



health & beauty

## CELLULITE

### ► What is it?

For many women, cellulite is one of the biggest bug-bears with the dreaded orange peel look particularly affecting thighs, buttocks and the stomach. Caused by a combination of water, fat and toxic waste, the body is unable to eliminate, the septae (fibrous bands of connective tissue) stiffens and pulls down, creating a dimpling effect.

### ► Are there any non-surgical remedies?

The good news is most cellulite treatments are virtually painless. The bad news is there doesn't seem to be a universal cure. One of the latest products is The Vacustyler, a chamber that removes atmospheric pressure and returns it in rhythmical cycles. Developed by NASA to improve the circulation of astronauts in zero gravity, it's been adapted to reduce cellulite by stimulating the lymphatic system.

### ► What does the treatment involve?

Lying on a bed, your lower body is placed in the chamber. After 30 minutes you complete a short Power Plate session. Powertone Studios in London say two sessions a week can improve cellulite and also reduce the appearance of spider and varicose veins.

### ► Is it painful?

Not at all.

### ► How much does the treatment cost?

From £35 per session. Ten sessions cost from £295.

### ► Are there any alternatives?

VelaShape combines bi-polar radiofrequency, infrared light energy, plus vacuum and mechanical massage to manipulate and smooth the skin reducing the appearance of fat tissues. It's offered by Dr Haus in London from £900 for six treatments. A combination of VelaShape and more holistic lymphatic drainage massage, is also available The London Medical & Aesthetic Clinic (LMA).



### Tips to destroy dimples...

- Celluceane sachet drinks, from Thalgo, contain natural ingredients such as elderberries, meadowsweet, papaya and sea fennel, to boost circulation and drain toxins.
- Exfoliating and using wraps can help reduce fluid retention and improve circulation. Try Thalgo's successful Thalgomince LC24 range at home or at Harrods Urban Spa.
- Massage a cream into problem areas every night. Dr Murrad's Firm and Tone serum is a popular choice, particularly when combined with its Firm and Tone Dietary pack containing multi-vitamins and antioxidant supplements.
- Try Carita's new Intensive Refining Contour Treatment focussing on the stomach, hips, buttocks and legs to specifically address cellulite, water retention and loss of elasticity.

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## CONTACTS

- **Powertone Studios**  
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- **Lma Clinic**  
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