

# Bottoms up

In this month's dossier, we take a look at the latest treatments to fight cellulite

Nearly 90% of women experience cellulite at some point during their lifetime. Everyone hates it and everyone's on the quest to eradicate the dimpled nuisance that most commonly plagues the thighs and buttocks.

No matter your body type, cellulite does not discriminate, and it seems that women across generations are hung up on those little patches of orange-peel skin. Cellulite isn't just excess fat – which is why even thin, toned women can still sport those dreaded lumps and bumps. Instead, it's the result of fat cells pushing up against the skin, constricted by tight, short fibrous bands in the dermis.

One medical definition of cellulite is 'oedematous fibrosclerotic superficial panniculitis', meaning inflammation of the fat cells in the adipose or superficial layer of the dermis, combined with scar tissue or hardening of the connective tissues, plus water retention.

The lumps or troughs are caused by the collagen strands tightening, pulling the skin down, and the bumps or nodules are the results of fat cells pushing against the skin. Which is why in recent years a number of companies have been using the latest in innovations and technology to dramatically improve the appearance of cellulite.

## 3D-ULTIMATE (3D-LIPO)

The 3D-Ultimate system offers a powerful combination of technologies for the treatment of cellulite, skin tightening and fat.

The machine incorporates 3D-Cavitation for localised fat and deep cellulite, as well as Shockwave Therapy specifically for cellulite. This works by stimulating fat breakdown, collagen synthesis and lymphatic drainage via the delivery of radial shockwaves.

The technology is clinically proven to reduce the appearance of cellulite and increase skin elasticity.

3D-shockwave is delivered by placing a probe up against the areas of cellulite. As it passes over the area, it emits radial waves through the skin. For cellulite, sound waves stimulate microcirculation within the fat layer, increasing the metabolic function of the area and cellular membrane permeability. Free fatty acids and glycerol are released from

the fat cells and sit in the intercellular space. Lymphatic movement and increased blood supply remove these waste products from the body.

3D-shockwave can be performed on many areas of the body including the outer and inner thighs, knees, arms, hips, buttocks, and stomach.

A course of treatment is typically eight to 10 individual 30 minute sessions. Results are seen as quickly as two weeks

after starting the course, with improved results in those who exercise and increase water intake. 90% of women who took part in a clinical study said they would recommend the treatment.

## ACCENT PRIME (ABC LASERS)

Alma's Accent Prime is FDA-approved for face and body and uses a combination of patented ultrasound and radiofrequency (RF). Its special handpiece for body contouring can target 60cmsq in one go, making treatments quicker, more comfortable and cost effective.

The device delivers focused depth controlled heating to precisely target the epidermis, the dermis and the hypodermis. This allows for a more precise and effective treatment with enhanced results.

For cellulite, Accent Prime utilises selective resonance ultrasound with both cold and hot ultrasonic waves that selectively resonate with and destroy fat cells, while leaving the surrounding tissue unharmed. The selective sound waves disrupt fat cell membranes, leading to the gradual breakdown and release of stored fat through the lymphatic system, thereby helping to improve the appearance of cellulite.



and relaxes the fibrous structures that create the dimpling effect in the skin.

The shock wave therapy then increases microcirculation of the blood and removes the static lymph fluid.

Dr Rita Rakus, the first doctor in the UK to start using the device, says, "It is generally believed that cellulite is due to having excess fat on the body and something that can be addressed through diet and exercise alone. Sadly, this is not the case and there are many other factors outside of your control, which is why I'm thrilled to be able to offer my patients the new BTL Unison treatment. Being able to provide a solution without any downtime is very important to us and we are looking forward to seeing the great results."



### BTL UNISON (BTL AESTHETICS)

BTL Aesthetics has unveiled its latest innovation for cellulite reduction, the B TL Unison.

