Cellulite is a common problem predominantly affecting women. Women can get cellulite post puberty caused by a variety of factors including diet, genetics, hormones, and lack of exercise. VelaShape is FDA approved non-invasive procedure for cellulite.

March 22, 2010 - PRLog -- Cellulite is a problem that primarily plagues women. Cellulite is describe as "lumpy-bumpy" or "cottage cheese" appearance that can affect the thigh, buttocks, abdomen, or pelvis. Cellulite refers to uneven dimpled appearance of the skin cause from herniation of subcutaneous fat within the fibrous connective tissue. A majority of cellulite, 80% to 90%, occurs in post pubertal females.

Cellulite is caused by many different factors. These factors include genetic predisposition, diet, lifestyle, lack of exercise, and hormonal factors. While there is no definitive cure for cellulite, there are a variety of treatment option to help improve the appearance of cellulite. Unfortunately, not everyone responds well to the treatment.

There are different stages of cellulite. Stage I is when dimpling is neither visible upon standing up or lying down but is visible with pinching. Stage II cellulite is visible with standing up only and disappears with lying down. Stage III cellulite is visible upon standing and lying down.

VelaShape is a FDA approved technology that reduces the appearance of cellulite. VelaShape is a non-invasive treatment that uses three different modalities to reduce cellulite. VelaShape uses a combination of radiofrequency, mechanical suction, and infrared light to improve local circulation, increase metabolism of fat cells, and increase lymphatic drainage from the affected areas of cellulite. This results in diminished sizes of the fat cells and improved texture of overlying skin as well as circumferential reduction of the area. VelaShape also helps to tighten the skin in the affected area. VelaShape can be used in the thighs, buttocks, abdomen, flank, and even the arms. VelaShape can also help post pregnancy to help tighten and improve the texture of the abdomen.

At Ethos Spa, Skin and Laser Center, we also use a topical cream composed of pseudocatalase and aminophylline to reduce the appearance of cellulite. The cream works in conjunction with the VelaShape treatment by promoting the metabolism of fat cells as well as preventing accumulation of toxins responsible for cellulite.

VelaShape is ideal for clients who are within 15 to 20 pounds of their ideal body weight. While it is not necessary to adhere to a strict diet or an exercise program it is imperative that you do not gain weight while on the VelaShape treatment protocol. VelaShape is not a treatment for weight loss. During VelaShape treatments, we will take measurement of the treatment area as well as your weight during each session.

Typically, we recommend 6 treatments spaced one week apart. It is important to drink plenty of water while doing the VelaShape treatments. There is no pain associated with VelaShape treatments and many client find it comparable to a warm massage. There may be a slight pinching sensation but most clients find it very relaxing. Some clients will see results in as few as 1 treatment while other may need at least 6 treatments before results are visible. Following the treatment, we recommend a maintenance treatment every 1 to 3 months. While the results are not permanent, adhering to a proper diet and exercise plan can ensure that results last longer.

Most clients undergoing VelaShape treatment see results. Some clients are able to obtain great results while a few clients may not see any results. VelaShape is not intended as a weight loss measure or even to help
treat excessive sagging of the areas. Surgery may be an alternative, however many people do not want the risk or the downtime, as well as the costs associated with such procedures. When you have a complimentary consultation with one of our board certified physicians at Ethos Spa, we will determine whether you are a candidate.

While there is no permanent treatment for cellulite, Velashape is an option for many women who want a smoother sezier appearance. Velashape has been featured on many TV shows including Dr. Phil, Rachel Ray, and the Doctors. Many Hollywood celebrities such as Kim Kardashian have utilized Velashape procedure with good results. The cost for Velashape is $250 per treatments, with discounts available for purchase of package or multiple areas.

For more information on the Velashape procedure, contact us at Ethos Spa, Skin and Laser Center, by visit our website [http://www.myethosspa.com](http://www.myethosspa.com) or call 908-273-5400 to schedule your appointment today.

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