



# The Ultimate Guide to Understanding and Treating Cellulite

BY YOUR SKIN PROFESSIONALS AT SKIN MD

[www.skinmd1.com](http://www.skinmd1.com)

# Skin

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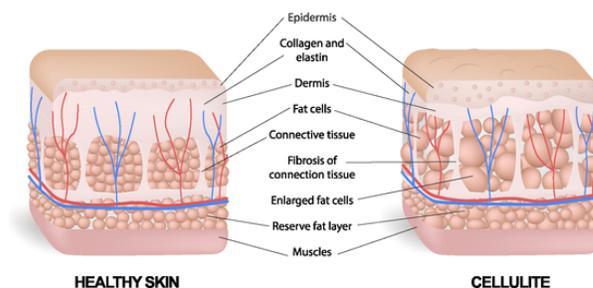
Avéli Cellulite Reduction Treatment at Skin MD

Synergistic Cellulite Reduction

## UNDERSTANDING CELLULITE

### What is Cellulite?

Cellulite appears as a dimpled or lumpy texture on the skin, commonly found on the thighs and buttocks. It's caused by the interaction between connective tissue beneath the skin and the underlying fat just below the skin's surface.<sup>1</sup>



## WHY IS CELLULITE MORE COMMON IN WOMEN

Unlike men, women's connective tissues and fat distribution make them more prone to developing cellulite. This is natural and often increases with age. But it is not specific to overweight women. Approximately 80-90% of women experience cellulite at some point in their lives, making it a widespread yet often misunderstood condition.<sup>2</sup>

## WHAT CAUSES CELLULITE

### Key Factors Contributing to Cellulite Formation<sup>3</sup>

- **Genetics:** Genetics play a significant role in cellulite predisposition, influencing factors like skin thickness, fat distribution, and circulation.
- **Hormones:** Estrogen, insulin, and thyroid hormones affect fat storage and connective tissue strength, making cellulite more pronounced.
- **Lifestyle Factors:** Diet, hydration, and physical activity all play roles in cellulite development. A sedentary lifestyle and an unbalanced diet can increase its appearance.

## WHY WOMEN HATE CELLULITE

Cellulite, while common and entirely natural, is often a source of frustration and insecurity for women.<sup>4</sup> Social expectations, media influences, and beauty standards contribute significantly to the negative perception of cellulite:

**Media Influence:** Magazines, advertisements, and social media often promote images of flawless, smooth skin, creating a standard that excludes cellulite. Studies suggest that these visual ideals can lead to dissatisfaction with body appearance when women see cellulite on themselves.<sup>5</sup>

**Social and Cultural Pressures:** Cultural beauty norms play a role in the perception of cellulite. Research shows that women feel pressured to conform to certain physical standards, including smooth skin, which has been tied to perceptions of youthfulness and health.<sup>6</sup>

**Psychological Impact:** Cellulite can impact self-esteem, particularly during activities that expose more skin, like swimming or outdoor sports. For many women, achieving smoother skin is not just a matter of aesthetics but also of confidence and comfort in social situations where others will see their skin.<sup>7</sup>



## LIFESTYLE TIPS FOR REDUCING CELLULITE

Small lifestyle changes can significantly impact the appearance of cellulite over time:

**Nutrition:** A balanced diet rich in antioxidants, fiber, and hydration can support skin elasticity and reduce inflammation. For example, leafy greens, citrus fruits, and fatty fish help promote healthy skin.<sup>8</sup>

**Exercise:** Regular exercise can help tone muscles and reduce fat, which may lessen cellulite's visibility. Strength training, cycling, and high-intensity interval training (HIIT) are particularly effective.<sup>9</sup>

**Skincare Routine:** Moisturizing, regular exfoliation, and hydration improve skin texture and elasticity, making cellulite less noticeable.

