

health

“The Best Kept Secret”



By Renee Bolz

“People have been looking at cellulite like it’s a fat problem, but it’s not,” says LA dermatologist Howard Murad, M.D.

“All women must know that liposuction will not treat cellulite”, warns Mauro Romita M.D., New York City plastic surgeon.

What is Cellulite?

Cellulite involves the enlargement of fat cells and the retention of fluid. As these fat cells increase in size their membranes become distorted and lose their shape causing visible changes in both the quality and texture of the skin.

Doctors and researchers believe it may actually be a breakdown of the skins connective tissue. The tissue is like a network of bands that help hold fat cells in place similar to a chain-link fence. Over time the links get inflamed and squeeze fat too tightly, and bulges bubble up, producing the dimples, cottage cheese, or orange-peel effect.

Skinny vs. Fat Who Gets More Cellulite?

The surprising answer, “Even stick-thin types can develop cottage cheese thighs,” says Dr. Butterwick. “The worst case of cellulite I ever saw was on someone who wasn’t overweight.”

So what determines if you will get cellulite and how bad will it be?

Doctor’s are not sure but they do know this: “If your mother has it, you’re more likely to have it,” says New York City dermatologist Kathryn Frew, M.D. More than 90% of women are affected with this condition partly due to hormonal variations that tend to worsen with age.

Endermologie Treatments are an effective way to help reduce cellulite in the superficial layers.

New York City plastic surgeon Mauro Romita M.D. notes the Endermologie technique achieves the most noticeable results.

Endermologie is a non-surgical, **FDA approved** technique that reduces the appearance of cellulite while defining the figure. The hand held medical device, helps massage away lumps and bumps. Endermologie is a French body treatment, a licensed technician uses a vacuum like patented double-roller technique creating a skin fold rolling compression with a comfortable suction.

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Endermologie Testimonials

“I have reduced cellulite, tightened skin, and lost inches (decreasing my dress size). I am proof Endermologie works. I am now ready to wear my bathing suit with pride and confidence.” Debbie M.

“I tried pills, creams and massagers and they were all a waste of time and money. It has been six years since I started and I still believe the combination of a balanced diet, exercise, water and Endermologie has preserved my body and kept it looking and feeling younger.” Vicky

“Since starting Endermologie, I lost 21 lbs. and all of the cellulite is gone. I put on a bathing suit and my husband said, “You look awesome!” Laura Rae

Infrared Heat Sauna (Radiant Heat) Testimonials

“For 25 yrs, rheumatism dominated my life. Since using the infrared sauna, I feel wonderful doing things I never thought I would be able to do again.” Margriet Sievers

“After using the infrared sauna, I was able to get rid of the extra pounds gained from pregnancy and maintain my goal weight.” Diane Lynch

Renee Bolz is an Ohio State Board Licensed esthetician. In business for seven years and voted top 10 Women’s Business Owner in Ohio by NAWBO. Total Body Image, a local entrepreneur right here in Lake County for the past 5 yrs can offer you the “Hollywood” beauty secrets for a better you...

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