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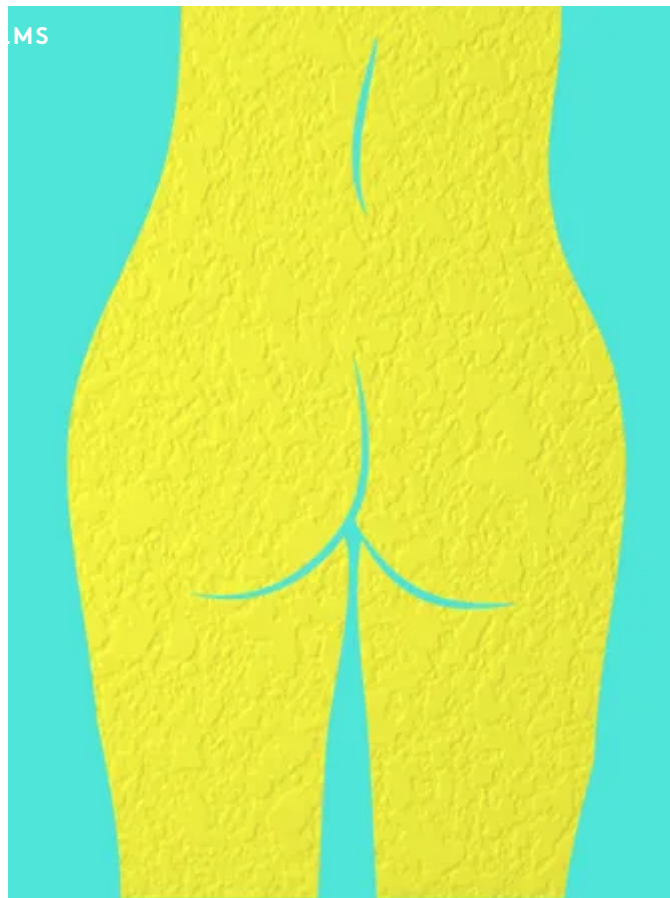


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What You Need To Know About Cellulite

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Illustrated by Sydney Hass.

There's something about **cellulite** that brings out the absolute worst in some women.

Normally self-assured, intelligent ladies tend to go bat-shit crazy in an attempt to eradicate their bodies of the dimpled menace. A menace, we might add, that's perfectly normal — with over **80% of women afflicted with cellulite, we'd go so far as to say thigh dimples are the status quo.**

So, why, then, are we so obsessed with ridding our bodies of something that is just a natural part of being a woman? How do we explain the **epic amounts of money we drop each year on body-contouring regimens** — those creams, patches, and gadgets that common sense tells us can't possibly do what they claim, and yet, a tiny voice whispers in our ear, *What if this just might be the cure we were looking for?*

As one of those 80% of women with cellulite, I've had plenty of regrettable moments in the great cellulite war. If there was a pill, potion, or crazy at-home device that promised to blast away my thigh dimples, I was, naïvely, the first in line to give it a shot. What I got in return was really smooth skin but no improvement in my cellulite. Oh, I also discovered that **cellulite can crop up ANYWHERE** — I'm just now experiencing the joys of arm cellulite, which is so wrong that I can't even handle it.

After a decade of dimple fighting, you know what I've learned? The average woman really doesn't know jack about cellulite. Sick of seeing the ladies in my life waste their time, cash, and sanity on an endless parade of treatments that did absolutely nothing, I've taken it as **my personal mission to cut through the BS (and there's a lot of it) on all things dimpled.** From what actually causes it to what works to get rid of it (and what really doesn't), the lumpy, bumpy truth about cellulite is straight ahead.

CELLULITE

Illustrated by Sydney Hass.

So, What Exactly Is Cellulite?

Cellulite is a puckering caused by the connective fibers under the skin (more on those later) pulling it down. As Dr. M. Christine Lee, dermatologist and director of [The East Bay Laser & Skin Center](#) in Walnut Creek, California, explains, think of your skin like a mattress. If you look at the top of a mattress, it has all those dimples from the springs that are holding down the mattress top, and then there's the stuffing that's caught in between them.

Those connective fibers (called septum) function the same way, pulling down the skin and keeping it attached to the muscles. In between those bands are deposits of fat, and as those grow, the fat begins to form pockets that bulge through the bands and create a dimpled appearance. **The more fat deposits there are, the more pronounced the bulges become.**