



Cellulite Busters

One very unfair trait women inherit is cellulite. That unsightly dimpling of the skin, the 'orange-peel' effect – men just don't get it. It happens to most women, regardless of your weight or body type.

Cellulite is the reflection of fat. It's really as simple as that. Between our skin and underlying muscles are fibrous bands of tissue. When our fat cells bulge up against the top layers of our skin, these tissue pull down on the fat to create uneven bulges we call 'cellulite'. Of course, the less fat you have, the less chances of this phenomenon happening. This problem is worsened by a poor lymphatic system, which is supposed to drain fluid from tissues to eliminate body waste. Too much of these trapped fat cells block the drainage and makes the fat swell – presto! your cellulite looks ten times worse.

There's no beating the fact – diet and exercise play the most important role in the offensive against cellulite. When you consume less fat and burn off residual fat

in your body, cellulite naturally reduces. It is the most effective way to bust cellulite, and best of all, it costs you nothing.

That said, everyone can do with some help in the war against cellulite. Applying anti-cellulite cream can help smoothen skin on the rear, and temporarily reduce the dimpled appearance. Salon treatments help to stimulate muscles, loosen fibrous tissue or boost circulation to reduce the severity of cellulite.

Vanity calls for desperate measures. In our quest for a smoother behind, we have shortlisted the best salon and aesthetic treatments to aid in your battle of the bulge.



Pro5S Treatment

This latest technology introduces the whole body-vibration (WBV) technique for women with cellulite woes. Pressure waves and vibrating energy break down stubborn fat, eliminate toxins and improve blood circulation to enhance skin elasticity. It is suitable for firming action on the face, décolleté, thighs and arms. Also has infra-red laser for cellular stimulation to promote smoother skin, and high oxygenation to boost circulation and fight ageing cells. A completely safe procedure as acoustic waves are kept at a very low frequency for an effective yet mild cellulite treatment.

Try it at:
Expressions International
 40A Orchard Road, MacDonald House
 Tel: 6235 9890

Body Remodeller Treatment

The microcirculation in this treatment gives skin better oxygenation, tonicity and a smoother texture. At the same time, your fat build-up and water retention is reduced as fat deposits and cellulite are worked on. This pampering yet effective spa treatment promotes a svelte figure. Multiple sessions are recommended for results.

Try it at:
True Spa
 391A, Orchard Road
 #16-00 Ngee Ann City Tower A
 Tel: 6732 9555



Electrolipolysis Therapy

Our fat cells can compress blood vessels by up to 400 times to dramatically deteriorate our blood circulation. The Electrolipolysis Therapy technology activates these stubborn fat cells to improve lymphatic drainage so as to gradually improve the appearance of cellulite. This non-surgical, painless and safe solution liberates fatty acids so it can pass freely through the cell walls to be transported by our lymph vessels. When circulation resumes its optimal state, fat cells will reduce and your unsightly cellulite will be less visible. An average of 10-20 sessions are recommended for optimal results. Suitable for treating the abdomen, hips and thighs.

Try it at:
BottomSlim NY
 302 Orchard Road
 Tong Building #18-03
 Tel: 6363 2525



Mud Treatment

Performed with a deep anti-cellulite massage to relieve water retention and boost lymphatic drainage. After the massage, pure concentrated mineral mud extracted from the deep seas is applied on target spots and firm and smoothen skin. This treatment is better for those with 'light' cellulite. Also helps to tone and firm skin.

Try it at:
Slimming Sanctuary Tel: 6355 6161

Quazi-CelluZero

An Italian formula that administers four treatments in a single session. Comprises Electro-stimulation, ultrasound, infra-ray and chromotherapy treatments to mobilise fat cells and improve problem areas.

Try it at:
Slimming Sanctuary Tel: 6355 6161

Aesthetic Treatments

***Consult a professional aesthetics doctor before treatment.*

SmartLipo™

Uses laserlipolysis, an advanced LASER beam technique, to remove fat that is resistant to physical exercise. Laserlipolysis breaks down the membranes of the fat cells, while the oily substances (lysates) are eliminated by the body in a natural manner. Especially good for treating excess fat around the underarms, abdomen, thighs, love handles and buttocks. A minimally invasive procedure with little risk of scarring.

*Available at: True'Est Aesthetics & Laser Centre
Tel: 62350990*

Velasmooth™

Uses radio frequency and Infrared Light Device (ELOS™) combined with mechanical manipulation and suction to re-contour and improve texture of cellulite-ridden skin. A light spray is applied to the treatment area, and it's often described as a warm, massaging sensation. While Velasmooth™ doesn't make you lose weight, your body will look slimmer because of the re-contouring effects. Velasmooth™ also decreases muscle aches and boost blood circulation.

*Available at: True'Est Aesthetics & Laser Centre
Tel: 62350990*

Tenor™

Uses radio frequency that allows different depths of fat to be treated (volumetric thermotherapy). During the treatment, there's also two hand devices used for the treatment of body reshaping therapies. Tenor™ has been shown in Europe to not only improve cellulite, but actual weight loss has been seen in some women.

*Available at: Calvin Chan Aesthetic & Laser Clinic
Tel: 62352343*

Carboxytherapy

A new FDA-approved cosmetic surgical treatment that reduces the appearance of cellulite by improving local tissue metabolism and perfusion. Carbon dioxide mechanically destroys fat cells and its vasodilatory effect (causes dilation of blood vessels) on capillaries in the area allows for stronger blood flow and higher oxygenation. The increase in oxygen eliminates built-up fluid between the cells. The end result is fewer fat cells and firmer subcutaneous tissue.

*Available at: Calvin Chan Aesthetic & Laser Clinic
Tel: 62352343*