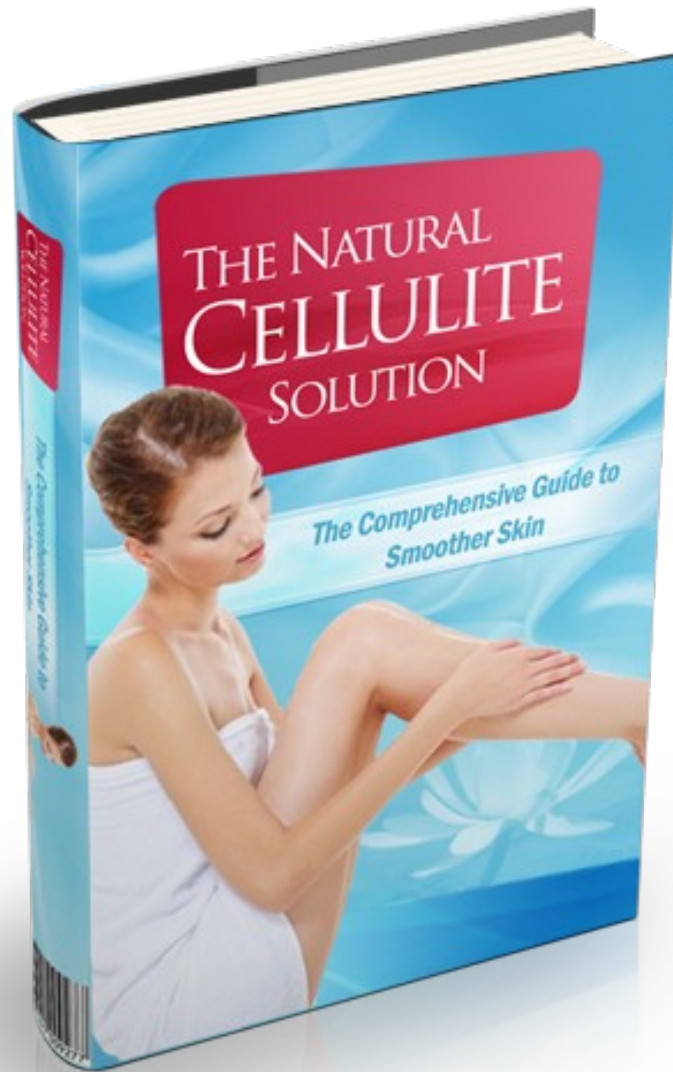


The Cellulite Solution  
*The Comprehensive Guide To Achieving Smoother Skin*

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## **Introduction**

Cellulite is a commonly occurring issue in a large percentage of women, as well as some men.

The condition is noted by a particular appearance of the skin that causes dimpling on the hips, thighs, abdomen, and buttocks. It can also be found on the breasts, upper arms, and lower abdominal regions.

Cellulite is readily found in areas of the body where fat tends to deposit, and gets its appearance from the fatty tissue located below the surface of the skin that is uneven.

While cellulite is not considered to be a medical condition that needs to be treated, it does make many people feel very self-conscious and can cause, especially women, to stop wearing swimsuits and shorts.

Because cellulite is not considered to be a medical condition that is serious, or one that needs treatment, many people simply live with the issue.

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Many physicians even consider the condition of cellulite to be a normal part of life.

However, there are a large number of people who are not content to accept cellulite, and therefore seek a variety of treatments to rid their bodies of the unsightly problem once and for all.

If you are one of the many people looking for a solution, you have come to the right place.

This guide will explain the various types of treatments available from doctors and plastic surgeons, to over the counter remedies, and spa treatments. It will also provide you with valuable advice for managing cellulite that you may not have found anywhere else.

## **What Is Cellulite?**

As previously stated, cellulite is caused by fatty uneven tissue beneath the skin. More specifically, cellulite is due to the fibrous connective tissues that connect the skin to the muscles below. These tissues have an internal fat layer.

When fat cells build up, they push upward against the skin layer, while the connective tissues continue pulling downward. This is what creates the dimpling and uneven appearance on the surface.

Many people refer to cellulite and its trademark appearance as cottage cheese skin because of the lumpy and bumpy texture. That being said, cellulite can range in severity, with mild cases only creating a minor pinched appearance. Severe cases, however, can cause the skin to look folded, bumpy, and have deep crevices, resembling peaks and valleys.

