

Pinx Total HARMONY



LETS TALK ABOUT CELLULITE!

CELLULITE OR ORANGE PEEL!

Did you know cellulite affects 80-90% of women and approx 10% of men.

Cellulite is connected to your endocrine system which uses hormones to control and coordinate the body's metabolism.

Nowadays, cellulite is so common that it almost seems to be normalised. Even though it doesn't affect our day to day lives it does play on our minds.

Cellulite was first published in a magazine, Vogue, back in 1968 in France.



SO WHAT IS CELLULITE?

Technically, cellulite is trapped fat that stretches the connective tissues just below the surface of your skin. This then creates an unevenness and dimpling. Unlike normal fat that gets reduced with diet and exercise, this fat doesn't get used as energy and nutrient consumption.

The structure of cellulite is different in both men and women. In men, it is more diamond shape. So when they gain weight the structure of the fat cell is enlarged and distributed evenly.

For women, it is more spiral shape. So when a woman gains weight the fat cells creates a column like chamber then the orange peel effect.



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TREATMENT

Apart from surgical interventions like liposuction it is very hard to reduce cellulite. Like I said before it affects everyone including the fit and healthy however less fat and more muscle may help it's appearance.

Here are few ideas that may help to reduce it-

- **Mechanical Massage.** This is when you use motorised rollers to grip and knead the areas. This stimulates circulation and reduced the appearance of adipose tissue.
- **Radiofrequency.** The frequency breaks down the fat cells with heat to reduce the visible appearance of cellulite or orange peel effect.
- **EMS or Electrical Muscle Stimulation.** This sculpts your body, lose unwanted fat, tighten the skin, and work your muscles. This drains away toxins and reduces cellulite.
- **Body Brushing.** This is a at home alternative. What the brush does is to increase the blood circulation. This gives you smoother skin, stimulated lymphatic system combined with massage this reduces the appearance of cellulite. Please note always brush and massage towards the heart.



NB: You cannot do this in a few treatments and expect your cellulite to disappear as it may have taken 20 to 30 years to accumulate