The treatment uses monopolar radiofrequency and shock wave therapy to address all five causes of cellulite. It works by increasing the production of collagen and reducing the amount of fatty deposits in the area, which in turn increases the skin's elasticity



### CELLUBUST BY EUDELO



CelluBust is a bespoke treatment protocol devised by Dr Stefanie Williams at Eudelo, London. It includes four key treatment types delivered across 12 clinical treatment sessions, each with their own function.

The treatment involves carboxytherapy, an infusion of medical grade CO<sub>2</sub> gas into the fat tissue to help shrink fatty deposits. It breaks down adipose cells, causing them to leave the body naturally via the lymphatic system.

Step 2 includes Cellutrix mesotherapy, an injection of an anti-cellulite mesotherapy solution, that includes various natural vitamins, minerals and other active ingredients to activate tissue metabolism and strengthen the skin on a cellular level.

Cryostimulation is then used to stimulate the skin with extreme cold to make it more resistant to dimpling and to activate fat cell metabolism.

This is followed by shock acoustic wave therapy, which has numerous effects including tightening of the skin and loosening of the fibrous strands that pull down and create the 'craters' in the skin surface.

Clients are given a power pack cream containing multiple active ingredients to apply daily at home.



### CELLULAZE (CYNOSURE)

Representing a true breakthrough in cellulite treatment, Cellulaze is a minimally invasive surgical approach to targeting cellulite precisely at the source, in the underlying structural tissue. >



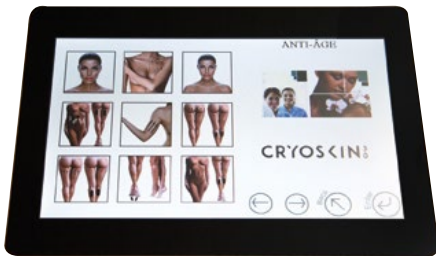


From its SideLaze3D™ side-firing fibre, to its ThermaGuide™ thermal sensing cannula, Cellulaze delivers laser precision with clinical data showing long lasting results up to three years.

The aiming beam faces down to coagulate fatty tissue and target fat; faces sideways to thermally Subcise the fibrous septae; and faces up to thermally stimulate collagen production to thicken the dermis and improve elasticity.

**CRYOSKIN CRYOS 3.0 (LONDONCRYO)**

The CryoS 3.0 from LondonCryo aims to remove cellulite in a 20-30minute treatment with no recovery time. It includes Cryo Toning Cellulite which



applies cold therapy to improve local metabolism and microcirculation in the treated area. This boosts the production of collagen which eliminates cellulite, tones the area, improves skin elasticity, and reduces pore size. By increasing nutritional supply to the cells, Cryo Toning Body treatments have a tightening effect on the skin.

**DEKA ONDA COOLWAVES (LYNTON)**

ONDA uses revolutionary new technology for non-surgical body contouring and fat reduction – Coolwaves by DEKA.

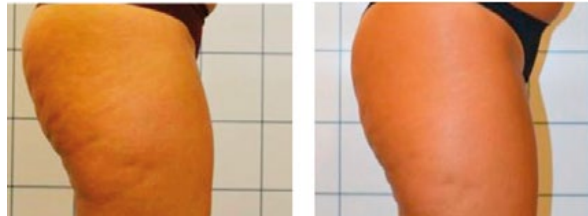
As manufacturers of the previously globally-renowned Laserlipolysis treatment, DEKA has again developed a technology that aims to change the way in which non-surgical body shaping procedures are delivered.

Unlike other body shaping or radiofrequency devices, the ONDA uses specialist microwaves at 2.45 GHz – a frequency that is preferentially absorbed by fat molecules deep down in the subcutaneous cells, rather than the two outermost layers of skin. This



then prevents heating in the dermis and epidermis and helps the energy penetrate directly through to the target.

Its two handpieces differ in their depth of action, each designed for different body areas or types of blemishes. The contact skin cooling system is integrated into the handpieces to counterbalance the heat issued by the microwaves.