Hormones have been found to play a fairly large part in cellulite formation. It is thought that estrogen may be the most dominant hormone to begin the formation of cellulite, as well as aggravate the severity of the condition.

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Other hormones such as catecholamine's adrenaline, noradrenaline, insulin, prolactin, and various thyroid hormones have also been attributed to the formation of cellulite.

In addition to hormones, there are other factors that have been shown to promote the formation of cellulite. Certain races, genetic predisposition, individual distribution of subcutaneous fat, biotype, and deficiencies in the lymphatic and circulatory systems can all worsen the condition of cellulite. Dieting has also shown to make the appearance of cellulite worse.

Finally, a high stress lifestyle can cause levels of catecholamines to increase, which has been attributed to the initial formation and progression of cellulite.

## **Common Cellulite Treatments**

For generations, women in particular have searched high and low for any type of treatment or product that could help reduce the appearance of unsightly cellulite.

Today, there are literally thousands of products on the market that all promise fabulous results in a short period of time with very little effort. In fact, cellulite treatments have become a billion dollar industry with new items hitting the shelves and doctor's offices on daily basis.

Unfortunately, the vast majority of treatments for cellulite do little in the way of providing results, and in fact very few, if any, offer permanent results. Yet women press on, hoping that someday their "cure" will come, and they can once again show off their body on the beach without fear or insecurity.

From creams to wraps, and pills to medical procedures and just about everything in between, as long as women have lumps and bumps these treatments will continue.

In this section we will explore some of the most common types of cellulite treatments in a variety of categories and lay out the information as to what works, even somewhat, and what is simply a total waste of time and money.

### **Over the Counter Treatments**

The vast majority of over the counter cellulite treatments come in the form of topical creams and lotions that are applied directly to the problem areas. These products are often shrouded in a good amount of skepticism because the majority of creams and lotions on the market have been proven ineffective. The wild claims of rubbing on a cream, and watching cellulite disappear before your eyes are just that, nothing but wild, empty claims. That being said, there are some over the counter products that do provide some results.

So, just how effective are over the counter products at reducing or eliminating the appearance of cellulite?

This question is quite valid, and one that is repeatedly asked time and time again; especially when these products are put up against the results of more elaborate cosmetic procedures. The results are quite different, which

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is an important factor to keep in mind when shopping for creams and lotions.

Over the counter cellulite products do not provide the same results for the reduction of cellulite as cosmetic procedures. Cosmetic procedures are designed to target and reduce the subcutaneous layer of fat that is below the surface of the skin.

When this fat is removed or released into the body through various different techniques, the skin is made tighter, smoother, and the overall appearance is improved. In some cases, cellulite may no longer be noticeable at all. Since these procedures are done quickly, results are seen almost instantaneously.

Cellulite creams and lotions, on the other hand, take a bit more time for results to be seen, and in some cases, results may never be realized. In spite of these problems, over the counter cellulite products still sell very well, and are quiet popular. This is because women like the idea of being able to treat their problem themselves, in the privacy of their own home, without a feeling of being judged by medical professionals, for a much lower cost compared to that of cosmetic procedures.

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Finding the right over the counter cellulite product can provide some results by reducing the appearance of cellulite, and improving the general texture of the skin.

Therefore, it is very important to know what type of product to look for, and what types of products to avoid. This will help not only your skin, but also your wallet.

Effective over the counter cellulite products can be located by taking a quick look at the list of ingredients on the package. The ingredients need to work together to provide results that will be noticeable, and smooth the look and feel of the skin. This means that the main problems associated with cellulite need to be addressed.

These issues are: loose skin, uneven skin texture, rough appearance, fat accumulation, lack of collagen, a buildup of toxins, and poor circulation. Some of the best ingredients to deal with these issues include: retinol A, collagen, green tea extract, capsicum extract, shea butter, and algae extract. Products containing these ingredients can be readily found in over the counter products, and do provide some results.

It is important to note that not all people will experience the results they are hoping for, and when results do come, it can take a number of months to notice.

### **Spa Treatments**

Another area women in particular spend a great deal of money on is spa treatments to reduce the appearance of their cellulite. A large number of spas are now catering to individuals who want to improve their physical appearance by reducing their levels of cellulite, without having to resort to painful surgical procedures, or medical treatments involving needles.