*While lifestyle changes can support skin health and potentially reduce the appearance of cellulite, there are limitations.*

## LIMITATIONS OF LIFESTYLE CHANGES AND HOME TREATMENTS

The main advantages of using lifestyle changes to reduce cellulite include additional health benefits, enhanced mental well-being, and lower costs than medical procedures. The main disadvantages include:

### Limited Impact on Structural Causes

Cellulite is largely caused by structural factors beneath the skin, like fibrous connective bands called septa, which lifestyle changes cannot alter. Exercise, diet, and hydration may improve skin tone and reduce overall body fat, but they don't directly affect the connective tissue that causes cellulite's dimpled appearance.

### Time Consuming with Gradual Results

Lifestyle changes can take considerable time to show visible improvements, as they require consistent efforts over weeks or months. This delay may be discouraging for those looking for faster results.

### Variation in Individual Results

Each person's response to lifestyle modifications varies due to factors like genetics, age, and hormonal influences. Some may see minor improvements, while others might not notice visible changes in cellulite despite significant lifestyle efforts.

### Requires High Consistency and Maintenance

Maintaining a diet and exercise routine is crucial for results and this demands a long-term commitment. If strict lifestyle changes are not consistently followed, any improvements in cellulite appearance may diminish, requiring constant maintenance.

### Cannot Address Severe Cellulite Cases

For individuals with moderate to severe cellulite, lifestyle changes alone may not create significant visual improvement. In these cases, lifestyle adjustments might need to be combined with professional treatments for noticeable results.

*While lifestyle changes like exercise and nutrition are beneficial for overall health and may provide modest improvements in skin quality, they are often best viewed as complementary to more targeted cellulite treatments.*

## POPULAR TREATMENTS AND OPTIONS<sup>10</sup>

Numerous treatments are available for reducing cellulite's appearance. Here's an overview of at-home and professional options:

### At-Home Cellulite Remedies

**Topical Creams:** Ingredients like caffeine and retinol may improve skin elasticity temporarily.

**Massage Techniques:** Dry brushing and handheld massagers can stimulate blood flow and help redistribute fat cells temporarily.

### Professional Cellulite Treatments<sup>11</sup>

**Laser Therapy:** Uses a laser's energy to break down fat and boost collagen production, improving skin's appearance. Different types of lasers can be used. Results vary and dimpling may return.

**Cellulite Massage Therapy:** Specialized massage techniques that aim to improve circulation and smooth the skin surface. The massage may be combined with creams containing ingredients like Retinol. Improvement is mild.

**Radio Frequency Treatments:** A non-invasive treatment that can boost collagen production by use of skin penetrating radio frequency. The treatment is non-invasive, yet the results are typically minor, and several treatments are required.

**Cellulite Septa Treatment:** A minimally invasive medical procedure that involves inserting a device under the skin to target and release the bands that cause cellulite to remove the appearance of cellulite dimples on the skin's surface. This treatment (*called [Avéli](#)*) has become increasingly popular in recent years due to its ability to quickly target and remove the root cause of cellulite. But it should only be considered under the supervision of a medical professional.

## PROFESSIONAL CELLULITE TREATMENT FROM SKIN MD

Skin MD is a leading medical spa based in Massachusetts specializing in advanced skincare and body treatments, committed to helping patients look and feel their best. Our team of licensed professionals uses cutting-edge technology and personalized care to address a range of skin concerns, from cellulite reduction to skin rejuvenation. Skin MD is the top choice for medical aesthetics in Massachusetts and has tens of thousands of satisfied patients.

## WHAT MAKES SKIN MD'S CELLULITE TREATMENT UNIQUE

Founded in Massachusetts in 2015, Skin MD offers a range of advanced and medically supervised treatments tailored to reduce the appearance of cellulite effectively. Our team utilizes state-of-the-art technologies, including laser, radiofrequency therapies, and advanced procedures to target cellulite at its root.

### The Skin MD Approach:

**Comprehensive Consultation:** Our thorough, professional consultation treats every patient as an individual with unique needs and helps customize the best treatment plan for each patient.