Before

After

**ENDOSPHERES THERAPY (FENIXGROUP)**

Endosphères Therapy is a new treatment harnessing the power of micro vibrations. The mechanism of action of compressive micro vibrations has five positive effects on the tissue resulting in increased circulation, restructuring of connective tissue, improvement in lymphatic drainage and blood circulation.

This treatment allows the therapist to work at higher frequencies to help the tissue restore its natural balance. In turn, results are seen faster and treatments are therapeutic with an overall improvement to the connective tissue and the lymphatic drainage.

The Endosphères Therapy has five specific actions that make this treatment ideal for treating cellulite and blemishes. They include action on vascular system, lymphatic system, reduction of pain, remodelling, and muscle toning and relaxation.

Endosphères Therapy can be carried out on the whole body. Depending on the areas being treated, the timing of a single session will vary from a minimum of 20 minutes to around 1hr and 30 minutes for the full body treatment, which involves cycles of six, 12 or 18 sessions carried out two or three times a week, depending on the patient's physical condition.

The duration of the results obtained is dependent on certain characteristics of the patient and starting conditions, i.e. age, degree of inflammation, and weight.



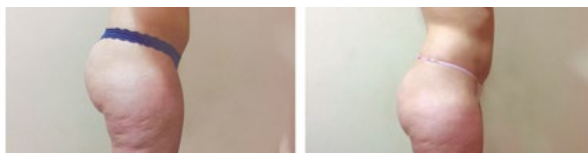


**EDNA PRO (INDIBA)**

After 35 years of successfully treating cellulite, Indiba have just launched the Indiba EDNA and Indiba EDNA Pro, incorporating Cell Boost Technology. Effective at treating facial wrinkles and expression lines, bags under the eyes, double chins, ageing skin, saggy arms and cellulite, the new generation of Indiba Deep Beauty treatments uses high radiofrequency currents to raise the internal temperature of the tissue.

The patented technology combines capacitive and resistive modes at a 448kHz frequency to create the 'proionic effect' inside the tissue. The ions that have vital functions in the metabolism of cells are mobilised and rebalanced.

The thermal action then increases capillary circulation and oxygenates the tissues, draining and eliminating impurities. The radio frequency skin tightening treatment also increases elasticity, reduces fibrosis and improves cell metabolism.



Before

After

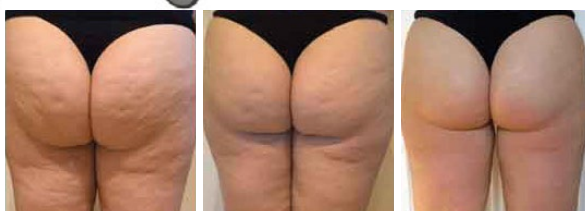


**LIPOFIRM PRO LP CELLULITE ERASER (ADVANCED ESTHETIC SOLUTIONS)**

LP Cellulite Eraser targets unwanted toxins in the body to break down the fatty deposits. The LP cellulite eraser uses TriLipo technology with dynamic muscle activation to improve the appearance of cellulite by enhancing and stimulating blood circulation, oxygenation, and lymphatic drainage.

While targeting cellulite, it also provides an instant lift, tone, and contours the area providing a smooth and tighter appearance. Perfect for breaking down and eliminating cellulite, this rejuvenating treatment helps to smooth the skin, banish dimples, and leave clients looking toned.

During treatment, a handpiece is moved across the buttocks and/or legs delivering energy which not only breaks down the fat but also tightens the skin.

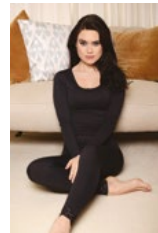


Before

After 4 weeks

After 8 weeks

**MACOM CRYSTAL SMOOTH**



MACOM'S Crystal smooth anti-cellulite range includes leggings, shorts and sleepwear, scientifically proven to treat cellulite.