Spa goers are drawn to these treatment options because they are non-invasive, they are not generally painful, they are fairly quick, they are relatively inexpensive, and they provide overall better results than over the counter products.

Let's take a look at some of the most popular spa treatments for cellulite.

### **Body Wraps for Cellulite Reduction**

For centuries body wraps have been used as a form of medical treatment and for rejuvenating the skin. Not only do body wraps keep the skin moist,

fresh, and supple, they also assist the with the natural detoxification process of the body.

In particular, clay and seaweed wraps have proven to be the most effective for dealing with cellulite because they cleanse the top layer of the skin deeply to improve general circulation.

When circulation is improved, the body can more easily rid itself of toxins, giving the skin a smoother, more radiant appearance, thus reducing the look of cellulite.

### **Aqua Massage**

Aqua massage is another popular spa option for ridding the body of cellulite and for improving the overall look and feel of the skin. This treatment is carried out by using anti-cellulite oils and lotions along with a vigorous massage in order to improve circulation and bring blood closer to the surface of the skin. Once the massage is complete, hydro jets are then used to help fatty deposits loosen, followed by a lighter massage to promote expulsion of toxins from the body via the lymphatic system.

### **Endermologie**

Endermologie treatments are another type of spa treatment that is non-invasive but can help to reduce the appearance of cellulite while tightening, toning, and giving your body a better shape.

Endermologie treatments have been even more effective following pregnancy, however anyone who suffers with lumpy or loose skin can benefit.

This treatment is carried out by using a massage tool that is motorized and penetrates deep into the layers of skin to get toxins and fats moving. After a series of these types of treatments has been completed, better skin texture and tone will result, leading to a decrease in the appearance of cellulite.

### **Synergie Cellulite Treatment**

This type of spa treatment is actually approved by the FDA, and not only reduces the appearance of cellulite; it also improves the overall look and feel of the skin.

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The Synergie cellulite treatment is made up of a vigorous massage that is intended to improve circulation and firm any loose skin.

The body is then encased in a tight bodysuit, and a vacuum enabled massage is done on the whole body. The vacuum used is strong enough that it reaches the sub dermal layers of the skin, which is the area where the most cellulite and fat accumulate. The massage then works to break down the unwanted fat cells so they can be expelled from the body by means of the lymphatic system.

Synergie cellulite treatments are usually done in a series so the body can adjust and rid itself of toxins as naturally as possible.

Many people note a difference in their skin with just one treatment, however optimal results are usually noticed after six to eight sessions.

### **Medical Treatments**

As if consumers do not spend enough money on over the counter products and spa treatments, even more money is spent annually on medical treatments with doctors, dermatologists, and plastic surgeons.

For some people, there is no amount of money that is too large to rid their bodies of ugly cellulite. While these treatments are more effective than spa

and over the counter remedies, they are quite expensive, and some can even cause health complications.

Let's take a look at some of the most popular forms of medical cellulite treatments.

### **Methylxanthines**

Methylxanthines are a collection of chemicals, more specifically caffeine, theophylline, and aminophylline. These chemicals can be found in a number of cellulite creams and lotions and are recommended for the treatment of cellulite because they have the ability to destroy fat deposits. Since skin creams cannot deliver the concentration of these chemicals needed for noticeable fat reduction, these chemicals are applied by a physician in a more generous fashion to promote a more significant loss of fat and cellulite. Studies debate this fact, however, as there has been no clinical data that backs up these claims.

### **Light and Laser Therapies**

There are two types of light therapies that have been approved by the FDA. These treatments utilize a combination of massage or suction therapy with light therapy to reduce the appearance of cellulite for a short period of time.

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Another type of laser treatment, known as TriActive uses a combination of skin manipulation, suction, and a low level laser to smooth the skin.

VelaSmooth is similar in nature to TriActive, however it just uses massage and a laser.

All forms of these treatments require several different treatments with maintenance sessions in between to maintain the smoother appearance. Light and laser treatments are somewhat expensive, costing upwards of several thousand dollars each.

### **Mesotherapy**

Mesotherapy is a treatment option for cellulite that is quite controversial because it involves injecting drugs and other chemicals directly into the skin.

