

How To Tell Whether You Have Cellulite

Many women mistakenly think they have cellulite, because another condition common to the upper legs – “deep-tissue dehydration,” looks similar to the untrained eye. To tell if the uneven texture you’re observing is cellulite, firmly run your fingertips from the inside of the knee upward, stroking across the thigh toward the groin. This follows the lymph channel in the upper legs. You can actually feel cellulite, which often forms hard adhesions and nodules under the skin.

Deep-tissue hydration causes the orange-peel texture on the backs of the thighs. It will usually display a horizontal pattern, and if you lift the skin slightly upward, the uneven texture will disappear --- NOT SO with cellulite! The skin sags for two reasons:

- 1) because the muscle underneath has shrunk (atrophied from lack of nourishment) and
- 2) because the skin lacks water in the connective tissues. This is due to a lack of mineral salts which attract and bind water in the skin.

Replacing these vital minerals salts through [sea mineral wraps](#) and internal supplements can bring about a quick and gratifying improvement in this condition. Then exercise and massage can tone the underlying muscle.

Fortunately, cellulite responds to a program of detoxification, stimulated both internally and externally, as well as a combination of specialized and precise deep tissue and lymphatic massage to break up adhesions and drain stagnant fluids. Massage therapist Charles W. Wiltsie III, LMT, NCTMP, conducted an unprecedented year-long study proving that specific deep tissue massage, which he calls Lypossage, can help healthy women reduce body dimensions without losing weight.

A body-contouring massage helps move toxins out of the targeted areas of the body through lymphatic drainage. Increased circulation nourishes and improves muscle tone. The thighs, buttocks, and lower stomach are particularly apt to respond because they contain a great deal of fatty tissue, lymphatic vessels, and visceral organs that eliminate waste.

Body-contouring massage also supports nature’s detoxifying work and its nurturing effects enhance body-mind balance.

Proven results with hundreds of clients shows that Lypossage yields gratifying results when repeated in a series of 18-20 sessions at 3 times per week.

-Excerpt from “Four Seasons of Inner and Outer Beauty” by Peggy Wynne Borgman