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# **Cellulite In Men Or Just Women? Is Anyone Safe From Cellulite?**

Can men develop cellulite or do just women have this particular problem? Look around at your male friends, family members and beach partners. Is there cellulite in men? You may not notice, and there is a reason why.

Cellulite is a condition in which fat cells are squeezed together by constricting bands of tissue beneath the skin. This causes the lumps and cottage cheese look to the skin over the thighs, upper arms, buttocks and stomachs of most women. Cellulite makes its appearance in over 85% of women and it can affect the self-esteem and feelings of well being in the people it affects.

A woman's thin skin and the effect of estrogen and progesterone make her more prone than men to cellulite. The estrogen released during the latter stages of pregnancy helps to relax the cervix and get the body ready for birth also breaks collagen tissue apart making the formation of cellulite easy. Progesterone also helps to retain fluid, which can increase the problems with cellulite.

Cellulite also tends to develop in times of hormonal surges such as PMS, puberty, menopause and pregnancy. When cellulite develops the fat cells are forced to the surface of the subcutaneous fat and the septae or connective tissue goes deeper.

In men the fibrous tissue is formed differently. In women the tissue crosses while in men they are perpendicular to the skin. And the fibrous connective tissue in women tends to be much tighter than men's which causes pulling on the skin and contributes to the dimpling effect.

Even most obese men often do not have cellulite. Women also have less collagen in their skin, which makes it easier to see the cellulite. But although women are more prone men are not immune.

## **Recommended For Cellulite Reduction**

**Try the only permanent cure for cellulite that actually works! You can learn more and order your copy online by [CLICKING HERE](#)**

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