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Alternative Cellulite Treatments: Discover 2 Methods To Eliminate Cellulite

These days, more and more women are looking for effective ways to combat cellulite. So if you are considering an alternative cellulite treatment you will definitely want to take a close look at these two options.

Ionithermie Reduction

One alternative cellulite treatment is cellulite Ionithermie Reduction. This treatment alleges to get rid of cellulite by cleansing your body of accumulated and unwanted toxins and fats through massage of the lymphatic system. It also involves electric pads that massage parts of your body affected by the cellulite and the use of a clay mask on the affected areas.

The alternative cellulite treatment Ionithermie reduction therapies are done at a cellulite treatment parlor or spa. It starts with a manual massage to stimulate the lymphatic glands. Then a thin material is placed over the affected parts and clay applied to the material. The electric massaging pads are put over the affected areas and various levels of stimulation are applied. After the electrical massage is completed more massage is done by hand and an anti cellulite lotion is applied.

Synergie Cellulite Reduction

Another alternative cellulite treatment that is available is the Synergie cellulite reduction, which uses an FDA approved machine for the reduction of cellulite in a non-invasive technique. In a recent study 100% of women who participated noted a loss of inches from their bodies and 90% had visible improvements in the smoothness of their skin.

The Synergie machine uses an alternating suction and pressure to allegedly release the fluids in the fat cells, increase lymphatic drainage and improve blood circulation. Each session lasts approximately 40 minutes and 2 sessions are done a week for a 4, 8 or 16 week period depending upon your particular situation. After this time period a monthly maintenance session is recommended to maintain the results and continue to improve circulation.

Alternative cellulite treatments can sometimes be helpful in the fight against cellulite. Just be sure to do your homework to determine if they are worth the time and effort.

Want more fantastic cellulite reduction tips? Longing for that slim, sexy, head-turning body you want and deserve?

[Get the "Cellulite Cure" package and uncover the real truth about cellulite revealed by a genuine fitness expert, and finally start seeing the results YOU deserve.](#)

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