

win the war on cellulite

| | the treatment | how it's supposed to work | reported results | the details |
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| <p>90% of women have cellulite—regardless of shape, size, or age. It appears when a collection of</p> <p>ments</p> | <p>Lipostabil injections (\$1000 and up per session)</p> | <ul style="list-style-type: none"> An enzyme called phosphatidyl choline (aka Lipostabil) is injected into fatty areas, like the butt and thighs, where it is said to break down and dissolve fat, slimming and smoothing the skin. | <ul style="list-style-type: none"> There have been no published studies using the enzyme on the butt and thigh areas. There is, however, anecdotal evidence of its success in South America, where the treatment is popular. | <ul style="list-style-type: none"> According to Steven Victor, M.D., a New York City cosmetic dermatologist, most patients require up to six sessions to see results. For more information, see "Beauty Treatment—or Torture?" on p. 226. |
| | <p>Endermologie (\$80 to \$100 per session)</p> | <ul style="list-style-type: none"> A machine with large rollers (made by a company called LPG) massages the skin to break up fat. It has been FDA-approved for the temporary reduction of the | <ul style="list-style-type: none"> In a one-year clinical-outcome-study update published in the <i>Aesthetic Plastic Surgery Journal</i> in 1998, 90 percent of participants reported an improvement in areas | <ul style="list-style-type: none"> The sensation of the rolling machines is similar to deep-tissue massage. Temporary bruising may occur. You will need 14 sessions (two per week) to see results that could |
| <p>in-off</p> <p>pucker. Here, the scoop on what you can do to tackle the orange-peel effect</p> | <p>Mesotherapy (\$2500 for 10 sessions and a consultation)</p> | <ul style="list-style-type: none"> A solution containing chemical and plant agents, as well as an anesthetic, is injected into dimpled areas. It is said to break down fat and block the production of new fat cells in the mesoderm layer of skin. | <ul style="list-style-type: none"> No independent U.S. studies exist. But Marion Shapiro, D.O., director of Mesotherapy Associates PC in West Orange, NJ, says most of her female patients lose about two inches after four treatments. | <ul style="list-style-type: none"> The injections are said to be painless. After the fat is treated, it is excreted in urine. You will need a minimum of 10 treatments, one per week, to see results. Maintenance shots may be required. |
| | <p>Ionithermie (an average of \$125 per session)</p> | <ul style="list-style-type: none"> Conductive gel, and special skin products developed in France (where Ionithermie was created) are used together to disperse cellulite. | <ul style="list-style-type: none"> Dr. Jean Guibaud, M.D., said: "After 10 sessions, all subjects noticed a visible improvement in the 'orange peel' texture of the skin." | <ul style="list-style-type: none"> Dr. Guibaud said: "After 10 sessions, all subjects noticed a visible improvement in the 'orange peel' texture of the skin." |
| | <p>Micro-liposuction plus external ultrasound (around \$4000)</p> | <ul style="list-style-type: none"> Micro-liposuction (performed using small canulas, or tubes) helps extract fat, while the ultrasound can affect the fat underneath the skin, causing it to drupe differently after treatment. | <ul style="list-style-type: none"> "Although liposuction alone does not address cellulite per se, I have seen minor improvements with this combination," says Debra B. Luftman, M.D., a Beverly Hills dermatologist. | <ul style="list-style-type: none"> Both procedures can be performed in the same visit but must be administered by a qualified liposuction doctor (to find one, go to www.aaf.org). Expect five days of severe bruising. > |