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How To Minimize The Appearance Of Cellulite

There are several ways you can help to minimize the appearance of cellulite. Most of them are only temporary measures but over time they can help to reduce the fatty deposits beneath the skin.

How to minimize cellulite

- 1)** First of all it's important to cut back on your salt intake and fried foods. Along with a healthy diet routine, this will certainly enable you to look and feel better.
- 2)** Self tanning can help to reduce the appearance of cellulite. Tanned skin does not show up the orange peel effect as much as pale skin. This is not to suggest you immediately go under a sun bed or lie in the sun for several hours. Self tanning spray will work well to cover up the fatty tissue providing it is used properly.
- 3)** A coffee ground wrap is another way of minimizing the appearance of cellulite. Take some warm ground coffee, mix with a little oil, spread it over the areas affected and then wrap the area around with plastic. Leave on for at least 10 minutes. This can be done as often as you like and in the convenience of your own home.
- 4)** A dry bristle brush rubbed gently over the skin, starting at the lowest point and moving slowly upwards, helps to increase the blood circulation where cellulite is apparent. Once again this is only a temporary solution, but will definitely produce results.
- 5)** There are massaging creams on the market that claim to help reduce the appearance of cellulite, and as with any beauty product it's best to try for yourself, as what suits one may have no effect on someone else.

What is certain though, is that the act of massaging itself will definitely help to minimise the appearance of cellulite. Massaging helps to release toxins, increase blood flow, and stimulate the skin cells.

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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