The potent anti-cellulite garments are made from emana® fibre – a patented smooth intelligent fabric, woven with bioactive crystals that absorb body heat and return it in the form of far infrared rays.

The rays penetrate the skin and stimulate blood microcirculation, cellular metabolism and lymphatic drainage. The increase in blood flow to the area nearest the skin significantly reduces the likelihood of the irregular build up of fat and blockage to the lymph cells. They also help regulate body temperature, increase skin elasticity and create smoother skin.

The leggings and cellulite shorts are comfortable and discreet and can be worn under clothing while the sleepwear helps target cellulite while you sleep. Crystal Smooth can also help enhance the results of in-clinic treatments.



**NUERA TIGHT (LUMENIS)**

The new NuEra Tight system by Lumenis is a temperature-controlled radiofrequency device.

NuEra tight uniquely works with one resistive bipolar handpiece and two monopolar handpieces with Coated Capacitive Energy Transfer (CCET) electrodes in a wide variety of capacitor head sizes – from small to very large.

NuEra Tight also uses APIC (Automatic Power and Impedance Control) which reads the live skin temperature and impedance to automatically regulate the system's power and maintain the target temperature on an entire treatment area. The advantages of this technology include better efficacy and heat coverage, patient comfort (due to the temperature increasing based on impedance) and easier to operate than other systems that do not auto regulate the temperature.

The treatment provides an immediate contraction of collagen as well as long term stimulation in producing new collagen. It also increases blood flow and stimulates lymphatic drainage.

Results can be seen after a single 20-60 minute treatment with some immediate results being visible.

The system is FDA-cleared for the reduction of cellulite, relief of pain/muscle spasms and increase in local circulation and CE cleared for cellulite treatment, collagen regeneration and skin tightening. >





**SKIN689'S CREME ANTI-CELLULITE TREATMENT**



Swiss brand skin689 has recently received a patent for its molecule CHacoll – the active ingredient exclusively used in its anti-cellulite creme. CHacoll promotes the build-up of collagen fibres and has been backed by Dermatest and various renowned dermatologists and scientists alike. It penetrates the skin deeply and stimulates collagen synthesis.

In addition, CHacoll increases the elasticity of the skin and smoothes its surface. Unlike many other cellulite products, skin689 says that the solution helps to structurally improve the condition of the skin.

Dr Penelope Typanidis, a consultant dermatologist at Harley Street-based Dermaperfect, says, "When I first discovered about the active ingredient CHacoll in skin689's Anti-Cellulite Creme, I was quite taken by the innovation. To know that such innovations are taking place gives viable options for those who are looking for alternatives and accessibility in treating cellulite."



**T-SHAPE (BALDAN GROUP)**



The latest technology from Italian aesthetic manufacturer and distributor, The Baldan Group, is the T-Shape. The three-in-one treatment for body remodeling and facial skin re-composition helps to fight fat, improve elasticity and treat cellulite.

This is an advanced, pain-free treatment harnessing the power of multiple technologies, simultaneously targeting cellulite on a deeper level.

Radiofrequency and infrared light help to generate collagen production, tightening and firming the skin and smoothing out the dimpled texture, while the cold laser therapy targets stubborn fat on common trouble areas such as stomach, arms, thighs, and buttocks.

Vacuum aspiration mechanically stimulates the fat tissue and feels like a deep massage to improve blood circulation and encourage lymphatic drainage to help eliminate toxins. Treatment can take between 30-60 minutes with no downtime and a course of six to 10 sessions is recommended, depending on the area being targeted.

Dr Margaret Grabicka at the Medical & Aesthetic Clinic says of the system, "The T-Shape is a turning point for patients with unwanted fat and cellulite. It has a unique technology and has proven to be very effective with stubborn fat and cellulite. All my patients love the treatment and the results."