**Results-Oriented Care:** Skin MD is a leader in cutting-edge aesthetic techniques and through our unique treatment approach, we determine the most effective way to treat our patients' face, body, or skin concerns.

**Synergistic Treatment Modalities:** Skin MD combines advanced techniques and technologies that enable us to safely deliver maximum effectiveness with greater results versus single treatment clinics. By combining more than one medical treatment synergistically using this stackable approach, our medical group can get patients the optimal results they desire, leaving patients feeling and looking their very best.

**Patient Safety:** Patient safety is our top concern. Unlike other medspas or aesthetic practices, Skin MD is physician owned, our treatments are medically directed using thorough treatment protocols, state-of-the-art equipment, and hygienic best practices to ensure patient health and safety at all times.

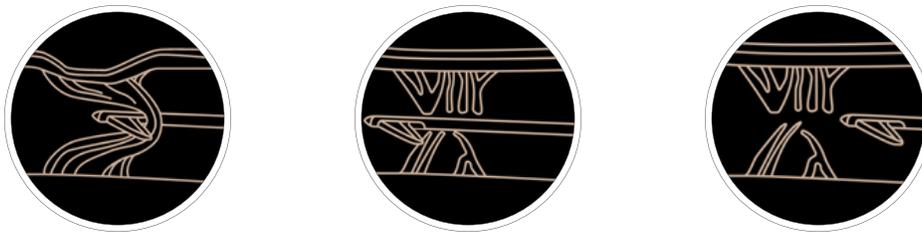


## AVÉLI CELLULITE REDUCTION TREATMENT AT SKIN MD

For patients that qualify, Skin MD offers the [Avéli](#) cellulite treatment procedure in our Massachusetts locations under medical direction. Avéli is an advanced, FDA-cleared treatment designed specifically to reduce the appearance of cellulite by targeting the structural causes beneath the skin.<sup>12</sup>



**How It Works:** The Avéli procedure involves a minimally invasive technique that releases the fibrous bands beneath the skin's surface, which contribute to the dimpled texture of cellulite. By cutting these connective bands, the skin appears smoother and firmer.



**Procedure Overview:** During the procedure, a trained professional uses a small device to carefully identify and cut the tethered bands that create dimpling. The process is relatively quick, with most sessions lasting 30-60 minutes. Patients typically experience minimal discomfort and can return to normal activities within a few days.



**Results and Benefits:** Many clients see a visible reduction in cellulite after a single Avéli session, as the treatment directly addresses the root structural cause of cellulite rather than just the skin's surface. Results are typically long-lasting, and RealSelf.com shows that 90% of people that had the procedure rated it positively and 'worth it.'<sup>13</sup> However, outcomes can vary based on individual skin types and connective tissue.



**BEFORE**

**AFTER**

**BEFORE**

**AFTER**

[Book a free consultation to learn more about these treatments, costs, and any other questions you may have.](#)

## SYNERGISTIC CELLULITE REDUCTION

For patients that qualify, Skin MD combines the [Avéli](#) treatment with [Morpheus8](#) skin tightening. The Morpheus8 is a microneedling device that utilizes radiofrequency energy to remodel and tighten the skin. The combined effect of Avéli and Morpheus8 is the most powerful combination to quickly and safely reduce unwanted cellulite under the care of the Skin MD team.

## NEXT STEPS

Just because cellulite is common doesn't mean you have to live with it if you don't want it on your body. Are you interested in quickly and safely removing cellulite under medical supervision? Contact Skin MD to schedule a free consultation and explore how our customized treatment plans can work for you.

### **Book a Consultation.**

Visit <https://skinmd1.com/schedule/> or call our friendly professional staff at (844) 754-6631 or (844) SKINMD1.

### **Not ready to book yet?**

Learn more about the Avéli Procedure at Skin MD by visiting <https://skinmd1.com/treatments/aveli-cellulite-reduction/>.

## ENDNOTES

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We believe that every treatment should be an experience that inspires confidence. Visit us online at [www.SkinMD1.com](http://www.SkinMD1.com) to explore our full range of services.



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