



Cellulite Savvy

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Cellulite is not a disease, a condition or a syndrome. It's fat by any other name, just stored differently.

"While many look at cellulite as a disease – a harmful build-up of toxins that must be healed – it's no such thing," says Sydney cosmetic physician Dr Deborah Davis. "It's a perfectly normal and natural way of carrying fat."

Of course knowing it's "just" fat is no great consolation to those who have cellulite.

For many, the way it manifests on the body – on hips, thighs, buttocks,

knees, abdomen and even arms – in cottage cheese-like lumps can seem a scourge as debilitating as an illness.

Affecting up to 85 per cent of women at some time, in some way during their lives, doctors know that cellulite can be genetic and most believe there's a strong hormonal component to its development.

Fatty tissue gets caught between layers of connective tissue. The tissue hardens, which causes the lumps or dimples that are characteristic of cellulite. While healthy diet and regular exercise can certainly help improve its appearance and keep cellulite under control, it's not a fix.

just what you need," says Dr Davis, of Sydney's Heber Davis clinic. "But that's not the case. In fact, liposuction can actually make cellulite look worse.

"The problem is that liposuction can really only get at fat that's deep down beneath the skin. Cellulite is generally too close to the surface for liposuction to help. As well, since it's the fibrous bands that really give cellulite its appearance, getting rid of fat alone doesn't really achieve much."

Indeed, there is no "cure" for cellulite – though the quest rages worldwide among medical and scientific boffins – but certainly there are better than ever means of significantly reducing it, with an array of sophisticated clinical and salon procedures, and potent home products.

HYPOXI

In a nutshell this requires being strapped into an airtight chamber that looks like a bit like a giant nutshell with bike peddles. You peddle away on these for around 30 minutes, in order to keep your blood flowing in the lower half of your body.

It targets buttocks, knees, thighs and stomach to help smooth and reduce those areas.

"Obviously in our line of work we're inundated with products and treatments that claim to reduce cellulite, eliminate water retention and generally make us look 10kg lighter after only one session or a week's worth of application," says Yasemin Turker, Editor in Chief of our sister site, Primped.com.au, who tried the regime.

"Hypoxi, however, is not one for making extreme claims and failing to deliver. And, with every 30-40 minute session, you have to peddle your way to looking slimmer and smoother. None of this sitting around doing nothing. business. You have to work for it."

Dr Norbert Egger, who created Hypoxi, realised that if you could stimulate blood flow to a specific area of the body, your fatty acids would metabolise faster in that area, making you lose weight and reduce cellulite more effectively. And that exercise was key to speeding up the process.

"Hypoxi recommends you take 12 sessions. This could be twice a week for 6 weeks or 3 a week for 4 weeks," says Yasemin. "The hardest part for me was to have no alcohol or carbs for at least 4-6 hours after Hypoxi training. "After peddling away for 4 weeks for 30 minutes at a time, I'd lost 5.5 cm off my stomach, 3.5cm off my hips, 3.5cm off my contracted leg and a total of 22.5cm off my entire lower half.

"As well as the numerical measurements, I noticed a huge change in my skin tone: it was definitely smoother, less bumpy."

Hypoxi starts from around \$69 per session, or \$690 for a course of 12. Prices may vary slightly from location to location. For more information call 1300HYPOXI.