

About cellulite

CELLULITE TEST :

Cellulite is always the result of 3 factors:

- Fat
 - Water
 - Alteration of sub cutaneous fibres
- But it is the main factor that categorise your type that will also determine your treatment's strategy. Type 1
- You are plummy
 - You have few pounds to lose
 - You always had weight problems
- Your cellulite is soft, supple, fluid like a custard cream. You can pinch it easily. Your cellulite is located on the top half of your body (arms, belly, stomach) as well as on the bottom part (hips and thighs). You suffer from stress. Type 2
- You suffer from "heavy legs" (swollen, cramps, spider veins).
 - You seem to balloon before your periods. Depending on what day, your rings may be too big or too tight.
 - Summertime, your legs and fingers double in volume.
 - Your legs, ankles, thighs are thick.
 - Your skin is tense, cold on the bottom part of the body.
 - When you press your finger on your thigh it leaves a remaining hole. Type 3
 - Your cellulite is hard, painful when touching, hard to pinch. Mostly on the bottom part, inside the thighs and knees.
- Your skin is white, dry, and fragile.
 - Your bust is small, and when you follow a diet you loose more from the top and not from the bottom.
 - Your cellulite exists for many years, and nothing you've tried has yet worked
 - Your cellulite does not vary during your cycle
 - You are active
- If you have more positive answers in type 1, your cellulite type is "fatty" If you have more positive answers in type 2, your cellulite type is "infiltrated". If you have more positive answers in type 3, your cellulite type is "fibrous".
- Each type requires specific and adapted treatments
- Nutrition
 - Exercise
 - Cellu M6 (endermologie) Contact Beauty Works West
 - Mesotherapy
 - Supplements and creams Carboxytherapie