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The MAKEOVER

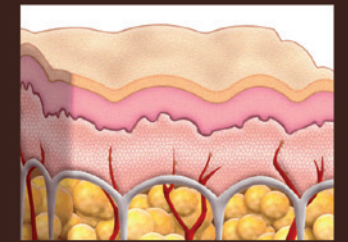
SEE THEIR DRAMATIC BEFORE AND AFTERS

ISSUE!

newbeauty.com



SPRING/SUMMER 2012
DISPLAY UNTIL JUNE 25



The doctors weigh in: Can
cellulite be prevented?

Most experts agree: The appearance of cellulite is linked to genetics (if your mother has it, you probably will too) and gender (in women, the connective tissue surrounding fat cells runs vertically, which creates a "bulging" of fat cells, resulting in a "puckered" look). But, even if Mother Nature isn't in your favor, is there anything you can do to fix it? "There's no cure for cellulite," says Fullerton, CA, dermatologist Julie A. Hodge, MD. While Dr. Stevens agrees that cellulite is not easy to treat, he says one can see some improvement with in-office treatments, and retinol- and caffeine-based creams when used for six months. "Keeping fit, eating healthy and good skin tone may help to minimize cellulite as well," he adds.



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SIX WAYS TO COMBAT

CELLULITE

Lumps, bumps, "cottage cheese" and "orange-peel" skin. No matter what you call it, cellulite can plague even the fittest bodies—and, unfortunately for 90 percent of women, this common condition has a genetic predisposition, which Beverly Hills, CA, plastic surgeon Leslie H. Stevens, MD, says, "makes it hard to find a magic bullet for treating it." But, despite its stubbornness, there are ways to improve cellulite's appearance and get your skin looking smoother.