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Cellulite is the dimpled appearance of skin, due to fat deposits, just below the skin surface. It usually appears in the abdomen, thighs, hips, and buttock areas in post-pubertal females. It is more common in women than in men. Some degree of skin dimpling is present in as many as eight out of 10 women. It is not a problem that affects only obese people. The problem appears when the connective tissue between the skin and the muscle becomes inflexible, causing fat to bulge. If it is in your genes, then you are bound to get it as you grow old.

According to the American Society for Aesthetic Plastic Surgery, there is no ideal treatment for this problem. The appearance of cellulite can be reduced by using certain products. A body firming cream is one such product that promises to reduce the appearance of cellulite, and gives the skin a firmer look.

The reasons behind the appearance of cellulite are not understood completely, however, experts have put forth certain theories as explanations.

â€¢ Hormonal changes: A change in estrogen and certain thyroid hormones play an important role in the development of cellulite.

â€¢ Genetic factors: Sometimes, the genes of a person might make him/her more susceptible to the appearance of cellulite. Your genes might dictate your metabolism rate and distribution of fat just underneath the skin. A slower metabolism rate would make you more predisposed towards the appearance of cellulite.

â€¢ Dietary factors: Eating food rich in fats, carbohydrates, salt, and fibers can lead to the development of greater amounts of cellulite.

How can cellulite be removed?

The appearance of cellulite can be reduced using treatments, such as liposuction, fat injections, and lower body lifts. Currently, laser treatments have emerged as another promising method to get rid of this skin problem. Although many such treatments have shown good results, getting them done is a cumbersome task. They require multiple treatment sessions for extended periods, and can cause a major dent in your pocket. Still, if your problem is severe, you can consult a certified plastic surgeon to determine the treatment that would be best for you.

You could also use a body firming cream that promises to help reduce the appearance of cellulite. Look for a cream that is enriched with anti-inflammatory agents and natural extracts that would work on your problem areas, and give you results within a few weeks.

Do not wait for the signs of aging, such as wrinkles, cellulite, and skin discolorations, to start using any anti-aging product. With leading cosmetic manufacturers and pharmaceutical companies launching some highly innovative body firming creams, hyaluronic acid creams, and stretch mark removal creams for women, you can choose a product to cater to your specific needs.

A good quality body firming cream would be an easy and affordable way to treat cellulite, and also make the skin look much smoother and younger. The ingredients in such a product would kick start the lymph and blood flow to your skin, and keep you one step ahead in your battle with time. Your skin would look noticeably firmer, and the fine lines would be harder to detect.

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Apply Hydroxatone a body firming cream to reduce the appearance of wrinkles in just a few weeks. Read the a reviews of hydroxatone to know how a a hyaluronic acid cream can make your skin soft, smooth, and wrinkle free.

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