Even though some of the drugs used are FDA approved, they are not approved for use in this fashion. Vitamins and herbs are also commonly used in the mixture of substances that are injected.

A large number of injections is generally needed, usually ten or more, in order to see results. While some physicians will perform mesotherapy,



others feel the treatment is too dangerous. The procedure has not been evaluated to be effective or safe.

### **Collagenase**

A naturally occurring enzyme found in the body, collagenase breaks down the component of connective tissue that binds cells together known as collagen.

Although the clinical data on this substance is limited, it has been shown to provide some benefit for improving the look and feel of cellulite. What is not known are the long-term effects of receiving collagenase injections. Physicians consider collagenase injections to be experimental.

### **Liposuction**

While often used to help with the appearance of cellulite, liposuction is no longer a recommended treatment for the condition. This treatment uses a type of vacuum that is inserted under the skin by means of small incisions, and then is used to suck the fat out of the body. While liposuction does remove fat, it does not remove the type of fat that causes cellulite.

In fact, this treatment may even make the appearance of the skin look worse because it removes the cushion of fat that is just below the surface of the skin. This often causes extra dimpling and lumps.

## **Natural Cellulite Treatments**

Just as there seem to be an endless array of over the counter cellulite products, medical treatments, and spa procedures to reduce the appearance of cellulite, there are just as many, if not more natural cellulite treatments.

These types of treatments range from supplements and herbs, to diet plans, and from exercise routines to homemade concoctions.

It is nearly impossible to mention every type of natural cellulite treatment people have tried and continue to try each and every day. While some natural remedies are quite simple in nature and include items such as mayonnaise and olive oil that is massaged into the skin to improve circulation and elasticity, others are a bit more complex and include making mixtures of vinegar, fruit juices, oils, and herbs to promote healing from the inside out.

Still, other naturopaths and cellulite insiders recommend combination programs that include herbs, diet, exercise, and massage to fully counter the effects of cellulite.

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One common thing amongst most natural treatments is a healthful diet. While there is no clinical proof that a healthier diet will melt away cellulite, what is known is that it does melt fat. When this happens the appearance of cellulite can also diminish.

Even though many people would rather purchase a simple cream, lotion, or pill than have to invest the time and discipline in changing their eating habits, changing the way you eat provides a number of health benefits, including a more efficient metabolism, which can help the body burn more fat and cellulite.

By incorporating great variety in your daily diet, from foods such as vegetables, fruits, whole grains, low fat or fat free dairy, and lean protein, the metabolism speeds up, the body burns more calories, and in turn burns fat stores.

Getting rid of junk foods, fatty foods, sugary foods, and processed foods will further promote fat loss as these types of foods tend to accumulate quickly in the body.

In addition to healthier food choices, drinking healthier beverages is also key to burning fat and calories.

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Sugary beverages add tons of empty calories that end up being stored as excess fat in the body. Drinking more water is not only sugar free; it is calorie free and helps the body to naturally rid itself of toxins.

Finally, consuming a healthier diet of smaller meals several times a day, instead of just three large meals will keep hunger at bay, will reduce cravings, and will keep you from mindlessly snacking between meal times. All of these small changes can make a large difference in your overall appearance, including the appearance of cellulite.

### **Herbs to Fight Cellulite**

Herbs are sometimes referred to as medicinal plants, and have been used for centuries to heal a variety of medical conditions.

Herbs have also been used to promote general health and well-being. In the case of cellulite, the natural healing power of herbs can help the body rid itself of toxins, increase circulation, and provide a variety of other benefits. Below are some of the most commonly used herbs to fight cellulite.

### **Grape Seed Extract**

Grape seed extract has been used to help fight cellulite by reinforcing collagen fibers. Since this substance is a type of antioxidant, it helps to promote the health and general function of blood vessels.

It also contains tannins and flavonoids which strengthen lymphatic vessels and veins. All of these benefits improve general circulation, especially in the legs, thus preventing the development of cellulite.

### **Green Tea**

Green tea contains high amounts of antioxidants and provides a thinning effect to the blood. Drinking at least one cup of green tea per day can provide a wide range of health benefits.

### **Ginkgo Biloba**

Ginkgo biloba increases circulation because it is a vasodilator. Since it has antioxidant properties and reduces the amount of oxidized cholesterol that forms in the body's vessels, blood is able to flow more smoothly throughout the entire body.

