

Did You Know There Are More Than One Type of Cellulite?

Cellulite is something most women cringe at the thought of. Even though we have heard an awful lot about the condition, we still do not know too much about it, especially the different types that occur. To us cellulite is cellulite and it comes in one form. However, unfortunately there is more than one form and which one you end up with all depends upon your life style.

The Different Types of Cellulite:

Cellulite can affect absolutely everybody, even men! However, it is generally more common in women due to their skin being a lot thinner than mans skin hence it is more noticeable. The two different types of cellulite are:

Hard Cellulite

This appears mainly on women who are quite active. These may include athletes such as runners or tennis players, and also dancers. Generally this kind of cellulite is a lot harder to eliminate than the other type, though on the plus side, it is a lot harder to see as it is attached directly to the muscle.

Soft Cellulite

The downside to soft cellulite is that it is a lot more visible. This tends to be the most common form of cellulite and it tends to affect fairly large areas of the skin. As it does not attach directly to the muscle, it tends to hang loose and it can tend to cause the skin to sag. This usually cause spoor muscle tone, though the good news is it is a lot easier to get rid of then hard cellulite.

In order to detect any cellulite on your body, the best way to do it is to lightly pinch an area of skin on your upper thigh. Use your thumb and forefinger and you will tell if you have cellulite because it will feel bumpy and it will often cause the skin to dimple. Normal skin is smooth. Cellulite affected skin can also feel cold to the touch and be slightly whiter in appearance than the rest of the skin.

The Best Ways to Fight Cellulite

Whilst there are no miracle cures for cellulite, despite what various advertisements tell you! There are ways to help reduce its appearance and to give you softer, smoother skin again.

One thing that helps to fight cellulite is massage. This is because massage helps to manipulate the muscles and that helps to stimulate the circulatory system and the lymphatic system which help to break down fatty tissue.

Using a body brush to brush the skin for a couple of minutes before a shower really helps to boost circulation and over time it really helps to improve the skins appearance.

The most effective way to reduce the appearance of cellulite is to eat healthy and exercise regularly. You should try and aim to eat a lot of fresh fruit and vegetables as well as whole grain foods. If you smoke or drink a lot of coffee, you should try and cut down.

Foods packed full of spices, sugar, salt and animal fats are all harder for the body to get rid of and so a low fat, high fiber and complex carbohydrate diet is recommended. Exercise is important as it helps to improve circulation. in turn blocks tissue, prevents essential waste elimination and generally stops the body from working properly. So it is important to stay as stress free as possible!

Overall cellulite is likely to affect you at some time in your life and you really should not fall for the so called miracle cures out there. The best thing you can possibly to reduce your cellulite is to follow the tips above. As annoying as cellulite is, it is possible to reduce the appearance of it, helping you to live a happier life once more!

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