

# Understanding Your Skin

## Cellulite: What You Should Know

(NAPSA)—In France, they call it “orange peel.” In America, it’s “cottage cheese.” And on babies, it’s simply “adorable.” But by any other name, cellulite—and its many forms of treatment—is, categorically, big business and highly controversial. Why? Because an antidote for the unsightly bumps and unevenness it imparts on the skin—especially around the buttocks, hips and thighs—remains elusive despite the surplus of products currently available.

Cellulite is a nonmedical term to describe the waffle-textured fat found on the buttocks and thighs of many women. It can begin to appear in girls around age 14 and tends to increase as they mature. Cellulite can also form in postnatal women and those who take birth control pills because the waste system can’t get rid of the high flow of estrogen in the body.

Cellulite doesn’t just target those who are overweight—it can be found on very thin women as well. However, cellulite does tend to develop in the areas where women are genetically programmed to store fat: hips and thighs. In fact, women have six times more fat-receiving cells in these areas than the upper body, and the higher percentage of fat there is in an area, the more likely it is that cellulite will appear.

Treatment options that some women have tried include massage; endermologie, a machine-assisted massage system that reduces the appearance of cellulite; and lymphatic drainage massage, which helps boost the functions of the lymphatic system, encouraging the removal and fil-



**A new product can help women reduce the appearance of cellulite.**

tering of waste, toxins and excess fluids from cells as well as boosting the body’s natural immunity.

Another option is a clinically proven product that features a novel combination of powerful, natural, anti-aging ingredients. Nivea Body Reshaping Treatment works:

- By enhancing the level of skin’s own coenzyme Q10, a natural ingredient found in the body that helps skin remain firm, toned and young looking.

- With Active Soy Extract derived from the soy plant, an effective ingredient that helps support the natural regeneration of collagen in the skin and makes skin appear less dimpled.

Nivea Body Reshaping Treatment does not contain caffeine or nicotine and the nourishing, ultra-hydrating formula is light, absorbs quickly and is dermatologist tested. To learn more, visit [www.niveausa.com](http://www.niveausa.com).