



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



AFTER



BEFORE

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



AFTER

BEFORE

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"