



According to the American Society of Plastic Surgeons, about  
**85%**  
 of women have cellulite.

# The Cellulite Fight

Does anything really work?

By Leslie Quander Wooldridge

Summer has yet to arrive, but *those* women—the preternaturally skinny model types—have already begun flaunting short shorts and taut skin all around town. Clearly, they don't understand the dimpled-thigh plight of average women everywhere. For us, the season to bare it all in a bikini can be a little scary.

STYLE sought information on the top procedures that battle cellulite—if only temporarily. Read on to find out what treatment is right for you.

**WHAT IS CELLULITE, ANYHOW?** You must know your enemy in order to defeat it. According to medical dictionaries, cellulite is fat deposited in pockets just below the surface of the skin. Collagen fibers that connect fat to the skin may stretch, break down or pull tight, allowing fat cells to bulge out and create the rippled look on legs—something referred to often as “cottage cheese” thighs.

For some, cellulite is visible only when skin is pinched. For others, it's seen while the body is at rest. “It's one of those common conditions,” says Dr. Tina S. Alster, director of the Washington Institute of Dermatologic Laser Surgery and clinical professor of dermatology at Georgetown University Medical Center. “Most ... women have cellulite. I always say, 90 percent of them have it and the other 10 percent think they have it,” Alster says. “It's because women package fat differently. She adds, “There may not be a way to prevent the fat from being packaged that way ... because that's kind of genetically determined and hormonally influenced.” (Take that, Kate Moss!)

The good news is that treatment can help lessen the appearance of cellulite. Just check with your health care provider before undergoing any procedure.

**INJECTABLES** Since a French doctor first created mesotherapy in 1952, it's been used widely by Europe's elite as a treatment for dimply skin. Today mesotherapy is less exclusive and available at the Magaziner Center for Wellness and Anti-Aging Medicine in Cherry Hill, N.J. A customized mixture of vitamins, amino acids and medications is injected into problematic areas of the skin to help break down damaged connective tissues and clear out excess fluid and fat. During mesotherapy, different sized needles are used for maximum effectiveness.

“We can direct it right into some of the larger dents or ripples,” says Dr. Scott Greenberg, a physician who specializes in natural approaches and performs the treatment at the center. “It may be slightly uncomfortable,” Greenberg adds. But mesotherapy done correctly shouldn't be excruciatingly painful. Side effects include short-term itching in addition to slight swelling and bruising.

Each treatment costs between \$350 and \$450. Visible changes can be seen within two to three treatments, though the number varies among patients. Greenberg says touch-



up treatments are needed about once a year for maintenance. Visit [DrMagaziner.com](http://DrMagaziner.com) for more information.

**NONINVASIVE THERAPIES** Doctors don't typically suggest traditional liposuction to treat cellulite—it can make cellulite look worse—but they do recommend noninvasive devices that use mechanical massage or intense light treatment.

Accent RF Technology, offered at the Center for Body Contouring in Philadelphia, uses a nonsurgical, noninvasive radio frequency (RF) laser that relies on heat to penetrate the skin and disrupt fat cells. After fat cells rupture, the body reabsorbs the fluid and excretes it through urination, explains the center's medical director, Dr. Victoria L. Falcone.

Falcone says treatment is painless and often relaxing, describing the laser's touch as "just a warm sensation." Visible signs are no more than a possible pinched pink color that lasts about an hour after the treatment. Falcone adds that you may have slightly dry skin af-

"Most ... women have cellulite. I always say, 90 percent of them have it and the other 10 percent think they have it."

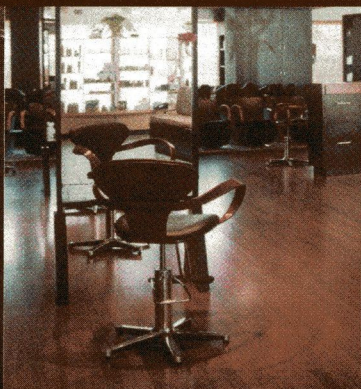
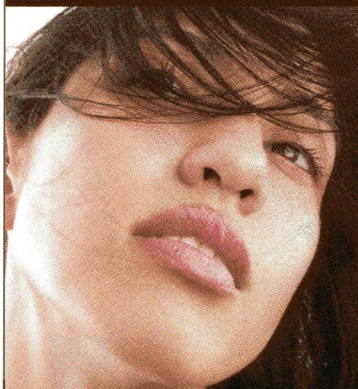
ter the treatment—similar to dryness experienced after a day at the beach—so it's important to stay hydrated. Treatments cost \$100 to \$350 per area. Six initial sessions are usually recommended as well as booster treatments every three to six months. Log on to [CustomBodyShaping.com](http://CustomBodyShaping.com) for information.

