

Peel and reveal

Beauty expert Nuala Woulfe on beating the peel



WHAT IS CELLULITE?

"It's a condition that affects 90 per cent of women and 10 per cent of men, mostly in industrial nations. As women start approaching menopause, oestrogens start decreasing. From 25 to 35 is when you start seeing the appearance of cellulite. Oestrogens have an impact on the blood vessels. When oestrogens start to decrease, you lose receptors in blood vessels and thighs, so you have decreased circulation. A healthy lymph system is critical to stopping the formation and breaking the cellulite building cycle. It is aggravated by birth control pills, the female hormonal cycle and constipation."

"There are three treatable components of cellulite: you have to address the collagen, you have to reduce the fat and you have to increase circulation"

HOME TREATMENTS

SKIN BRUSHING

Dry skin brushing stimulates the body's circulation and lymphatic system so that it can cleanse itself of the toxins which cause cellulite. Use a dry body brush at least once a day to lightly brush your body from the soles of your feet upwards towards the heart, using circular strokes.

BATH SALTS

Soaking in water softened with Epsom/Dead Sea bath three times a week helps to improve circulation and detoxify the body.

DIET

Try to avoid eating red meats, white pasta, white rice, refined sugary foods and processed foods. Include lots of fresh fruit and vegetables and try to include lots of fibre.

EXERCISE

Include swimming and aerobic type exercises in your routine.

DID YOU KNOW?
Exercise can help to keep cellulite at bay. Try the hip bridge, one-legged lunges and squats. Interval training is also a great way to burn off fat

TRICKS OF THE TRADE

SMOOTH IT

€22 Super Toning Body Polish from Balance Me is a rich, restorative skin saviour which balances, detoxes and strengthens areas prone to dimples. It works to improve skin tone, as well as soften, smooth and encourage good circulation thanks to the unique blend of naturally active essential oils: juniper, geranium, lavender and bergamot.



TAN IT

Jules Heptonstall, St. Tropez Tanning Expert
"It's a well-known fact in the tanning world that brown cellulite looks better than white cellulite – this is because the tan minimises the appearance of imperfections and gives the skin a more lifted and even looking complexion. A darker silhouette is more prominent than a lighter one as we notice the light shining behind us more which is why a tan gives the illusion of a slimmer frame. Adding an extra layer of St. Tropez Self Tan Bronzing Mousse or Lotion to the areas that naturally shade and indent in the body will give a more sculpted appearance – so inner thighs, outer torso, underneath the collarbone and jawline and outer brow. If you can't tone it, tan it."
€42.99 Self Tan Bronzing Mousse from St. Tropez



€20 Argan Body Oil from Green Angel



Massaging oil into your skin daily is the ideal way to get the circulation flowing and the body detoxing. Green Angel Argan Body Oil has geranium, neroli, grapeseed and argan oils and antioxidant vitamin E which improve circulation stimulates fatty areas and helps to break down the cellulite. **Niamh**
Top tip: massage the oil into the skin with moderate pressure up towards the heart with a circular motion

€15.99 Tight & Tone Body Serum from Sanctuary Spa

I loved the texture and smell, it has a smooth, silky gel-like texture that is easily absorbed into the skin. It definitely felt like it was hydrating my skin, but whether it actually tones up the skin remains to be seen. I would need a bit more time with it but it's definitely a product that's pleasant and enjoyable to use. A real treat. **Orla**



TRIED AND TESTED

€20.99 Sculpting Cellulite Treatment from Dr. Ceuticals



This cream boasts that it both firms and reduces the appearance of cellulite. In the time I used it I felt the firming effects more than I noticed a huge difference in my cellulite. Although they do recommend you use it for 28 days so maybe that comes with time. **Louise**

€34 Spa Fit Firming and Toning Gel Cream Massager from The Body Shop

The massage applicator is the selling point here as you can feel it really working the zesty gel into the area. Star ingredients caffeine and citrus work on stubborn cellulite and it left my skin tingling. **Tara**



No more dimples

€48.50 Extra Firming Body Cream from Clarins
I loved this cream, I genuinely did. It smelled gorgeous and melted into my skin. After a few days of application, I definitely started to notice a difference in my skin. It appeared less dimply and I have no doubt that this could definitely help to firm up areas of cellulite with a daily application. I would highly recommend it. **Amy**



2 TREATMENTS TO TRY...

Lipofirm Plus

Billed as an alternative to Liposuction, Lipofirm Plus promises non-invasive inch loss, body contouring and skin tightening all in one. You can opt for almost any area on the body and I chose to target my love handles. Lying down, an ultrasound paddle is run over the area for 20 minutes which 'implodes the fat molecules' followed by 20 minutes of radio frequency which stimulates the collagen product and strengthens the skin. This 45-minute treatment was pain-free, relaxing even, and Eithne, my therapist, explained the process all the way through. I definitely noticed a difference afterward and, I'll be signing up for more. One treatment costs €110. **Newpark Orthodontic & Dental Clinic, 70 Newtownpark Avenue, Blackrock, Co Dublin; tel: 01 2104588**

Payot Slimming Massage

An enthusiastic full body scrub kicked things off which was followed by a heated wrap during which I was treated to a head massage. After a shower came the slimming massage using movemnets created by Dr Payot with physiotherapists. Andrea recommended the energising option as opposed to the lymphatic drainage one to really get things moving. It was a vigorous massage, which at times was quite intense, but I trusted therapist Andrea was doing everything needed to break up the fat cells. And the results were seriously impressive: My legs felt lighter than they have in years, they were firmer to the touch and visible cellulite was definitely diminished. This 90-minute treatment costs €110 but a 60-minute option is available at a lower price and a course of four is recommended. **Serenity Day Spa, 55 Glashule Road, Glenageary, Dun Laoghaire, Co Dublin; tel: 01 230 0255; www.nualawoulfe.ie**

MARIE THERESE BURKE NATIONAL EDUCATOR FOR PAYOT SKINCARE

"There are many visible signs of cellulite, including unwanted curves, dimpled skin, loss of firmness, and water retention. Cellulite can be present on front and back of thighs, buttocks, abdomen, inside upper arms. Regular exercise, increasing water intake, dry body brushing will help increase metabolism and the lymphatic system [waste disposal system of the body]."

"Payot has just launched Celluli-Ultra Performance (€40), a corrective care for cellulite containing centella asiatica extracts to reactivate collagen production to smooth skin and reduce the dimply 'orange peel' appearance of cellulite. Caffeine and L-Carnitine help to break down localised fat deposits and reduce and correct the appearance of stretch marks."

