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What You Should Know About How Cellulite Develops

Cellulite is a very common condition affecting over 85% of women. It occurs mainly on the upper thighs, buttocks, upper arms but can appear also on the stomach, neck, upper arms and fronts of the thighs. But how cellulite develops has been a question of women for years.

Under the layer of skin that you can see and feel are three layers of fat. The top layer is called subcutaneous meaning 'sub' or under the cutaneous layer (skin). Under the subcutaneous fat layer are two reserve layers where the fat cells store extra calories to be burned when the body needs it. Cellulite resides in the top layer of fat, in the subcutaneous layer.

How cellulite develops includes the septae or a net like fibrous connective tissue that is directly under the skin. This forms compartments where the fat cells are located. The septae keep the fat tightly packaged and provides support for the skin and insulation for the body.

When cellulite begins to form the subcutaneous cells are pushed up and the fibrous tissue recedes downwards. These fat cells are squeezed into small bulges that look like lumps or orange peel, hence how cellulite develops.

As a woman ages her skin becomes thinner, losing elasticity and connective tissue. This worsens the appearance of cellulite – even though the cellulite might not have changed over the years.

Another trigger for how cellulite develops is the estrogen and progesterone responsible for the unique biological functions of a woman's body. During pregnancy and other hormonal surges the estrogen and progesterone cause a breakdown in the collagen in the skin making it thinner and less elastic.

Cellulite is a cosmetic condition meaning that it may be unsightly to you but it has no medical effects on the body that cause illness or disease. Psychologists who treat women for body image difficulties may disagree but insurance companies are very firm on this topic.

Although poor circulation is one of the main reasons how cellulite develops the reasons for the poor circulation are many. Genetics play a part, as do female hormones. Pregnancy adds extra weight and cuts the circulation off to the upper legs with the addition of fluid retention. Prolonged stress increases the amount of adrenaline which leads to increased fat storage. Pelvic surgery may change the microcirculation to the abdomen and upper legs, which increases fluid retention. Obesity increases the risk factors for cellulite because of the decreased circulation and increased fat storage.

Each of these factors do not contribute to how cellulite develops equally; nor do they contribute equally between people. Some of the factors are avoidable, such as poor nutrition and dehydration; others are not avoidable such as sex and age. The amount of cellulite that develops can be affected by addressing the avoidable and changeable factors, thus decreasing the amount of that would have otherwise developed.

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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