### **Various Herbal Oils**

Various types of herbal oils such as evening primrose oil, strawberry, sweet clover, seaweed, algae, ivy barley, and lecithins help to reduce the appearance of cellulite and improve the overall texture and tone of the skin to the areas it is applied.

The oils should be applied directly to the problem areas of the skin three to four times each day.

### **Gotu Kola**

Gotu kola is a type of herb that provides stimulant effects. This herb helps the body to produce chemicals that work to strengthen the fibers of collagen and improve the overall flow of blood throughout the body.

Gotu kola further helps to slow down the hardening of connective tissues just beneath the skin's surface, as well as strengthen the walls of veins. The end result is less vein damage, improved circulation, and increased connective tissue flexibility.

All of these benefits improve the firmness, tone, and texture of the skin.

Gotu kola can be found in extract form in supplements, creams, and injections.

### **Dandelion**

Dandelion has been shown to have a positive impact on the liver's ability to remove toxins and waste from the body. It can also assist the kidneys with better blood filtration, to further remove excess toxins and waste. The leaves of the dandelion can be eaten in salads, or cooked as a green. One cup of dandelion tea daily can be consumed by brewing fifty grams of fresh dandelion leaves in a half liter of water.

### **Horse Chestnut**

Horse chestnut is an anti-inflammatory herb. One of the main properties found in horse chestnut is Aescin, which has been shown to decrease the size of pores in capillary walls, thus improving the overall flow of blood. Since this helps to improve the tone of the capillaries found just under the skin, the overall appearance of cellulite is smoothed as well. Aescin has become a very popular additive to lotions, creams, and various other types of cellulite products.

### **Kelp**

Kelp has a high amount of iodine which helps to improve the metabolic function within the body. This in turn helps to burn more fat and calories. Kelp also contains mucilage, which naturally prevents a buildup of fluid. Kelp is commonly used as a body wrap for cellulite treatment.

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## **Exercises for Cellulite**

If you are looking for a natural form of cellulite reduction that will make you feel better overall, exercise may just be the solution you have been searching for.

With so many different types of exercises to choose from, it is somewhat confusing determining how to begin. The first thing to remember is that you do not have to spend thousands of dollars on expensive exercise equipment, or join a gym.

The most important step is to get up and get moving. That being said, here are the best types of exercises to burn cellulite.

### **Swimming**

A great, low impact, total body workout, swimming gets the blood flowing and improves circulation. This activity helps to build strength, stamina, and lean muscle mass as well.

### **Jogging and Running**

A great type of cardio exercise, jogging and running provides many great health benefits. Not only does it improve the circulation and flow of blood



throughout the body, jogging and running improves your overall health, your heart health, and can burn a great deal of fat and calories.

### **Walking**

A simple, easy to do anywhere exercise, walking is a great form of low impact exercise. Doing this simple activity for just fifteen to thirty minutes four to five times per week can yield tremendous results.

### **Weight Training**

Weight training helps to actually build muscle and sculpt targeted areas of the body which may be stricken with unsightly cellulite.

You do not need to spend hours at the gym lifting heavy weights to see results. Light weight training using lighter weights and more repetitions can provide great shape and detail to the body by building lean muscle mass.

### **Cardio and Aerobic Exercise**

Basically any type of activity that you enjoy can be beneficial. As long as you work up a good head of steam, build up a sweat, and get your blood pumping, you will notice results.

It is important to understand that the best types of exercises to burn cellulite center on improving circulation and blood flow within the body. This is necessary because cellulite grows more rapidly in areas that are not moved on a regular basis, or in places where circulation or blood flow is inadequate.

You should strive to work out for several weeks, at least four to five times each week. It should be mentioned that you will not see results overnight. While everyone is different, and every body has different amounts of cellulite, you should not expect to see results before one to two months time.

Try to remain true to your commitment of toning up and getting in shape for at least that long before quitting your routine.

## **Unsuccessful Results**

If you have tried several of the over the counter remedies for cellulite, you have gone the spa route, taken supplements, worked out until you cannot work out anymore, and you either have tried more elaborate medical procedures or you just cannot bear to try more elaborate medical procedures you may feel as though you will never be rid of your cellulite.

