

Tired of Cellulite...

Experience a Safe, Natural Way to Eliminate It!

You're probably thinking... "seriously...this sounds way too good to be true." And over the years, you've probably seen and tried many "miracle" cures for cellulite, but none of them worked. Liposuction or plastic surgery is an option, but both are very expensive, invasive and carry medical risks. Finally, an alternative is here and it's called the Synergie® Aesthetic Massage System (AMS). Not only is it proven safe and effective by the FDA, but there is research behind the technology to boot!



So, what exactly is cellulite and how does it form on the body? Cellulite is mostly made up of fat, but it isn't an ordinary fatty tissue. This tissue has been damaged as a result of aging and malfunctions in the body's systems. Cellulite is a combination of fat, water and toxins trapped in a net of collagen and elastin fibers. When the body's circulation and elimination processes become impaired, connective tissue loses its strength and unmetabolized fats and wastes become trapped just beneath the skin instead of being eliminated. Over a period of time, these wastes enlarge, harden and push through spaces in the connective fiber bands that anchor the skin and keep it looking smooth. These wastes cause bulges which appear as dimples and form the puckering, distorted skin effect we know as cellulite. It is most commonly found in areas of fat deposits such as on the thighs, hips, buttocks and abdomen of most women and some men, too. Factors that may increase your chances of having cellulite include: stress, an inactive lifestyle, and using hormonal contraceptives. In addition, heredity, skin thickness, gender, the amount and distribution of body fat, and age can all influence the extent to which cellulite is present or visible.

Many treatments have been promoted, ranging from dietary changes to cellulite creams. Methylxanthines are a group of chemicals that include aminophylline, caffeine, and theophylline. These chemicals are present in many cellulite creams and are promoted as treatments for cellulite because of their known ability to break down fat stores. However, skin creams cannot deliver the required concentration of these chemicals for the length of time required

for significant fat breakdown. While studies have shown a small reduction in thigh measurements with some of these preparations, they do not promote significant loss of cellulite. Even dietary supplements such as ginkgo biloba, sweet clover, grape-seed bioflavonoids, bladder wrack extract, oil of evening primrose, fish oil, and soy lecithin have been marketed as anti-cellulite treatments. These claim to have positive effects on the body such as boosting metabolism, improving circulation, protecting against cell damage, and breaking down fats.

Melissa Martin, esthetician and owner of Anew You Skincare & Wellness Center, in Avon, has been using the Synergie® AMS for years and witnesses amazing results in her clients. "I was always a skeptic when it came to cellulite treatments, but having personally experienced and seen the changes in mine and client's bodies, I know this treatment works, not only with the reduction in cellulite and tightening of the skin, but also in circumferential body measurements. The results are amazing!" says Melissa.

The Synergie® AMS uses revolutionary vacuum massage technology to improve the appearance of skin while improving circulation. It is an easy and effective non-surgical alternative for body sculpting, resulting in lost inches. First introduced in Europe in the 80s, the original purpose of this technology was to soften burn scars. However, people began showing improvement in skin tone and spot reduction. The treatment provides optimal stimulation, stretching and pressure to subcutaneous tissues offering a type of subdermal tissue massage not possible through traditional massage techniques. A typical treatment program consists of twice-weekly sessions, followed by maintenance

visits. Treatments last about 30 minutes and the number of treatments given is typically between 8 and 16, however, it is customized for each person. It is also important to note that Synergie® works with the lymphatic system, so it's important to drink plenty of water during your treatment plan.

So, what's a treatment feel like? Imagine a deep, invigorating massage. Although it seems like you're being "vacuumed," it's actually quite relaxing. Had I not been asking Melissa a million questions for

this article, I might have even fallen asleep! The entire body is treated, paying extra attention to each client's areas of concern. It uses positive and negative pressure and suction to manipulate the tissue beneath the skin and expel toxins into the lymphatic system, which is then eliminated by the body. Melissa explained that noticeable changes can often be seen within 4-6 treatments, although most people can either see or feel a difference in the skin's appearance after the first treatment. In Melissa's experience, clients who have done 16 treatments have lost a full pant size. She referenced a few studies, one of which reported that 36 women treated twice a week over an eight week period showed a loss of inches in 100% of the participants and visible reduction in the appearance of cellulite in 91% of the participants. In some individuals, almost three inches were lost after treatment. For me, I noticed a smoothing out of my skin around the hip and thigh area after about four treatments.

Melissa explained that other benefits of the Synergie® AMS treatments include: detoxification, relief from edema, reduction in muscle pain, stress relief, increased circulation, skin tightening, and body reshaping. And even though this sounds like a miracle cure, don't make the mistake of thinking this can replace diet and exercise. Just like any other weight loss strategy, if you're not eating right and staying active, the results will not be as quick or effective. To view before and after photos, go to anewyouskincare.net, click on services and then click cellulite treatment.

Submitted by Dr. Diane Hindman. For more information, visit www.anewyouskincare.net or call 860-284-9730.