

PHILADELPHIA

# STYLE

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## Summer at the Shore!



### The Cellulite Fight

Does anything really work?  
By Leslie Quander Wooldridge

Summer has yet to arrive, but *those* women—the preternaturally skinny model types—have already begun flaunting short shorts and taut skin all around town. Clearly, they don't understand the dimpled-thigh plight of average women everywhere. For us, the season to bare it all in a bikini can be a little scary.

STYLE sought information on the top procedures that battle cellulite—if only temporarily. Read on to find out what treatment is right for you.

**WHAT IS CELLULITE, ANYHOW?** You must know your enemy in order to defeat it. According to medical dictionaries, cellulite is fat deposited in pockets just below the surface of the skin. Collagen fibers that connect fat to the skin may stretch, break down or pull tight, allowing fat cells to bulge out and create the rippled look on legs—something referred to often as “cottage cheese” thighs.

For some, cellulite is visible only when skin is pinched. For others, it's seen while the body is at rest. “It's one of those common conditions,” says Dr. Tina S. Alster, director of the Washington Institute of Dermatologic Laser Surgery and clinical professor of dermatology at Georgetown University Medical Center. “Most ... women have cellulite. I always say, 90 percent of them have it and the other 10 percent think they have it,” Alster says. “It's because women package fat differently. She adds, “There may not be a way to prevent the fat from being packaged that way ... because that's kind of genetically determined and hormonally influenced.” (Take that, Kate Moss!)

The good news is that treatment can help lessen the appearance of cellulite. Just check with your health care provider before undergoing any procedure.

### Cellulite CURES Are They Really Out There?

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**INJECTABLES** Since a French doctor first created mesotherapy in 1952, it's been used widely by Europe's elite as a treatment for dimply skin. Today mesotherapy is less exclusive and available at the Magaziner Center for Wellness and Anti-Aging Medicine in Cherry Hill, N.J. A customized mixture of vitamins, amino acids and medications is injected into problematic areas of the skin to help break down damaged connective tissues and clear out excess fluid and fat. During mesotherapy, different sized needles are used for maximum effectiveness.

**NONINVASIVE THERAPIES** Doctors don't typically suggest traditional liposuction to treat cellulite—it can make cellulite look worse—but they do recommend noninvasive devices that use mechanical massage or intense light treatment.

VelaSmooth uses a combination of light and radio frequency energies along with mechanical rollers and vacuum suction to reduce cellulite and improve con-

