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Women's Weekly

NOVEMBER 2010 \$4.90 (incl GST)

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EXCLUSIVE

Portia DeGeneres MY GAY SHAME DROVE ME TO ANOREXIA



Cellulite busters

Kelly Baker discovers simple solutions to get rid of orange-peel dimpling.

We've all got the odd spot of cellulite here and there. It's no big deal and yet there's no denying it would be great to stumble across a product, treatment, diet or even an exercise that actually improves those dimples, maybe even removes them altogether. Well, we've got some news and you're going to love it – or at the very least, like it a whole lot – because we've discovered that while those bumpy bits can't be made to disappear overnight, they can be lessened – and dramatically so. Like to learn more? We thought so.



An anti-cellulite fighter

Cellulite busters have been around for decades, but it's only recently that they've contained ingredients which have the capacity to make a difference to the orange-peel dimpling we know and loathe.

Take **Biotherm Cellul Laser Slim.Code**, \$95, for example. Its creators say it can permanently remove the "orange peel" effect by altering genes in the tissues of your skin. If that's true – and clinical trials are showing promising results – then this product should work for pretty much all women who suffer cellulite, whether it be caused by lifestyle factors, such as a not-so-hot diet, or genetics.

According to Biotherm, more than 90 per cent of women who used Laser Slim.Code said their skin looked more toned after four weeks. And 85 per cent said the cellulite was significantly smoothed at the end of the same time period.

The product hit shelves in September, but I managed to finagle myself a tube back in May. I've been using it twice daily ever since and guess what? Dimpling does seem less noticeable in the hip and bottom area. I must admit, I have also been exercising and watching what I eat, and then there's the massaging effect which can help to break down fatty

tissue. Yet I've done all that before and never seen results like this. **MY TAKE:** A healthy diet and regular exercise will help you lose fat and increase muscle, but if you're still troubled by cellulite, this clever cream could help. >

OTHER PRODUCTS YOU MIGHT LIKE:

Nivea Body Contouring Cream Q10Plus (top), \$9.75; **Weleda Birch Cellulite Oil**, 100ml, \$32.50; **Beautician's Secret Body Sculpt**, \$19.95.



Biotherm Cellul Laser Slim.Code, \$95.





Cellulite: A beginner's guide

There's an enormous amount of information out there about cellulite, some of it fact, plenty of it fiction. Here, Nicole Bell, cosmetic nurse and founder of the Face Today Medi Clinics in Sydney and Cairns, and Michelle Bridges, fitness specialist and coach on TV's *The Biggest Loser*, set the record straight.

WHAT IS CELLULITE EXACTLY?

Cellulite isn't a substance, but the term we use for the collection of pockets of fat trapped between fibrous connective tissue under our skin, says Michelle. "This is what gives cellulite its dimpled appearance," she says. "It's pretty much a female

issue, as oestrogen seems to play a significant role in its appearance and because we tend to store fat around our buttocks and thighs, as opposed to our waists."

HOW COMMON IS IT?

Roughly 80 to 90 per cent of women show signs of cellulite, says Nicole, who believes that, if cellulite affected more men, a cure would have been discovered years ago! You don't have to be overweight to have it, either. Yet carrying excess subcutaneous fat will tend to make it look worse, says Michelle.

WHY DO I HAVE MORE NOW I'M OLDER?

"Unfortunately, cellulite tends to get more acute as we get older, as our fat deposits tend to increase and the fibrous connective tissues between the pockets of fat shrink and thicken, worsening the appearance," says Michelle. Damn it! (I wrote that, not Michelle, who is much more polite.)

CAN WE EVER GET RID OF IT?

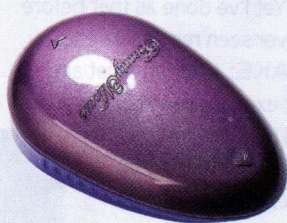
Ridding ourselves completely of cellulite is difficult, but improving it is definitely achievable, says Nicole. Michelle agrees. "You can reduce the effect by keeping your body fat levels low with regular exercise and a healthy, clean diet that avoids foods which stimulate excessive insulin production," she says.

Michelle also recommends we avoid wearing tight clothes, as they constrict the flow of lymphatic fluid, and avoid stress because it generates hormones which have been shown to be associated with cellulite formation.

NB: Got a few jiggle bits you'd like to see the back of? You can do exactly that with the help of Michelle Bridges' 12 Week Body Transformation program. Learn more at www.12wbt.com.

Beauty tip

Gorgeous bronze (fake, we said fake!) skin makes any lumps and bumps that little bit less noticeable. **TRY:** Palmer's Cocoa Butter Bronze with Vitamin E Sunless Tanner and Instant Bronzer, \$14.95; St. Tropez Perfect Legs, \$43.95; Le Tan Jet Dry, \$12.99.



DermaRoller Beauty Mouse, \$285.



Magic gadgets

The DermaRoller Beauty Mouse (beautymouse.com.au), which is listed as a medical device on the Australian Register of Therapeutic Goods, is the latest gadget to hit the shelves (and thighs and bottoms) of Australia.

This handy little device is made up of three "dermaRoller" heads, each of which is covered with fine needles. These micro-needles (there are 480 all up) stimulate the skin and improve circulation. They also allow deeper penetration of cellulite-busting lotions. In fact, its creators say that using the Beauty

Mouse increases product delivery by a whopping 200 per cent.

MY TAKE: Massaging the skin and boosting circulation improves the appearance of cellulite, so this little baby is worth a try. Also, it will allow better penetration of anti-cellulite products, as its makers say. However, it won't remove the dreaded cottage cheese appearance altogether. Be realistic in your expectations – combine its use with a healthy diet and some

regular heart-pumping exercise, and you'll definitely see improvements. ■

OTHER GADGETS YOU MIGHT LIKE:

Manicare Cellulite Bristle Brush, \$14.95 (below); Scholl Hydro Shower Proof Mini Massager, \$39.95.

