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New treatment targets cellulite

06:13 PM PDT on Thursday, April 27, 2006

By **JEAN ENERSEN** / KING 5 News

As the weather gets warmer, out come the shorts, that is unless you're bothered by cellulite. Now Seattle-area women have another option, when it comes to getting rid of those cottage-cheese thighs. But how well does it work?



Velasmooth feels like a deep tissue massage, only warmer.

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Maybe you work out at the gym, but nothing seems to budge that dimply fat known as cellulite. About 80 per cent of women have cellulite. Wendy Wood is one of them.

"It has been long term, but I notice the older I get, the more of a problem it is," she said.

But is she stuck with it?

"The only thing everyone agrees on about cellulite is that if you have it, you hate it and you want to get rid of it," said consumer advocate Paula Begoun.

Wendy decided to try a new FDA-approved treatment called the Velasmooth laser, which she likens to a deep tissue massage, only warmer.

"It doesn't hurt, but you can definitely feel it and there's heat involved," she said.

The theory behind Velasmooth is that it combines massage rollers, infrared heat and radio-frequency waves to tighten skin and increase circulation. Treatment consists of twice-weekly appointments for two months.

"Everyone has seen results -- at least 50-per cent reduction in cellulite," said esthetician Angela Corpus at Bela Skin and Body.

The only lifestyle change required: clients need to start drinking more water. But Corpus says as soon as they see the results, motivation kicks in.

"They're wanting to eat better, wanting to do more exercise, and that will even enhance the treatment even more and you'll see even better results," she said.

But to keep those results, maintenance treatments are required.

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Seattle author Paula Begoun, known in the industry as the “Cosmetic Cop” says although lasers show the most promise for controlling cellulite, the technology still has a long ways to go.

“There is no research showing that there is an anti-cellulite product, treatment, laser that has any long-lasting effect, or any dramatic results that will make you think you can jump into that bikini tomorrow,” she said.

Wendy believes the cost is worth it. She started noticing a difference after about six visits.

Resources

[Bela Skin and Body](#)

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“My skin was smoother; my clothes were fitting better, and just a better overall appearance on the outside,” she said.

A 16-treatment package costs between \$2,500 and \$3,000.

If you're looking for some simple home remedies, these are some well-publicized ones:

- Use a body brush or massage mitt on the affected area, using long, sweeping movements toward the heart.
- Grind caffeinated coffee into dust, mix it with lotion and rub it into problem areas for 60 seconds a day before rinsing off.
- Add two drops each of rosemary and fennel essential oils to three teaspoons of carrier oil, such as almond oil. Massage daily into the affected areas.
- Follow a healthy low-fat, high fiber diet containing plenty of fresh fruits, vegetables and water. Avoid coffee, meat, saturated fats and alcohol.

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