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CAN YOU ERASE CELLULITE

*Experts weigh in
on the most
effective ways to
smooth unwanted
dimples. By
Nicole Catanese*



THE PLASTIC SURGEON

JULIUS FEW, CHICAGO "You can see almost overnight improvement with Cellfina, an FDA-cleared treatment. We give a local anesthetic, then through a pinprick I move a very fine, delicate motorized needle, which acts like a tiny windshield-wiper blade just underneath the skin. It cuts the bands that create the dimpling. Once cut, skin appears instantly smoother. I'm able to easily target a broad area in a very controlled way, and can treat the buttocks and the sides and backs of the thighs in around 30 minutes with only three to four entry points on each side. You may experience some bruising but can absolutely drive yourself home. Post-treatment, your body works to repair the bands by replacing them with new collagen fibers and, I believe, releases growth factors that also prevent future dimpling. Unlike other cellulite treatments that focus on fat removal, Cellfina causes a remodeling of the anatomy of the skin. The results last for at least two years." Cost: \$3,500-\$5,500.

THE SPA PRO

ANUSHKA, ANUSHKA SPA, WEST PALM BEACH "The most cutting-edge cellulite-reducing technology we're using right now is Venus Freeze, a device that delivers multi-polar radio frequency combined with pulsed magnetic fields. The radio frequency causes a thermal reaction in skin, which stimulates the production of new collagen. The magnetic fields boost circulation, and the heat produced can melt some of the superficial fat cells that are pushed toward the skin's surface during the treatment. Clients love it because it can be used on any body part for skin tightening as well as for cellulite reduction and there's no downtime. My five-week intensive Better Body Boot Camp [\$1,615] consists of 10 cellulite-specific treatments, including Venus Freeze, and a complete nutrition plan. We recommend coming in twice a week, alternating between radio frequency and laser. Thermo-Jet heat therapy, seaweed wraps, and lymphatic massages. By the end, skin feels and looks much firmer. Maintenance treatments are recommended every six to eight weeks."

THE TANNING EXPERT

JAMES READ, LONDON "I always say, if you can't tone it, tan it. Self-tanner adds depth to skin, helping light reflect off muscles, which makes you look more toned and lessens the appearance of cellulite. Choose a universal shade of self-tanner that will adapt to your natural skin tone. I recommend a two-layer technique. Imagine the first application as a tinted moisturizer that diffuses subtle bumps. The second layer acts more like a heavier foundation to hide cellulite, as well as stretch marks. First, use my Bronzing Mousse with hydrating and firming ingredients, such as coenzyme Q10 [\$38]. (When skin is dry, cellulite is more noticeable.) At night, apply it with a tanning mitt, moving in small circles over the areas where you'd like a little extra coverage. The next morning, use my Instant Bronzing Mist [\$38] on areas the light hits naturally—the front of your legs and the calves. Wait three hours, then shower it off. The contouring effect creates the illusion of a slimmer body that will last for days." ■