

**COSMO
ROADTEST**

IS IT EVER POSSIBLE TO GET RID OF CELLULITE

Cosmo's intrepid testers
went on a mission to find out





We're feeling all the over-excited emojis for summer beach hangs, but that bitch cellulite isn't invited

You're standing in the change rooms wearing nothing but your g-banger when you catch sight of the indents on your thighs and bum and it hits you like a slap in the face.

Yep, cellulite sucks. A study from the *Journal of Cosmetic and Laser Therapy* shows that nearly 85 per cent of women over the age of 20 have it, while only 10 per cent of men are prone to it.

"It's much more common in females, as we're genetically and hormonally predisposed to it," says Sandra Sostres, registered nurse and clinical educator for Cynosure Australia. "It's a result of enlarged fat cells that push towards the soft tissue near the skin's surface, giving that dimpled, cottage cheese effect." It affects women of every size and there is no cure, but there are treatments that vary in effectiveness.

Experts estimate we spend millions on cellulite treatments per year – and we all deserve to feel shit-hot in our cossies – so we figured we may as well do some research. We asked seven women to volunteer their bottoms for the road test and these are the real, completely unretouched results.

TASMIN, 42

"I'VE ALREADY TRIED EVERYTHING"

THE TREATMENT: THERMAGE AT MD COSMEDICAL SOLUTIONS

THE THEORY BEHIND IT:

Radiofrequency energy deep heats the skin's tissue to remodel and produce new collagen.

WHAT HAPPENS: "A machine uses radiofrequency waves against the skin to heat the deep layers. It's also supposed to stimulate collagen renewal. I expected it to be painful but there was little discomfort and it was all done in one session."

THE VERDICT: "I knew I would have to wait a little bit after the session for it to take effect



and I saw results within a week. I felt my cellulite was smoother and I noticed fat loss in the area. This is the first treatment I've ever had that actually worked,

I'm so happy with it."

TIME IT TAKES: One session, one hour.

COST: \$2500

WHERE IT'S AVAILABLE: NSW, ACT
BOOK AN APPOINTMENT: 1300 885 808;
mdcosmedicalsolutions.com.au.

SUCCESS SCORE:



"I have cellulite. So what! I've never claimed to be perfect. It's crazy anyone should assume that just because you're in the spotlight, you're flawless" – KIM KARDASHIAN

THE TREATMENT: DRAININGSHOCK BY MESOESTETIC CREAM



THE THEORY BEHIND IT: Claims to "strengthen drainage", reducing fluid retention.

WHAT HAPPENS: "I applied the cream daily but I found it runny and difficult to control the portions so I ran out of it quite quickly. The science is unclear from the information on the packaging and online. It just claims to reduce the 'orange peel' look with extended use."

THE VERDICT: "I don't think I've seen results. I'd suggest people save their money and look into other tested and proven treatments."

TIME IT TAKES: It claims to work in 4-6 weeks.

COST: \$159

FOR STOCKISTS: advancedcosmeceuticals.com.au.

SUCCESS SCORE:

LISA, 28

"I WANTED SOMETHING I COULD DO IN THE PRIVACY OF MY HOME"

KRISTEN, 30

"I WANT TO BE ABLE TO DO
IT IN MY LUNCH BREAK"

THE TREATMENT: HYPOXI

THE THEORY BEHIND IT: Combines advanced compression technology with exercise to get your body's natural system to burn specific areas of fat and cellulite.

WHAT HAPPENS: "Each session started with the HypoxiDermology (HDC) – you have to wear a wetsuit-style outfit that sucks all the air out and blows little bubbles onto the legs, hips and stomach to increase circulation. It felt amazing! After that, I was strapped into

a machine that looks like an exercise bike (it's called an S120) and cycled for 30 mins while the machine blew air in and sucked it out again. You stay at a slow, steady pace so your heart rate is in the fat-burning zone."

THE VERDICT: "By the third week I noticed the difference in smoothness. As a bonus, my clothes felt looser – I went down a dress size."

TIME IT TAKES: 12 sessions over four weeks.

COST: \$1180 for a package of 12 sessions.

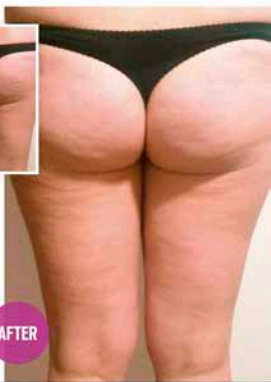
BOOK AN APPOINTMENT: hypoxi.com.au.

SUCCESS SCORE: 

BEFORE



AFTER



85% OF WOMEN OVER THE AGE OF 20 WILL HAVE CELLULITE

THE TREATMENT: SKEYNOOR
BODYSCULPT TREATMENT AT
SK SKIN CLINIC + DAY SPA

THE THEORY BEHIND IT: Combines massage and Meso-Science (a state of the art virtual needle plus electroporation technology) to infuse potent and concentrated actives deeper into the skin.

WHAT HAPPENS: "The therapist applied oils and cream onto the stubborn cellulite areas. A hand piece was massaged over the area in circular motions to begin the breakdown of cellulite through electrical waves, which penetrate the cells. It felt a little bit like pins and needles, but was not uncomfortable. I also applied an oil and cream to my thighs morning and night."

THE VERDICT: "I feel like my thighs look and feel a lot smoother. I noticed changes after 6-8 sessions. I'm excited to wear a bikini!"

TIME IT TAKES: It's recommended you do 6-10 treatments (75 minutes each). Combine this with the take-home maintenance program.

