

Anti-cellulite creams: Do Anti-cellulite creams actually work?

One thing that women find most challenging about treating cellulite is the myriad of cellulite creams, treatments and therapies that are available. Open a women's magazine or walk into a spa and you'll find anti-cellulite creams that promise to reduce the cottage cheese looking skin that causes distress to so many women.

Most anti-cellulite creams have either caffeine or aminophylline (both dehydrating) and retinal or DMAE as special ingredients to help the appearance of cellulite. Anti cellulite creams will claim to improve the appearance of cellulite but can't claim to reduce it or get rid of it because they can't.

In theory the caffeine, or aminophylline, will dehydrate the skin making it tighter and firmer. This will decrease the appearance of the cellulite, at least temporarily. Unfortunately the effect goes away when the user stops applying the anti cellulite cream.

Retinol in the anti cellulite creams is supposed to work by penetrating the skin and increasing collagen production, which makes the skin thicker. If the skin is thicker then the dimpling of the fat tissue won't be visible but it won't decrease the fat storage in the subcutaneous tissue, which is the cellulite.

The trouble with this theory is that the exact amount of retinol needed to accomplish this task isn't known and there are no standardized methods of measuring cellulite, so measurement during research is difficult if not impossible.

Other anti cellulite creams use DMAE or dimethylaminoethanol, an antioxidant extracted from fish that supposedly stimulates the muscles to become firmer and hide the appearance of cellulite.

Up until today there is no scientific proof that the anti cellulite creams work. You might want to try an inexpensive cream for a few weeks to see if it works for you.

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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