

There's hope...

It's not always easy being a woman.

Not only do we have to find a healthy balance between our home and work lives, we also have to go through constant changes within our bodies. After that, there is the outer appearance of our bodies to consider. As we age we become more aware of each new wrinkle and every extra hair that was never there before. We endure painful waxing sessions to get that ultimate brow shape, smooth legs and perfect bikini line. Now we're ready for the beach. Or are we?

Nearly 90 percent of women have cellulite. Cellulite is a common term used to describe pockets of trapped fat, which cause uneven dimpling or "orange peel" skin. Cellulite removal for women can be frustrating. Sometimes it seems that no matter how hard we try stubborn fat on our thighs, upper arms, stomach and abdomen just will not go away.

Contrary to popular belief, cellulite is not related to obesity, since it occurs in overweight, normal and thin women. Water retention problems, lack of proper circulation, hormones, the use of oral contraceptive pills, dietary factors which include food additives, chemical preservatives and excessive caffeine all contribute to the formation of cellulite.

These factors cause the fat cells in the subcutaneous fat layer to increase up to 300 times their original size and stick together inside the pockets in which they are enclosed. The pockets are stretched upward while the fibers between the pockets are strained, circulation is inhibited and toxins and water are trapped forming a gelatin-like substance that hardens. These fatty pockets form lumpy, bumpy areas under the skin.

Unfortunately, there is no proven cure for cellulite but there are steps we can take to reduce its cottage cheese like appearance. Eat a healthy diet. Drink a regular amount of water and avoid excessive consumption of coffee, alcohol, and very high fat foods like chocolate and candy. Make sure your diet includes enough fiber and lots of fresh fruit. Quit smoking! One of the symptoms of cellulite is water retention but it is important to avoid diuretic pills as they will make your cellulite worse. Make exercise a part of your daily routine and don't let stress get the better of you.

There are many products on the market that claim to rid your body of cellulite. Although they do not actually take the cellulite away, don't be discouraged. Many of these products contain active plant extracts and essential oils that will help eliminate the appearance of the cellulite but not the actual cellulite itself. Personally, I really don't mind the idea of having cellulite as long as I can't see it!

There is no miracle cure. By using the right home products for body contouring, firming and reduction in water retention in conjunction with regular massage and professional Spa Body Treatments you can lessen the appearance of your "orange peel" thighs and you'll be ready for the beach again in no time.

For more information on professional body treatments call Eclipze Hair Design & Day Spa at 945-1188. Our cellulite reduction treatment is just one in a series which includes help for water retention, firming after weight loss and treatments to protect the delicate skin of the mother-to-be.