

# EFFECTIVE CELLULITE SOLUTIONS

*We liken it to orange peel or cottage cheese. Women have it, so do men. Even celebrated beauties like J Lo are afflicted, as the paparazzi unkindly brought to our attention. But can we do anything about cellulite?* By Dr. Christine Cheng

**C**ellulite, also known as dermatomyoliposclerosis, affects the young, the old, the fat, the slim, the gym-sculpted and the couch potato. General estimates say up to 90 per cent of women have it.

Cellulite is a disease of the fat level of skin. The fat cells are arranged in chambers surrounded by fibrous bands. When there is a build-up of toxins and poor lymphatic drainage, water retention occurs and cellulite forms. The fibrous bands can contract, resulting in a permanent dimpling of the skin.

Unfortunately, once formed, cellulite is hard to dispel with lifestyle changes alone. Many have suggested drinking more water, exercising and eating healthily, but none of these are effective. Even liposuction, often touted as the cure for cellulite, can worsen the situation.

Hormonal changes also contribute to cellulite which partly explains why women are more prone to it. Genes are thought to play a part too. Cellulite appears largely on the thighs and bottoms, but can be found on the inner knees, hips, lower abdomen and under the arms.

Advances in Aesthetic Medicine have brought with it a number of effective cures for cellulite:

**1. Mesotherapy** improves the circulation, dissolves excess fat deposits and removes hardened fibrous connective tissue. Mesotherapy can dispel cellulite after 6-10 sessions, but mild to moderate cellulite responds as well, if not better, to machine treatments.



**2. Endermologie**, the use of suction and rolling technology, physically improves the circulation and expels toxins from the affected areas. The skin tone is improved, and even end-stage fibrotic cellulite can be less visible after such treatment.

**3. Ultrasound treatment** can melt the fat in the treated areas and therefore reduce the bulges in the affected area. Coupled with lymphatic drainage, toxins can be eliminated for effective cellulite elimination.

**4. Biomesosculpture** is the latest in cellulite treatment. This technology stimulates the extra-cellular matrix surrounding our cells to reduce toxin stagnation. The infusion of a luxurious chocolate slimming cream infused with pure plant botanical and homeopathic extracts (ivy, dandelion, juniper) reduces cellulite and fat buildup. MRI studies show the instant inch-loss is due to fat reduction and not just water loss. The slight rise in temperature generated stimulates collagen production, hence stimulates skin firming and rejuvenation.

Of all the treatments listed thus far, Biomesosculpture shows the most promise as it treats cellulite formation at root cause. This detoxifying treatment has immediate permanent results. With minimal downtime, this treatment is safe enough to use every day.

Cumulative inch loss is far greater than surgical fat reduction if sessions can be taken in close succession. The major advantage is minimal discomfort or disruption of normal activities. Ten sessions are suggested for each area. Results may continue to improve after the treatment course, as the toxins causing the imbalance and stagnation have been eliminated.



Biomesosculpture can be used for spot reduction, reducing the appearance of cellulite, lymphatic drainage, buttock lifting, thigh tightening, waist reduction, hip reshaping and stomach rejuvenation. It can also be used for facial rejuvenation and chin/jaw line lift.

All these treatment options are available at Simply Aesthetic Rejuvenation & Contouring Clinic ([www.simply-aesthetic.com](http://www.simply-aesthetic.com)), with Biomesosculpture being exclusively available there. For more information or to book your appointment, please call 6732 5527. ■



Aesthetics doctor and anaesthetist **Dr Christine Cheng** operates Simply Aesthetic Rejuvenation & Contouring Clinic. For more information, please visit [www.simply-aesthetic.com](http://www.simply-aesthetic.com)

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Our Medical Services include: Botox, Fillers, Chemical Peels, IPL, Microdermabrasion and Mesotherapy (melt fat & cellulite, lift face & loose skin, stimulate hair growth). Our comprehensive weight loss service includes the Food Intolerance Test, a Nutrition Consultant, a Fitness Consultant. Advanced contouring technology accelerates and enhances our slimming treatments.