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# **Home Remedies For Cellulite: 3 More Methods That You Can Use To Conquer Cellulite**

If you are among the 85% of women who suffer from cellulite, then you know that getting rid of it is not always easy. But there are some at home alternative cellulite treatments and techniques that you can use to win the battle. These techniques are not new age or require the use of a doctor's prescription.

## **Herbs**

Herbs used in cooking are thought to have antioxidant qualities to reduce cellulite such as Cayenne pepper, juniper berries, black pepper extract, ginger, grape seed, garlic, and peppermint tea.

## **Body Brushing**

Another alternative cellulite treatment at home is body brushing. It allegedly improves circulation and allows faster delivery of nutrients to the skin. The issue with this technique is that it doesn't address the issue of decreased circulation to those areas already affected by cellulite – thus the toxins and fat can't be transported away since there is nothing to transport it.

## **Weight Loss**

Weight loss will not automatically decrease cellulite but will help to decrease the stored fat under the skin. Not necessarily an alternative cellulite treatment weight loss will help to decrease the overall fat storage and help to maintain a healthier you.

A tip to help your body flush toxins and maintain general well health is to stay well hydrated. Drinking water keeps all of your systems working the way they were intended. Well hydrated means at least 8-10 8-ounce glasses of water per day – not coffee or soft drinks.

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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