

## BANG FOR THE BITE



A good massage from the right person might be free, but fixing your lumpy thighs isn't going to do much to save the world.

## COCKTAIL FACT



A consumer group in Italy warned that a cellulite treatment center ad found on the side of buses in Rome, featuring a nude behind, was likely to cause auto pile-ups.

## SHARE THE ECO-LOVE

SHARE

FORWARD THIS TIP

SUBSCRIBE

Login to add to My Bites

PRINT THIS TIP

## RATE THIS

How useful is this tip to you?  
(5 is the highest)

Average



Your rating: None

home - natural cellulite treatment

## Scared that your itsy bitsy teeny weeny yellow polka dot bikini will show off more cellulite than curves?

### The Bite:

While there is no magic cure for cellulite, there are natural ways - instead of empty promises from big beauty product manufacturers - to perform temporary disappearing acts on its appearance as we head into summer.

### The Benefits:

- Cellulite is caused by a breakdown of connective tissue beneath the skin which increases with age. Massaging trouble areas combats the problem by clearing the lymphatic system and rewiring up circulation.
- Cellulite creams *don't* eliminate the cellulite. Effective anti-cellulite creams *reduce the appearance* of cellulite through their skin tightening properties. Voilà! Less cottage cheese (for a few hours, at least).
- Algae extracts detoxify and increase your metabolism; green tea detoxifies and possibly burns fat; while wasabi helps to open pores and stimulate sweat glands to eliminate toxins.
- Products with caffeine (the most common active ingredient in cellulite creams) tighten skin, but may dehydrate, so be careful.

### Personally Speaking:

Heather likes to pretend that yoga gets rid of all her cellulite (which isn't the case at all, but we are willing to let her live in her fantasy world). Jen will use any excuse to get a massage, and so treats herself, or um, her cellulite, to bi-monthlies.

### Wanna Try:

- [Lavera Body Control Anti-Cellulite Lotion](#) - one of the few caffeine-based products that doesn't dehydrate (\$69).
- [Tisserand Cellulite Oil](#) - a blend of juniper, cypress, rosemary, and lavender (\$15).
- [Susan Ciminelli Marine Lotion](#) - contains algae and essential oils and works on stretch marks (\$85).
- [Verde Cellulite Contour Cream](#) - from Heather's favorite green products shop in the UK (£10.50).
- [Ayate Cellulite Scrub](#) - so far, Jen's gotten 6 months use out of this massaging scrub made from the maguey plant (\$6).
- [The Bite's Favorite Massage Oils](#) - check out our previous tip to find a listing of the best all-natural massage oils out there.
- Exercise and drink more (water, that is). A healthy regime is the only sure-fire way to reduce cellulite.

### Related Blog Post:

[Sitting on Gravel](#)