Cellulite

For cellulite we offer the following treatments

VelaShape

VelaShape is a non-invasive body contouring and cellulite reduction treatment. It uses a combination of technologies to target and reduce the appearance of cellulite and fat deposits in areas like the thighs, buttocks, abdomen, and arms.

Here’s how VelaShape works:

1. **Infrared and Radiofrequency**: These heat the skin to increase metabolism in fat cells, encouraging the breakdown of stored fat.
2. **Vacuum Technology**: The vacuum feature helps manipulate and smooth the skin tissue, making the treatment more effective by bringing fat cells closer to the surface.
3. **Deep Heat Stimulation**: This process helps in collagen production and skin tightening, which can improve skin texture and reduce the appearance of cellulite.

**Benefits of VelaShape:**

* **Non-invasive**: No surgery, incisions, or downtime.
* **Targeted Treatment**: Can focus on specific problem areas.
* **Cellulite Reduction**: Improves the appearance of cellulite and smooths the skin.
* **Fat Reduction**: Reduces localized fat deposits to contour the body.
* **Skin Tightening**: Stimulates collagen production, leading to firmer skin.

Multiple sessions (usually 4 – 6) are needed to achieve optimal results, and then one treatment is needed every few months to maintain results. The procedure is relatively quick, painless and with no recovery.

Fat Dissolving treatments

**A Fat Dissolver** is a type of injectable treatment that targets and breaks down fat deposits in specific areas of the body. This procedure is commonly used for body contouring and reducing localized fat, and it may also help in improving the appearance of cellulite, depending on the area being treated.

**How The Treatments Work:**

* **Active Ingredients**: **deoxycholic acid**, **combined with phosphatidylcholine**, are naturally occurring substances that helps the body absorb fat. When injected, it destroys fat cell membranes, causing the fat cells to break down and be metabolized by the body.
* **Procedure**: The treatment involves injecting small amounts of the solution into the targeted areas. Over time, the fat is dissolved and naturally eliminated by the body.
* **Cellulite Reduction**: While fat dissolvers primarily focus on reducing fat deposits, they can indirectly improve the appearance of cellulite by reducing the fat pockets that create the dimpled skin effect.

**Benefits:**

* **Non-surgical**: Minimally invasive, requiring only injections.
* **A more Permanent solution**: Once the fat cells are destroyed, they don’t regenerate. However, maintaining results depends on a healthy lifestyle.

**Side Effects and Recovery:**

* **Swelling and Bruising**: Common after injections, typically resolves in a few days to a week.
* **Pain or Redness**: Some discomfort at the injection site.
* **Temporary Numbness**: Can occur around the treated area.

Multiple treatments are often required for optimal results, with effects typically visible after a few weeks. This treatment can be combined for better results with the other treatments we offer.

Smartlipo Laser Lipolysis

**Smartlipo** (or **Smart Lipolysis**) is a laser-assisted lipolsis procedure primarily used for **fat removal** and **body contouring**, rather than specifically targeting cellulite. However, it can indirectly improve the appearance of cellulite by removing fat deposits and tightening the skin.

**How Smartlipo Works:**

Smartlipo uses **laser energy** to melt fat before it is suctioned out. The procedure involves:

1. **Laser Energy**: A small laser fiber is inserted into the treatment area. The laser heats and liquefies fat cells, making them easier to remove through a thin tube called a cannula.
2. **Skin Tightening**: The heat from the laser also stimulates collagen production, which can result in firmer, tighter skin over time.
3. **Minimally Invasive**: Unlike traditional liposuction, Smartlipo uses smaller incisions and involves less trauma to the surrounding tissue.

**Smartlipo and Cellulite:**

While Smartlipo is **not specifically designed to treat cellulite**, it may have some benefits:

* **Fat Reduction**: By removing excess fat, particularly in areas like the thighs or buttocks, Smartlipo can reduce the pressure and bulging that contributes to the appearance of cellulite.
* **Skin Tightening**: The heat from the laser stimulates collagen production, which can tighten the skin and improve its texture. This can help reduce the dimpling effect of cellulite, but the improvement is typically modest.

