

## Treating Cellulite: Several Methods

You can identify if a person has cellulite by pinching an area of their skin tissue. If the skin dimples or has a rippling, orange peel appearance, they have it. Cellulite is also a lot more apparent when the skin is cold.

Cellulite is a natural phenomenon, and is very common. Cellulite build-up can be reduced by exercise and a healthy diet. Keeping the body well-hydrated and avoiding excessive alcohol and coffee consumption are also strongly recommended, as these are among the worst-offenders for causing cellulite. Regular use of cigarettes, diuretic pills, laxative and diet pills also increase the likelihood of developing cellulite. Salt use should also be minimized due to the fact it leads to water retention. Exercise is also key for skin appearance and the fight against cellulite. A good exercise regimen is probably half the battle in the fight against cellulite.

Most topical applications available on the market do not treat cellulite exclusively, although they create the appearance of a smoother texture by making the skin look smoother and more plump. This is only a temporary effect, however, and retaining the smooth appearance will require constant application of creams and potions. This can prove expensive, as well as time-consuming. Cellulite's dimpling effect can be reduced by using Aminophylline-containing creams. Aminophylline is a bronchodilator that causes a chemical reaction that changes fat cells into fatty acids that are able to slide through the cell walls into the bloodstream. These creams should be used sparingly, quickly, and also should be kept away from heat.

The skin's appearance can also be improved with the use of retinols and Alpha Hydroxy Acids that can be found in some lotions. Eliminating the surface layer of dead skin cells can also be hurried along by using cellulite lotions containing lactic acid and glycolic acid. This is an increasingly popular method being used by many beauty salons to fight cellulite problems. Cellulite treatment creams also contain Vitamin A derivatives or Retinoids, applied at night because daylight destroys Retinol. Although it is debatable whether Retinol is effective for removing cellulite, it is also used to improve the skin's circulation and softness. There are anti-cellulite lotions containing caffeine and some also contain herbs which claim to improve the skin's texture and tone.

Some beauty salons recommend that their clients wear a special line of pantyhose and panties made of an unusual mesh fabric. These products claim to provide beneficial exercise to the skin and adipose tissue by complimenting the body's movements. This exercise is supposed to stimulate microcirculation causing excess tissue fluid to be drained. However, these claims are open to some interpretation.

Massages and rollers are also available that use the same principle. Although all of these methods do not effectively remedy the underlying cause of cellulite, they can temporarily reduce the appearance of it. However, you should use caution and remember that excessive massage on cellulite-affected areas can result in breakage in the tiny capillaries beneath the skin.