

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



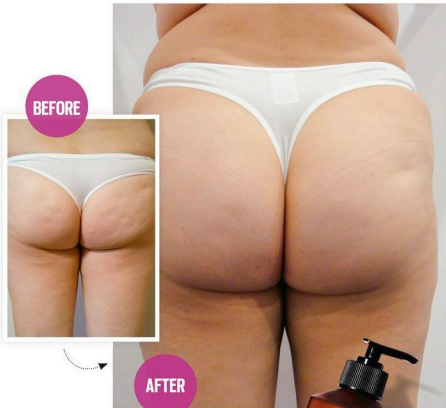
Brightly coloured fruits and vegetables for antioxidants, which prevent cell damage.



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 CELLUTITE 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:**