If you combine lasers with massage you get Changes Salon & Day Spa's cellulite zapper: LaserDermology using Cynosure's Tri-Active system. The treatment improves the appearance of cellulite and tightens skin through deep mechanical massage and laser technology.

Mary Rascon, owner of the Ardmore spa, says the treatment doesn't hurt, although skin may appear pink for a short time and bruising may occur in those with sensitive skin. Anywhere from 10 to 15 treatments ranging from \$150 to \$250 each are recommended, with two treatments performed per week. An additional treatment is recommended at least once a month for maintenance. Log on to [ChangesSalonSpa.com](http://ChangesSalonSpa.com) for more information.

VelaSmooth uses a combination of light and radio frequency energies along with mechanical rollers and vacuum suction to reduce cellulite and improve con-

# recreate yourself



## at the ultimate salon and spa.

Create a new you in an atmosphere of luxury and elegance. You'll be refreshed. Renewed. More beautiful than ever before.

Personal attention and complete services include everything from head to toe: hair, nails, lashes, skin, facials, massage, hydrotherapies and more.

**Call for a personal consultation.  
Find out what you've been missing!**

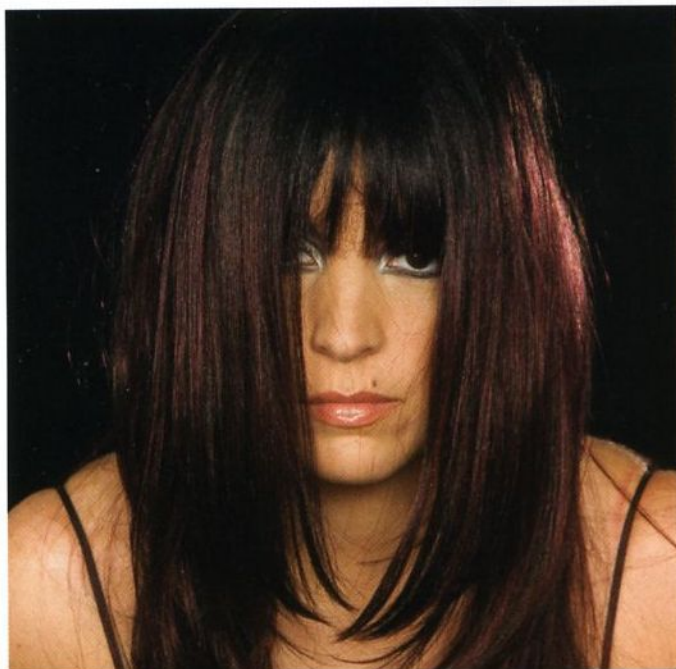


**CALISTA GRAND**  
SALON & SPA

EXCEPTIONAL TALENT.  
EXTRAORDINARY RESULTS.

1211 WILMINGTON PIKE, WEST CHESTER, PA 19382  
610.399.6677 / [WWW.CALISTAGRAND.COM](http://WWW.CALISTAGRAND.COM)





**Salon Vanity**  
1126 Walnut St., 2nd Floor  
Philadelphia, PA 19107  
(215) 925-2211

Ammonia free haircolor  
Specializing in dry cutting

JOHN ANDREWS SALON

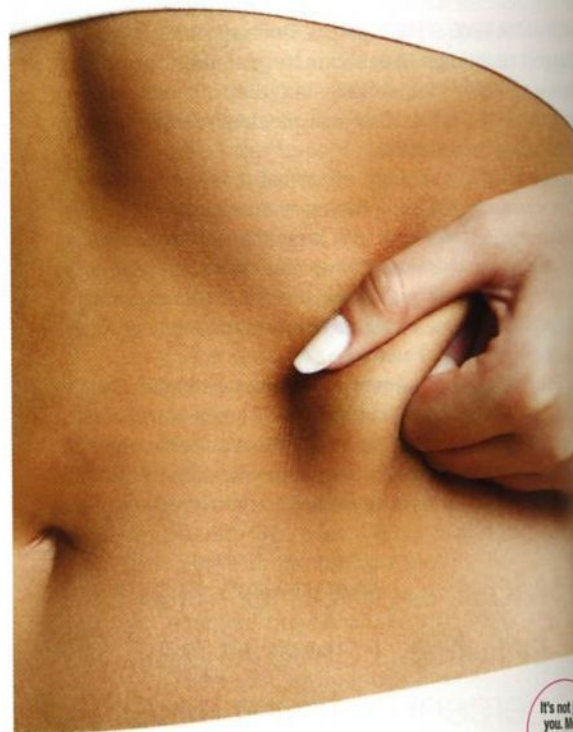


HAIR • WAXING • NAILS • PRODUCTS

27 West Avenue Wayne PA 19087  
610-688-6811

## Beauty

Check out PhillyStyleMag.com  
to get the scoop on the best  
spa treatments for a  
beach-ready body.



