



Adios Adipose!

By Melissa Hernandez, LMT, Lic.#2679, CMnTPT, CES, LF

Tired of the fight with cellulite? Feeling down in the dumps with lumps and bumps? Full Circle Wellness Center will work for you with cellulite solutions that get results!

Cellulite is a common term used to describe the orange-peel like appearance, irregular bulging, and uneven dimpling of the skin. Almost all women have cellulite, commonly found on the thighs, buttocks, and abdomen. Contrary to popular belief, cellulite is not related to obesity since it occurs in overweight, normal weight, and thin women. Fat cells in the subcutaneous fat layer increase in size and become compacted inside the pockets in which they are enclosed. Vertical bands of connective tissue known as "fibrous septae" are located throughout the adipose layers. These fibrous bands are strained and drawn downward, as the pockets of fat cells in the subcutaneous fat layer are stretched upward, resulting in irregular bulging and uneven dimpling. Circulation is inhibited and toxins and water are trapped. Therefore, cellulite is not necessarily a fat problem. It is caused by reduced connective tissue movement and reduced circulation to the layers under the skin.

Additional factors involved in the formation of cellulite

Hormones: special importance is placed on genetic and hormonal factors, primarily estrogen, since cellulite develops mainly in women.

Aging: aging results in a loss of thickness and tone of the connective tissue within the dermis (skin) and the superficial fat layer.

Diet and Exercise: inadequate nutrition, poor hydration and a sedentary lifestyle tend to worsen the appearance of cellulite to a certain extent. Existing cellulite can worsen over time with weight gain, poor nutrition, and dehydration. Although cellulite cannot be eliminated by diet and exercise, the amount of fat you have between the skin and the muscle can determine cellulite's severity.

Cellulite Profile

The Nurnberger-Muller scale can be used to classify cellulite based on a four stage process, beginning with normal skin and terminating with its most advanced stage.

Stage 0: No dimpling when the subject is standing and lying down. The pinch test reveals folds & furrows, but there is no mattress-like appearance.

Stage 1: No dimpling while the subject is standing or lying down. The pinch test reveals a mattress-like appearance.

Stage 2: Dimpling appears spontaneously when standing, but not lying down.

Stage 3: Dimpling is spontaneously positive standing and lying down.

Cellulite Solutions

If you are already eating right, drinking adequate fluids, exercising regularly, and you still still have cellulite, try our advanced cellulite treatments including Synergie Aesthetic Massage, Ultrasonic



Synergie Cellulite Treatment

and Photo-Rejuvenation Cellulite Treatments.

Synergie was originally developed in France in the 1980's as a treatment for adherent scars, where the scar tissue becomes attached to the skin's underlying layers. In the process of freeing the scar tissue, many patients observed reduction of body dimensions and improvement in skin texture. Synergie treatments have subsequently been researched and are now a non-invasive, non-surgical method ap-

proved by the FDA for the temporary reduction in the appearance of cellulite. Synergie has been used as one of the most effective treatments to achieve cellulite reduction and skin toning.

Synergie is a safe, relaxing, non-invasive treatment using advanced technology combining state-of-the-art mechanical massage and suction, producing a deep stimulating massage. After changing into a body suit, you will be asked to lie on a massage table while a technician glides the Synergie machine across the surface of your skin. The treatments target cellulite at its source, applying positive and negative pressure to the skin and subcutaneous tissue during the 30 minute treatment. Studies have shown that circulation is increased 200%, collagen production is stimulated three-five-fold, toxins and abnormal water retention are expelled, and the connective tissue fibers are lifted and stretched. The initial treatment period for Synergie cellulite treatments requires twice-a-week sessions for eight to 10 weeks, followed by monthly maintenance visits.

Cellulite Spot Treatments

Enhance your results by spot-treating difficult areas with Ultrasonic and Photo Rejuvenation Cellulite Treatments. Ultrasound waves soften fatty deposits and rigid connective tissue, as collagen production in the skin is stimulated. The dermis and subdermis are specifically targeted with Photo Rejuvenation. As the red/infrared diodes penetrate into the adipose layers, they improve lymphatic drainage and assist in rejuvenating the skin. You can expect an incredible, long-lasting decrease in the appearance of cellulite, inch loss, improved torso and limb contour, and improved skin texture and elasticity. Optimum results are achieved with twice-a-week sessions for four-six weeks, followed by monthly maintenance visits.

Home Care Products

For the best results, combine your clinical treatments with home care body products. Full Circle Wellness Center is proud to present GM Collin's line of anti-aging body care products that are paraben-free, alcohol-free, fragrance-free, and organic. Clinically-proven results show that after 28 days, with morning and evening application of Lipo-Fitness Serum, there is a 64% reduction in cellulite, a 48% increase in elasticity and an 83% increase in tonicity.

Call **Full Circle Wellness Center** today at **505-265-3400** to schedule a free consultation. Office hours are Monday through Saturday from 9:00 am to 7:00 pm.