

Cellulite Treatment Methods

There are very few people who have cellulite free bodies, and for some who do have cellulite, they are able to hide it well. However, there are many people who are unhappy with their body image and want to do something about it. Sure, everyone wants to be able to find the perfect miracle cure, one that's free of pain, quick, and removes all that unsightly cellulite.

There isn't really any such cure, but there are ways to help alleviate some of the problem. With new technology and extensive research, new products and procedures are available today that can help to reduce cellulite's appearance, improve the tone of your skin, and also possibly help you shed an inch or two. The first cellulite treatment available is called advanced keymodule endermologie. Considered to be an anti-cellulite treatment, AKE will supposedly help to smooth your skin while giving you a slimmer figure.

During this cellulite treatment you will be given special, stretchy, cotton clothing to wear. After you put it on, cylindrical rollers will then be placed on your skin and gently rolled over your body. It isn't considered to be a painful treatment, in fact, it has been said that the suction effect actually feels like a wonderful massage.

AKE's idea is that the process helps to restructure your skin's connective tissues, while stimulating your blood and lymph circulation and helping to eliminate any toxins. It is also said to trigger your body's regular process for eliminating excess fat to help tone, firm, and smooth your skin.

The process is inexpensive and monthly sessions are usually suggested in order to maintain any results.

The next cellulite treatment is called vacunaut, or vacuum therapy. This process, developed by a sports scientist in Austria, supposedly promises to rid you of the excess fat around your stomach known as a spare tire. It also claims to be the only process found in the world that is able to achieve very effective, and just about effortless, abdominal workout.

During this treatment you will have to wear a suit specially designed for the procedure, while walking on a treadmill for 30 minutes. The machine is controlled by computerized pumps that change internal pressure, forcing your blood directly to the fatty tissue surrounding your stomach.

The blood will absorb the fat that surround your stomach, using it to help power your muscles. In addition, this fat-enriched blood will be steadily moved over and over again to your working muscles.

The downfall to this procedure is that anyone with medical conditions such as those that are related to the heart, circulatory, or metabolic, are not able to use this machine. Also, it takes several months to see an improvement, and it works best when used together with a healthy diet.

The last of the cellulite treatments is the ionithermic body treatment. This process claims to be perfect for any person who has successfully lost weight, but still help toning and firming.

During this treatment, you will receive a body scrub as well as a pressure point massage. Any area that needs to be treated will be covered with thermal clay, as well as essential oils and pads, that emit a rhythmic electrical pulse.

IBT will work the areas by using a gentle action the combines faradic and galvanic stimuli, while also using the thermal clay and natural ingredients that are biologically active.

This treatment claims to promote the loss of inches, fat reduction, and also firming and toning your body.