It's not just  
you. Most  
women fight  
cellulite.

touring. Offered at Valley Square Plastic Surgery Center in Warrington, VelaSmooth fights cellulite by penetrating deep layers of fatty tissue and collagen, says the center's medical director and co-founder Theodore Katz.

Collagen fibers that connect fat to the skin may stretch, break down or pull tight, allowing fat cells to bulge out and create the rippled look of cellulite.

The painless treatment, likened to a warm deep-tissue massage, consists of a total of 8 to 16 sessions—each costing \$200—performed once or twice a week. Skin may appear flushed for a short time afterward. After the initial series is completed, an additional maintenance treatment is typically needed once a month.

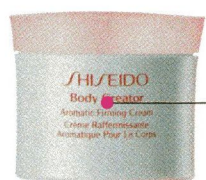
"The goal is to get as much improvement as possible," says Katz, noting that cellulite treatments should be combined with a healthy regimen and diet. "Nothing is permanent." ■



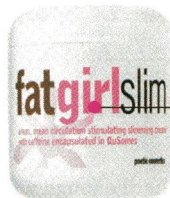
# Dream Creams?

A ton of products promise results in the form of smoother skin and fewer dimples, but doctors agree that topical treatments—while effective at providing surface hydration—aren't the best at fighting cellulite. We've chosen five that deliver temporary, superficial smoothness and moisture to the skin. And if these products can do a little more?

Hey, a girl can dream ... —L.Q.W.



**Shiseido Body Creator Aromatic Firming Cream** (\$55, Macy's) douses thirsty skin with moisture. The cream has a delicate fragrance of grapefruit oil and spices.



**Bliss Fat Girl Slim** (\$25, Bliss World.com) contains caffeine to help tone your skin as it energizes. Massage it in for 20 to 30 seconds to stimulate circulation.



**Clarins Total Body Lift Double Edition** (\$76 for two tubes, Saks Fifth Avenue) promises to help improve firmness and tone. Warm it in the palms of your hands before you slide it on.



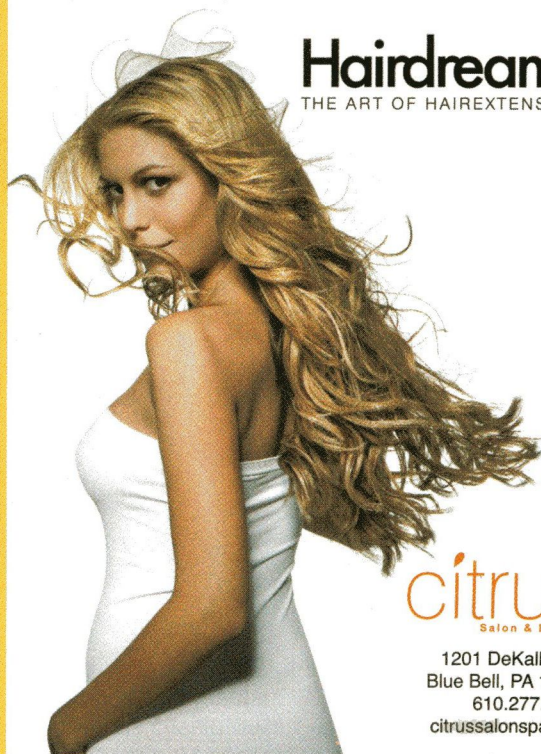
**Philosophy Amazing Grace Body Firming Emulsion** (\$34, Sephora) is full of moisturizing ingredients, including shea butter and olive oil.



**Murad Body Firming Cream** (\$42, Spa Elysium) nourishes dry skin with vitamin C, oat beta-glucan, shea butter and soy flour to boost skin's radiance, tone skin and provide intense hydration.

Get the hair you've always dreamed of.

The hair extension experts at Citrus can instantly create thicker, fuller and more luxurious hair.



**Hairdreams®**  
THE ART OF HAIREXTENSION

**citrus**  
Salon & Day Spa

1201 DeKalb Pike  
Blue Bell, PA 19422  
610.277.HAIR  
citrusalonspa.com

**art + science**

where beauty meets nature



*"Great hair doesn't just happen!"*

4430 main st • philadelphia, pa 19127

**215 + 482 + 2242**

www.artplusscience.com