



cellulite

it's a wrap

The treatment of cellulite seems to be an issue that does not go away. Over the years I have seen various trends and techniques come and go in an effort to contain this condition. Thousands of pounds are spent every year by the consumer and manufacturers alike, all looking for that elusive cure.

Cellulite as a medical condition does not exist, the nearest to this is 'cellulitis', an oedematous condition that is extremely painful with possible infection, and as such contra-indicated to treatment. Fortunately therapists are more enlightened and can come to the rescue with a number of therapies.

Cold Body Wraps

Cold wrapping bandages provide an ideal solution, providing inch loss and fat combustion by combining the body's own physiology with active ingredients; often aromatherapy based, to bring about a lasting effect. The bandages are soaked in cold water and squeezed out. Specific preparations blended for their effect upon lipids, diuretic action and the lymphatic circulation are applied, followed by a cooling menthol gel. The bandages are immediately wrapped around the limb. It is important that they are not tightly wound but contour loosely to the area. The cooling effect is induced by combining the effects of the preparations, together with the natural response of the body. As the gel penetrates it induces a rapid cooling effect, vaso-constriction of superficial tissues and blood shunting as a direct response to temperature regulation. A further decrease in temperature initiates shivering, a defence mechanism to prevent hypothermia. Local metabolism is raised and calories combusted (stored fats within muscular fibres) as muscular energy levels rise, to gradually warm through the limb, fresh blood

filters through to the area and vaso-dilation occurs. Upon removal of the bandages the skin will feel firmer and smoother, with an evident reduction of girth. The treatment can be used as a one off for that 'little black dress' or as part of a course of treatments for the treatment of cellulite. The use of essential oils or specific cellulite preparations will continue the stimulation of the micro-circulation, and thereby flushing stagnant tissue fluid.

Manual Lymphatic Drainage (MLD)

MLD offers the therapist a powerful therapeutic principle that has been recognised through the ages, and is currently enjoying a revival. The technique homes in on a specific element within massage therapy that encourages lymphatic drainage. A combination of effleurage and light compression produces a rhythmical routine that ranges through stationary circles over the lymph nodes, to slow stretching circles that open the initial lymphatics, gradually progressing to a scooping movement that helps to stimulate the lymphatic pump. When applied correctly the client becomes very relaxed and a palpable change within the skin can be initiated. The treatments need to be carried out regularly as a cumulative reaction is required. This encourages the body to continue with the rhythmical contractions within the lymphangions to move lymph along the vessels to the nodes.

The degree of success with either of the treatments outlined above is also dependant upon: diet, stress reduction, exercise, and the regular use of homecare preparations together with a course of treatments.

Legs pic: © www.istockphoto.com

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