

Lipomassage by Endermologie

What is cellulite?

Essentially a feminine phenomenon, cellulite results from a build up of fat in the adipocytes (sub-cutaneous fat cells) and the retention of water in the surrounding areas. As the adipocytes continue to grow, the envelopes containing them lose their shape and pull on their cutaneous anchoring points, giving the skin its “orange peel” appearance. At this stage, the main problem is that the process is self-sustaining as a result of a reduction in blood circulation, causing in turn stagnation of the metabolic waste, nutritional impoverishment and congestion of the connective tissue, which loses its elasticity and becomes fibrous. This extremely unsightly condition results in cellulitic areas that are unresponsive to physical exercise and to even the strictest slimming diets.

At what stage is your cellulite?

Without adequate treatment the orange peel effect settles in and tends to worsen over time. On the buttocks and thighs one can distinguish four stages of cellulite:

1. The skin has a smooth aspect without any irregularities on the surface, whatever the position or pinching applied.
2. The skin has an orange peel affect only when pinched or in a seated position on a hard surface.
3. The orange peel aspect is visible in a standing position, the smooth aspect no longer visible in a laying down position.
4. The orange peel is permanent and is visible in a standing or laying down position.

The results of Endermologie: Undeniable and Evaluated

For the session which last around 35 minutes at the rate of two a week, the patient is given special clothing, the LPG body wear, which respects the client’s modesty. The remarkable results of this method can be objectified by taking measurements and photos before and after. The changes are produced in the areas most in need without causing decrease in volume in areas where such decrease would be undesirable. In addition, endermologie, through its relaxing and soothing action, has an indisputable stress lowering effect.

Questions about Endermologie

Is it new?

LPG has been in use for over fifteen years; sessions can be counted in their millions, and with every day that passes tens of thousands of women feel the benefits

Is it painless?

This is a personalized treatment adapted to the skin sensitivity of each individual patient, it is never painful.

Does it help you lose weight?

Endermologie acts on the cellulite as well as on the quality and appearance of the skin; this may be accompanied by some weight loss.

Can it replace a diet?

Whilst a sensible diet can help you to maintain a healthy weight, Endermologie acts effectively on cellulite and on body shape and volume.

Is it more effective than sport?

Sport is obviously very beneficial, but it can't fight cellulite. So you need to combine sport with a course of Endermologie.

Can it replace liposuction?

Liposuction techniques are designed to help with body shape and volume, but they can't solve problems of cellulite and skin appearance. Consequently, Endermologie is an excellent complement to plastic surgery.

Has the effectiveness of the technique been proven scientifically?

The results obtained by the LPG technique have been confirmed by scientific studies conducted in leading American and European universities.

Your ally against cellulite, your source of well-being

Suitable for all ages, Endermologie is especially effective against the effects of time. The fact is that circulatory disorders tend worse over time; cellulite's "orange peel" appearance takes hold, and the skin loses its elasticity. By increasing local microcirculation, the LPG method restores the trophicity of the connective tissue and thus improves skin appearance and tone.

A non-invasive painless treatment

The LPG method is practiced by health and beauty professionals exclusively trained in and equipped with the Cellu M6. Cellu M6 Keymodule high technology enables the practitioner to achieve optimum tissue mechanization, notably in the hypodermal fat cells. This cutaneous gymnastics help to reharmonise the connective tissue and increase both blood and lymph circulation, thus promoting the

elimination of metabolic waste. The result: a slimmer, more contoured body and a smoother, firmer skin. Furthermore, this painless process produces a feeling of well-being; it is relaxing; and it involves no medical treatment or the administration of any chemical substances. It simply consists of restoring and activating a number of the organism's and the skin's natural functions.

Where can I get the Endermologie treatment?

The Endermologie Lipomassage treatment is available at both of Zen Lifestyle's Edinburgh [clinics](#). Prices can be found on our page covering [Cellulite Reduction](#) treatments. To enhance and prolong your results we strongly recommend using the Murad Firm and Tone Dietary supplements. These supplements contain all the nutrients, vitamins and minerals you need to maintain a healthy balanced diet, but will also really help you to achieve results in body toning and cellulite reduction.

Before you start your treatment you will need to come in for a consultation with one of our qualified therapists. This is free of charge and will help you to decide if the treatment is for you. We do not recommend getting your first treatment on the same day as your consultation as it is important for you to take some time to think about whether this is the right cellulite reduction therapy for you.