

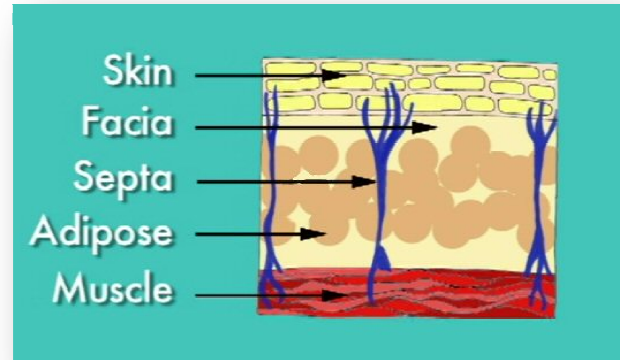
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The Cellulite Massage Program

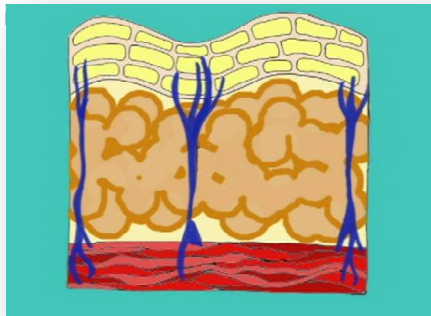
Cellulite plagues most women, regardless of age or weight. Cellulite massage helps reduce the dimpling appearance caused by cellulite, helps cleanse toxins stored in fat cells, and promotes dimensional loss. The results are quantifiable. On average, clients have lost 6 to 12 inches from the abdomen to the thighs from cellulite massage.

Anatomy of Cellulite - What is Cellulite?

Cellulite is not a type of fat, but a description of fat that becomes herniated within fibrous tissue (septa) that connects the fat to the skin. The fibrous tissue may stretch, break down, and become rigid, allowing the fat cells to bulge. The result is a dimpling. It is not a disorder or a disease, but a “normal condition of many women and some men” (MedicinePlus Encyclopedia). Cellulite occurs mostly in the pelvic region of women, from the abdomen down through the thighs.



Genes play a major role in cellulite as well as evolutionary biology. It turns out that women are designed to store fat in the hip and leg area which the body treats differently than fat in the upper body. The lower body fat is protected from weight fluctuations because that fat is designated to provide nutrition for a growing infant during the last trimester of pregnancy and for nursing after birth. However, a poor diet, dehydration, hormonal changes, stress, and lymphatic and circulatory insufficiency may all contribute to the formation of cellulite. The dimpling usually worsens with age as the connective tissue becomes more rigid.



Women get cellulite more commonly than men because they have thicker subcutaneous fat. The septa pattern also varies between the sexes. In women, septa run vertically, while the septa in men are in a diagonal pattern. Therefore, in women, when the fat cells bulge, they push upward, creating a mattress tufting effect.

What is Cellulite Massage?

The Cellulite Massage treatment is a specific blend of massage modalities that include:

- Deep Tissue Massage –softens deep connective tissue and improves circulation
- Myofascial Release – to stretch and further soften the connective tissue
- Lymphatic Massage – to assist the body in removing fat, toxins and metabolic waste

Problem areas that can be targeted:

- Hips and thighs
- Lower abdomen
- Buttocks

Cellulite massage is an energetic, deep tissue massage designed to soften and loosen the rigid septa. It is an effective and safe alternative to liposuction, and can help smooth the rippling that can sometimes result from liposuction treatments. The massage also flushes out excess toxins stored in the fat cells.

This helps reduce the appearance of cellulite and actually helps with dimensional loss of inches in the targeted areas of the thighs, buttocks and abdomen

The massage work is deep and penetrating. **There may be some bruising, especially at the beginning. However, during the first couple of sessions, I work carefully and slowly to condition the tissue and mitigate bruising and tenderness. (If you are hypersensitive to pain or bruise very easily, then you may want to think very carefully about this cellulite massage program before committing your time and money.)**

Assessment

The Cellulite Massage Program is not suitable for everyone. A health intake form will need to be filled out prior to starting treatment and there are certain contraindications:

- Varicose veins (on legs)
- Skin lesions
- Cancer
- Pregnancy

The best candidates are no more than 30 pounds of their ideal weight. They have active lifestyles and eat well. Heavier clients may do the program but will need to repeat it to reinforce the results.

A hands-on adipose tissue assessment will allow me to determine if your tissue is soft enough for best results. Chronic stress and birth control pills, for example, can cause denser or harder adipose tissue which does not break down as easily as soft adipose tissue. In the event of dense tissue, the recommendation is that the cellulite program be repeated.

How many treatments?

There are 18 treatments total divided into three sessions a week for six weeks. Sessions last between 30 minutes to an hour depending on the area(s) to be worked on. This is a significant time commitment! Please be sure you are able to devote the time to the three weekly appointments plus the

recommended home care that is included in the Cellulite Massage literature you will receive when you sign up for the program.



What results can I expect from Cellulite Massage?

Results will vary depending on diet, activity level and commitment to a home regime; however it is not uncommon to find significant reduction in cellulite appearance, improved skin and muscle tone, and cumulative dimensional inch loss between 6 to 12 inches from the abdomen to the thighs.

Is there anything else included in this program?

The total price of the Cellulite Massage program includes the following:

- Handbook detailing Cellulite Massage and guidelines for body detoxing and home regime
- Record of progress; before and after photos
- Cellulite serum for home use (\$65 value), plus serum used during each treatment.
- 18 30-min Far Infrared sauna sessions
- 18 HyperGravity sessions
- 10% off one 60 or 90 min post-treatment full-body relaxation massage
- 10% off any retail products that enhance this cellulite treatment

What is the cost of the Cellulite Massage Program?

Lower abdomen only - \$954

Hips, thighs and buttocks only - \$1,710

Hips, thighs, buttocks and lower abdomen - \$1,899

An initial assessment is required prior to program initiation. Contract and upfront payment also required. All 18 appointments are pre-booked at the time of contract signing. 5% discount offered if you allow us to use your before and after photos for marketing purposes. Discount is for a limited time only.