Before

After

**THERAGEM FUSION LIGHT THERAPY (MEDICA HEALTH INTERNATIONAL)**

Medica Health International's Theragem fusion light therapy fuses precious metals, gems, crystals and minerals with colour and sound for healing capabilities. By focusing the wavelengths and targeting the light, practitioners are able to cause photostimulation in cells, glands, organs, and tissues, whereby a chain of chemical responses is triggered in the targeted area. Cells and tissues are stimulated to emit enzymes that encourage photons (light energy) to be more readily transmitted to the cell photoreceptors, increasing cell activation and spurring the body's self-healing capacities.



With over 30 carefully chosen blend of 30 carats of gems and crystals used over the cellulite covered areas, Theragem's light increases vascularity, reduces inflammation and stimulates lymphatic drainage to speed the healing process.

Underlying toxicity and hormone fluctuations, often a cause for cellulite, are also targeted.



**VELASHAPE III (SYNERON CANDELA)**

VelaShape III provides a highly effective solution for comfortable, non-invasive, body contouring for a wide range of patients and treatment areas.

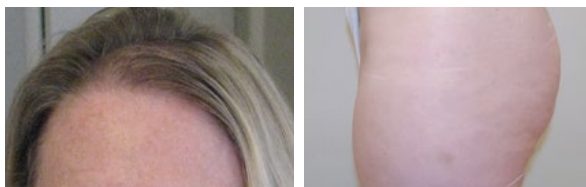
Cellulite and circumference reduction treatments with VelaShape III have no downtime and little or no discomfort. Treatment sessions are also short, with results from as little as a single session.

The device incorporates bi-polar radiofrequency, vacuum, mechanical massage and infrared light. The VelaShape III also has increased power from 60-150 watts, without any added discomfort to the patient.

The RF heats to a depth of 2mm-20mm. This deep tissue heating improves circulation, while the infrared heats to 3mm, to stimulate collagen and firm and tighten. Mechanical massage aids with lymphatic drainage, while vacuum enables precise delivery.

The Guided Mode offers an enhanced treatment experience – for both patients and operators. The advanced software simplifies operation and minimises technique sensitivity, further improving comfort level. Standardised treatment guidance minimises operator dependency and allows safe delegation to operators while a step-by-step guided process eliminates the need to count pulses and navigate, reduces user fatigue, and improves the operator experience.

The operator can also choose between foot pedal or hand trigger operation in Guided Mode or Free Style with a choice of four applicator covers.



Before

After



**VENUS LEGACY (VENUS CONCEPT)**

Venus Legacy uses heat to naturally boost collagen production and break down fat cells, which smoothes out cellulite and makes the body look slimmer and more toned.

Venus Legacy is powered by multi-polar radiofrequency combined with pulsed electromagnetic fields. The radiofrequency causes a thermal reaction in the tissue, which stimulates the body's natural healing response. This process works to break down the volume of fat cells in the treatment area and tighten the skin, which improves the look of cellulite.

The machine also uses advanced

VariPulse technology, which gently pulls the skin upward, allowing the radiofrequency to penetrate deeper into the tissue. This triggers improved cellulite reduction, as well as stimulating healthy circulation.



Before

After

**TRUSCULPTID (CUTERA)**

truSculpt iD is the new non-surgical minimally invasive energy-based device from Cutera. The treatment is designed to sculpt and reshape clients' bodies in one 15-minute session.

truSculpt iD uses radiofrequency (RF) energy to heat and destroy fat cells permanently. The body then naturally expels the remnants of the fat cells.



This powerful, non-invasive, monopolar RF platform tailors to patients' individual needs and features real-time temperature control for clinically proven results, safety, and patient experience. truSculpt iD treats the entire fat layer, resulting in an average of 24% fat reduction. It offers unique handpiece and placement location versatility and customised 15-minute protocols to treat a full abdomen or multiple body areas simultaneously.

The device delivers heat to the entire fat layer while maintaining a comfortable skin temperature – optimising clinical efficacy and maintaining patient comfort. **AM**

