

# HOW TO MINIMISE YOUR CELLULITE

[SBL GUIDE](#)

Diet and lifestyle play a part in aggravating cellulite, and toxin in the body from smoking, caffeine, alcohol and processed foods can contribute to the problem, so banish them.

**A mug of hot water first thing in the morning** with sliced root ginger and either cayenne pepper or turmeric powder will give both the kidneys and the liver a boost.

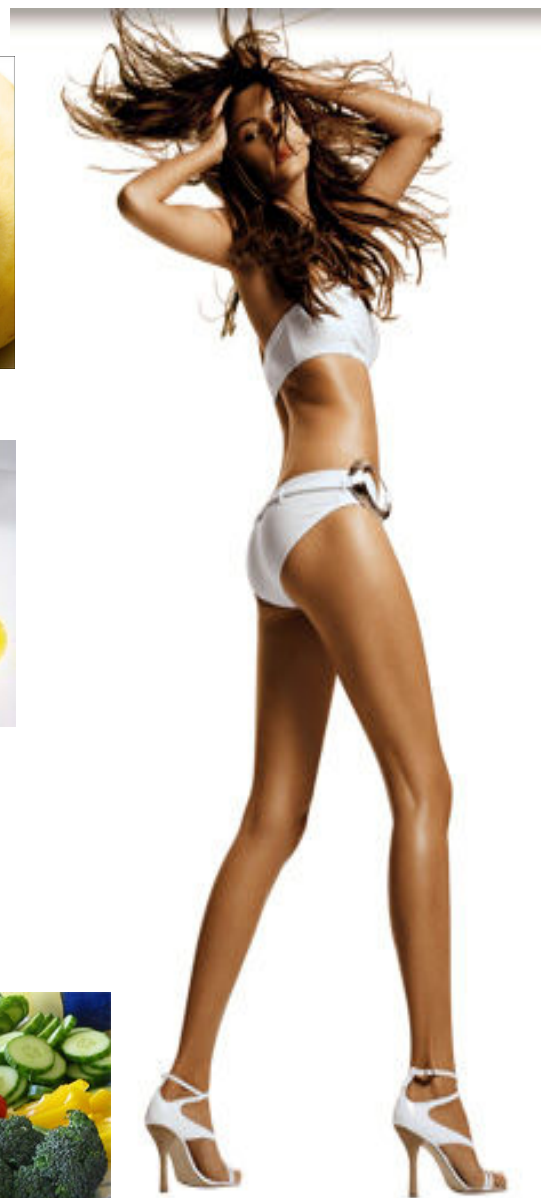
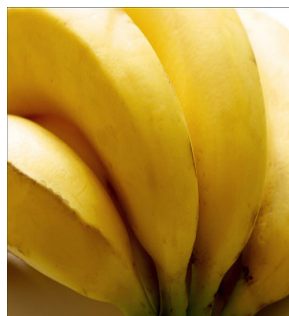
Devotees of trendy low-carbohydrate and high-protein diets which cut out all processed foods and sugar report that **cellulite improves** and may even disappear. And watch your salt intake, excessive salt can contribute to water retention which can make your legs feel heavy and puffy and cellulite appear worse.

Fresh food and fruit is vital to detoxify your body. Fruits such as blueberries, vegetables, fennel, cucumber and radishes clean the blood, support the lever and help the kidneys.

## Attract water to the cells

When cells do not have enough water, they are unable

to withstand the pressure of fat reaching the surface of the skin, dehydrating cells makes them strong enough to push the cellulite-forming fat cells back below the visible layers of your skin. Try Vitamin E, Essential Fatty Acids (EFAs) and fish oils.



## Reduce excess water

Excess water interferes with the body's ability to repair cellulite damage. Fluid seeps in between cells and connective tissue preventing them from functioning properly. Try Echinacea, Vitamin B6, grape seed extract and dandelion.



## Perfect behind

The intensive four week 'Cellulite Buster' programme devised by Bhavisha Patel is certainly worth trying. Users have reported improvements in tone and condition of skin from the 12 days targeting fat and cellulite of the bum muscles. Treatment includes; Thermojet, Endermologie and Body wraps. Treatment starts from as little as £50, 0207 409 1025.



[www.slimbodyline.co.uk](http://www.slimbodyline.co.uk)

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