**Ideal Candidates for Smartlipo:**

Smartlipo is best for individuals with:

* **Localized fat deposits** in areas like the abdomen, thighs, hips, and arms.
* Some skin laxity, as the laser-assisted procedure helps tighten the skin.
* Mild cellulite, though those with **severe cellulite** may need other treatments.

**Results and Recovery:**

* **Results**: Smartlipo typically shows results after a few weeks, as the body metabolizes the melted fat and collagen production takes place. Full results can take up to 6 months.
* **Recovery**: It’s minimally invasive, so recovery is quicker than traditional liposuction, but patients may still experience swelling, bruising, or discomfort for a few days.

**Side Effects:**

* Mild bruising, swelling, and soreness.
* Temporary numbness or sensitivity in the treated area.

Lanluma

**Lanluma** is a newer injectable treatment that is primarily used for **non-surgical body contouring** and **skin rejuvenation**, and it also has benefits for treating **cellulite**. Lanluma is a type of **biostimulator**, which means it works by stimulating the body’s natural collagen production over time, improving skin elasticity, firmness, and texture. This collagen-boosting effect helps to reduce the appearance of cellulite and improves overall skin quality.

**How Lanluma Works:**

Lanluma injections are made of **poly-L-lactic acid (PLLA)**. The PLLA particles stimulate the body’s natural collagen production in the injected area, which enhances volume and smooths the skin.

Here's how it addresses cellulite:

1. **Collagen Stimulation**: Over time, the PLLA particles in Lanluma stimulate the production of new collagen in the skin. This extra collagen helps to firm and smooth the skin, which can reduce the appearance of cellulite dimpling.
2. **Filling Out Depressions**: As collagen is produced, it can help plump the skin and fill in the areas where cellulite has created depressions, improving the overall texture of the skin.
3. **Long-lasting Effects**: Results from Lanluma typically take a few months to fully develop, as collagen production takes time. However, the results are long-lasting, often up to **5 years** or more.

**Benefits of Lanluma for Cellulite:**

* **Non-surgical**: It’s a non-invasive, injectable treatment, requiring no surgery or downtime.
* **Cellulite Reduction**: By stimulating collagen, it reduces the appearance of cellulite and enhances skin texture.
* **Body Contouring**: Lanluma is also used to add volume to areas like the buttocks, thighs, and arms, which can improve body shape while treating cellulite.
* **Skin Tightening**: Increased collagen helps tighten and firm the skin, which is beneficial for cellulite-prone areas.

**Areas Lanluma Can Treat:**

* **Thighs** (common cellulite area)
* **Buttocks**
* **Upper arms**
* **Abdomen**
* **Hips**

**Treatment Process and Results:**

* **Gradual Improvement**: Unlike immediate fillers, Lanluma works gradually. Results usually start to appear after a few weeks, with optimal outcomes visible in 2-3 months as collagen production increases.
* **Multiple Sessions**: Often, several sessions (usually 2 to 4) are needed for best results, depending on the severity of the cellulite and the area being treated.
* **Longevity**: Once the desired results are achieved, they can last **up to 5 years** or more, though occasional maintenance sessions may be needed.

**Side Effects:**

* **Swelling and Bruising**: Minor swelling or bruising at the injection sites is common and should resolve within a few days.
* **Tenderness**: Some soreness or tenderness in the treated areas, which is temporary.
* **Gradual Results**: Since the effect relies on collagen production, results take time to appear but are long-lasting once fully developed.

**Ideal Candidates:**

Lanluma is ideal for individuals who:

* Have mild to moderate cellulite.
* Want a non-invasive treatment to smooth and firm skin.
* Are looking for **long-lasting results** and don’t mind a gradual improvement over time.
* Want to enhance areas with some volume loss, like the buttocks or thighs, while also addressing cellulite.