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Cellulite Massage: Can Massage Help Minimize Cellulite?

It is estimated that over 85% of women have cellulite. They spend millions of dollars each year attempting to find a solution to this problem that keeps many from the beach and others from wearing clothing they may otherwise enjoy.

Some women turn to cellulite massage to help relieve the dimpling effect caused by fat cells being squeezed between fibrous bands of connective tissue just under the skin. A special type of cellulite massage can allegedly target the lymphatic tissue to improve drainage as well as improve circulation and promote relaxation.

In theory the manual skin kneading with the elimination of excessive fluid will result in smoother, softer skin but this theory has no research to back up the claims.

Cellulite massage sessions usually last approximately 1 hour and can vary in price from \$75.00 to \$300.00. Unfortunately, with manual cellulite massage it is impossible to regulate the pressure or standardize the different techniques being used. Only a machine such as the Endermologie can standardize the pressure and technique.

When you are undergoing cellulite massage treatments you are usually asked to wear a special line of tights and panties during the day made of a special weave mesh fabric. It reportedly continues to stimulate the microcirculation and allows drainage of excess fluid.

Cellulite appears to be primarily driven by hormones, diet and exercise. The changes occur because of damage to the microcirculation which leads to fluid retention in the area. Cellulite massage reportedly helps to improve the circulation to the affected areas. The massage therapy doesn't tackle the underlying cause of cellulite but addresses cosmetic relief.

Interestingly using excessive massage can damage the tiny capillaries and actually lead to further cellulite development. Some spas offer the massage in combination with scrubs, pressure point, electrical impulses and essential oils (aromatherapy). The goal is to firm and tone the skin leaving it smooth and silky.

It is always best to have cellulite massage done by an expert to avoid further damage from excessive pressure but it is possible to get good results with prevention or reduction using self-massage. There are some basic rules to follow when doing cellulite massage at home.

1. The massage should use light and smooth movements.
2. It should not be painful or cause bruising that can increase the risk of further cellulite damage. Cellulite massage should be done when the muscles are well relaxed and ready – hands should not be wet or cold. If you aren't using any specific anti-cellulite cream then use talc on your hands so they will slide easily over the skin.
3. Cellulite massage should be done for 30 –60 minutes at least once every two weeks. You shouldn't massage the groin, the popliteal fossa (area behind the knee) or the top of the hips around the pubis to avoid damage to those areas. Cellulite massage can be done by either you or a partner or alternating between the two since the massage period is fairly long.

Cellulite massage can improve circulation and will definitely relax you. With a little practice and time legs and arms will be smoother and silkier in no time!

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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