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If this is the situation you have found yourself in, you are far from alone. Thousands of women all over the world have resigned themselves to the fact that the short shorts they once loved, and the swimsuits tossed in the drawer will never again see the light of day.

In fact, the media and product companies only exacerbate this feeling by setting us up for failure before we even begin.

We all buy into the claims that all we need to do is rub a cream on our thighs and we will once again have the sculpted legs of a sixteen year old. This is because we want to believe it so badly; we want to believe there is a miracle out there.

While there may not be one particular miracle cure, there are still things that can be done to improve the appearance of your skin. This may not come in the form of a tube or bottle, a pill, or drink, and it may not come overnight, but it is possible.

If you are ready to toss out all of those expensive products, and put some money back in your wallet, read on for a simple cellulite treatment that is truly effective.

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When you have finished, you will be kicking yourself for wasting all that time and money.

## **An Unconventional Solution for Cellulite**

While this solution for cellulite may seem a little strange, and even perhaps a bit simplistic, the truth is, it really works!

Even better yet, it does not involve painful procedures, no needles, and you can begin using it today, with ingredients you have right in your very own kitchen.

The main ingredient in this cellulite remedy is something you throw out every single day, and you probably have on hand at this very minute. It is used coffee grounds.

That's right, used coffee grounds. Now, you may be thinking that consuming high amounts of caffeine such as found in coffee can actually cause your body to retain fat and extra toxins. While this is true when taken internally, coffee grounds applied externally can provide tremendous benefits for the reduction of cellulite.

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Coffee grounds battle cellulite because it works to increase the flow of blood to the areas of the body on which they are applied.

When circulation is improved, cellulite begins to diminish in appearance. If this is done on a regular basis, you will notice exceptional results that last for quite a while. If you require a bit of maintenance, all that is needed is to repeat the process.

Here's how to get started using coffee grounds to reduce cellulite:

Head to the kitchen and collect the coffee grounds that are sitting in the filter from your morning cup of joe. Used coffee grounds are best because they are wet and will adhere better to the skin. You should also grab a roll of plastic wrap and head to the bathroom.

Next, strip down, hop in the tub, and begin rubbing the coffee grounds in a circular motion on the areas of your body with the most cellulite. This will help to improve circulation and increase the breakdown of fat stores beneath the skin.

Once you have rubbed all of the coffee grounds into your trouble spots, wrap the plastic wrap around the coated areas to seal the grounds and

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prevent them from falling off of your skin. It is best to leave the grounds on your body for about thirty minutes. Be careful not to wrap yourself too tight, as you do not want to restrict blood flow. Then, just throw on your robe and wait.

When thirty minutes has elapsed, jump back in the tub and rinse off the coffee grounds. You can also wipe them off using a wet wash cloth in a circular massaging motion for even greater benefit.

A large number of women who have repeated this technique at least three times per week have reported a noticeable reduction in their overall cellulite appearance.

This process is simple to do, convenient because you can do it at home any time you choose, and is extremely inexpensive. You may even opt to do this every day; just rub the coffee grounds on thirty minutes before your daily shower.

If you find the grounds have darkened your skin somewhat, a gentle exfoliating product such as a loofa, or a mild body scrub should remove the staining easily.

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You may also want to try using a body brush. This tool can help remove dead or discolored skin cells, and when used in a circular motion in conjunction with the coffee grounds can further increase circulation and decrease the appearance of cellulite.

Even though you can purchase anti cellulite products on the market that contain caffeine and/or coffee, this technique is actually much more effective. Even better still, it is cheap and makes use of something you would otherwise throw away.

## **Conclusion**

Unfortunately, there is no one miracle cure to rid a body of cellulite overnight. While you do not have to suffer with the condition for the rest of your life, it is important to understand that results will take time.

That being said, you should not give up hope, and you should most definitely give the coffee grounds treatment a try. If you are sick of having a lumpy, dimply appearance, and you do not want to spend a fortune on creams, lotions, and other treatments, this is a great alternative that really provides results.

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After all, it costs virtually nothing to try, so what do you have to lose? Not one thing, except for your cellulite. You may just be pleasantly surprised by the results.

In a bit of time, you will once again want to show off those legs, thighs, upper arms, abdomen, and even buttocks in all of the hottest and latest styles, with carefree confidence.