



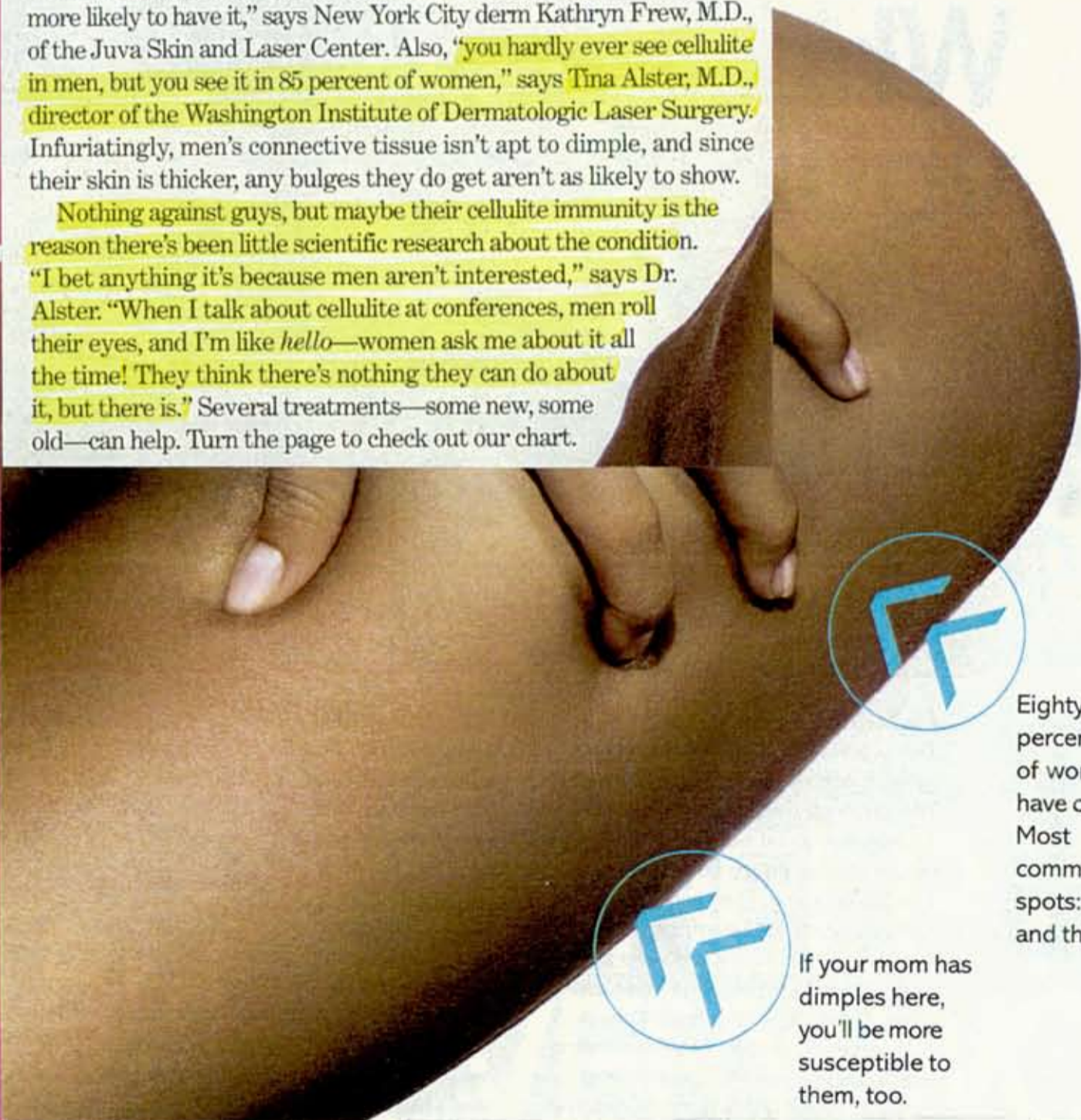
Dimples, cottage cheese, orange peel... no one has trouble describing cellulite. But what *causes* it? Doctors used to think it was just plain old fat—but now some researchers believe it may actually be a breakdown of our skin's connective tissue. Seems there's a network of bands that help hold fat cells in place—like a chain-link fence. Over time, the new thinking goes, those links get inflamed. The result: They squeeze fat too tightly, and bulges bubble up. "People have been looking at cellulite like it's a fat problem, but it's not," says Los Angeles dermatologist Howard Murad, M.D.

So what determines if you'll get cellulite and how bad it'll be? Doctors aren't sure, but they do know this: "If your mother has it, you're more likely to have it," says New York City derm Kathryn Frew, M.D., of the Juva Skin and Laser Center. Also, "you hardly ever see cellulite in men, but you see it in 85 percent of women," says Tina Alster, M.D., director of the Washington Institute of Dermatologic Laser Surgery. Infuriatingly, men's connective tissue isn't apt to dimple, and since their skin is thicker, any bulges they do get aren't as likely to show.

Nothing against guys, but maybe their cellulite immunity is the reason there's been little scientific research about the condition. "I bet anything it's because men aren't interested," says Dr. Alster. "When I talk about cellulite at conferences, men roll their eyes, and I'm like *hello*—women ask me about it all the time! They think there's nothing they can do about it, but there is." Several treatments—some new, some old—can help. Turn the page to check out our chart.

History?

GUIDE TO BANISHING YOUR
BY KENNETH WILLARDT



Eighty-five percent of women have cellulite. Most common spots: butt and thighs.

If your mom has dimples here, you'll be more susceptible to them, too.

Is cellulite

JUST IN TIME FOR SWIMSUIT SEASON—GLAMOUR'S NO-B.S. LUMPS AND BUMPS. BY STEPHANIE HUSZAR PHOTOGRAPHS