

Anti-cellulite Massage

What is Cellulite?

1. A faulty combustion in tissues;
2. Unevenly distributed fat under the skin;
3. Units composed of fat, water and toxins;
4. Poor circulation of blood.

Causes of Cellulite and Fat Accumulation

1. In overweight there is a greater deposition of fat in cells and in the space between cells;
2. Blocked toxins from burning ;
3. Hormonal problems cause deposition of fat and water inside and outside the hips, on belly and buttocks;
4. Malfunction of liver, kidneys, eating irrational, less liquid, less movement, constipation, poor blood circulation and lymph.

What to do Before Resorting to Anti-cellulite Massage?

1. Ensure daily fluid intake (1.5 - 2 liters / day)
2. Give up completely on sweets chemically synthesized, and consume natural sweets (honey, fruits, homemade jams)
3. Give up completely on foods containing preservatives, additives, and / or synthetic dyes (products containing E)
4. Consult your family doctor and ask him to advise you what kind of exercise you should do - jogging, aerobics, swimming.
5. Remember that no massage in the world has long-term effects if not accompanied by proper feeding behavior - do not understand starvation. Nutrition is an ally.
6. Massage helps to get rid of cellulite. It acts as drainage and favors the reducing of water retention and elimination of toxins.

The Benefits of Anti-cellulite Massage

By having regular massage sessions, the muscles condition will improve (they will tonify) and the skin will be more elastic and firm. How? The techniques used in massage act on the fat cells (adipocytes) and help them to detach from the tissues and reabsorb evenly. Massage has many health benefits for skin, connective tissue, muscular tissue and joints, circulatory and nervous system.

Among the benefits of Anti-cellulite massage are:

- Skin smoothing and straightening
- Decreases body circumference and fat disappearance
- The reduction and disappearance of cellulite
- Effective treatment of cellulite and stretch marks
- Intensive detoxification of the body
- Slimmer silhouette
- Increases blood circulation
- Better removal of mineral deposits
- Increases self-esteem

Cellulite massages are a short-term solution for dealing with cellulite problems. It is important to remember that they work best when you incorporate them into a comprehensive cellulite reduction program. This means you need to include a healthier diet and regular exercise regimen if you want to see positive long-term results.