COST: \$175 per treatment. A take-home kit of gel and toning shorts are complimentary when you book a full program.

WHERE IT'S AVAILABLE: At salons nationwide.

BOOK AN APPOINTMENT: (02) 9809 5088.

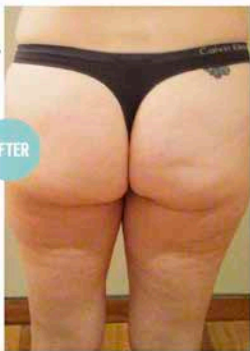
skclinicdayspa.com.au

SUCCESS SCORE: 

BEFORE



AFTER



ANYA, 43

"AFTER HAVING
THREE KIDS
MY CELLULITE
BECAME WORSE"

"We all have cellulite. So do supermodels! I've been to the shows, and I go, 'Stick figure has some cellulite!' It's nature. Without it, you're not human"

— SANDRA BULLOCK





"I am covered in stretch marks and cellulite but it doesn't bother me at all. My body will never be the same again but I really don't care" – REESE WITHERSPOON



ALLANAH, 34



"I WANT LOW COST IN THE LEAD-UP TO MY HONEYMOON"

THE TREATMENT: BODY BRUSHING

THE THEORY BEHIND IT: Manual lymph drainage improves blood circulation to the skin.

WHAT HAPPENS: "Before my shower each night I used the body brush on dry skin in circular, clockwise motions up my legs, across my thighs and bum. It made me itchy for the first few days but then it settled down."

THE VERDICT: "It may have made

the cellulite slightly less visible but nothing too dramatic. Perhaps the results will be better after another month."

COST: Endota Wooden Body Brush, \$45

WHERE IT'S AVAILABLE: At stockists online and in stores, nationwide.

FOR STOCKISTS: endota.com.au.

SUCCESS SCORE: 🍷🍷🍷

MELISSA, 26

"I'D PREFER A LONGER-LASTING TREATMENT I CAN DO MYSELF"

THE TREATMENT: KAYLA ITSINES BIKINI BODY EBOOKS AND FOAM ROLLER

THE THEORY: Healthy diet and exercise reduce fat, and foam rolling restores elasticity in the skin, improves circulation and oxygenates the blood.

WHAT HAPPENS: "The food guide gave good healthy-eating tips and recipe ideas. The exercise schedule had three 28-minute circuits per week, plus regular walking. I found it very hard! I was sore so I loved doing the foam rolling for about 10-20 mins each night. It massaged my thighs and bum, and it hurt a bit but in a good way!"

THE VERDICT: "I had a slow start and took time out as I was sick, so I haven't seen huge results just yet. I know if I stick at it long-term I will see improvements. I feel fitter and healthier, and I think my cellulite will change over the next few months."

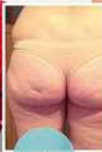
TIME IT TAKES: 12 weeks.

COST: Kayla Itsines Bikini Body Bundle, \$119.97, and foam roller, \$37.97.

WHERE IT'S AVAILABLE:

Online, nationwide. **BUY IT:** kaylaitsines.com.au.

SUCCESS SCORE: 🍷🍷🍷



10% OF MEN ARE PRONE TO CELLULITE

AUSTRALIANS
SPEND OVER
\$1 BILLION
PER YEAR ON
COSMETIC
PROCEDURES

Celeb cellulite busters

A-LISTERS ARE DITCHING FANCY TREATMENTS IN FAVOUR OF SKIN-STRENGTHENING FOODS. HERE'S WHAT THE EXPERTS RECOMMEND



Brightly coloured fruits and vegetables for antioxidants, which prevent cell damage.



Brown rice and pasta, pulses, beans and wholewheat bread for the digestive system and to prevent water retention.



Tuna and salmon for omega-3 fatty acids, which keep arteries clear and boost circulation.



BELINDA, 24

"I'M NOT SCARED
TO TRY ANYTHING"

THE TREATMENT: I-LIPO AT THE LASER LOUNGE
AND CELLULITE AT-HOME CREAM

THE THEORY BEHIND IT:

I-Lipo: Diode laser energy stimulates the mitochondria (battery of a cell), causing a chemical reaction to break down triglycerides into free fatty acids and glycerol. This intracellular fat is then broken down and removed via the body's lymphatic draining system.

CelluTite: Active ingredient Actiporine is said to detoxify cells and stimulate the synthesis of collagen, while caffeine shrinks fat cells and increases blood flow to the skin.

WHAT HAPPENS: "In the first half of the session they apply electronic pads to the affected areas. I expected it to be painful but it wasn't at all! In the second part of the session they use a machine with a suction head to cup the same areas. This is meant to bring toxins to the surface and increase collagen to help smooth the cellulite. After each treatment I went to the gym, as working out afterwards is said to accelerate the results. The salon

treatments were combined with an at-home cream called CelluTite that I massaged into my thighs and bum daily after showering."

THE VERDICT: "I started seeing results by the fifth treatment. My jeans became loose as I lost weight. I had quite a lot of dimples on my bottom and thighs to begin with and within the first couple of treatments I noticed the cellulite reducing. I was stuck in a slump and feeling down before the treatment but now I feel really amazing."

TIME IT TAKES: It's recommended that you do eight sessions over four weeks. Each session takes 30-45 minutes.

COST: I-Lipo: \$900 for eight sessions or \$150 per session. CelluTite: \$80.

WHERE IT'S AVAILABLE: I-Lipo: NSW. CelluTite: at stockists nationwide (synergieskin.com).

BOOK AN APPOINTMENT: 1300 963 962; thelaserlounge.com.au

SUCCESS SCORE: