mist with quick-drying sun set bronzer. 4.4 FL. OZ (124.7 g).

5 Sally Hansen Airbrush Legs Spray in Medium Glow, P895.

6 Sally Hansen Airbrush Legs Spray in Medium Glow, P895.
WATER RESISTANT. Spray-on Perfect legs in an Instant! LEG MAKEUP. MEDIUM GLOW.