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Removing Cellulite: 3 Most Frequently Asked Cellulite Removal Questions & Answers

When it comes to [removing cellulite](#), there is no shortage of pills, lotions, wrap treatments, skin brushing and vibrating massage machines for you to spend your money on. Add to that the misinformation circulating around this topic and you can see why women have all these questions regarding anti cellulite treatments. In this article, I will give you the answers to three of the most frequently asked questions about getting rid of cellulite.

Does liposuction help with cellulite?

There is a lot of confusion surrounding this treatment for cellulite. Liposuction simply sucks out fat from women's overly fat areas. What most people don't know and this is a shocker for many people, is that liposuction can cause cellulite, it can make it worse and it can cause it in someone who didn't have it before. This happens a lot, but a lot of women are embarrassed to step forward and talk about this because it's such a dramatic change that they spent a lot of money on and took a risk on.

So using liposuction to get rid of the appearance of cellulite is a waste of money. The reality is that liposuction, it's just sucking out fat and that can make your cellulite worse, and this happens often.

Will massage help cellulite?

For the most part no, it does not really help. Massage may improve your cellulite, but it will cost you a lot of money because you have to keep going back week after week, and once you stop going, well your cellulite is going to come back and of course get even worse.

Massage doesn't tone, firm and sculpt muscles. It's good for muscle recuperation and it does provide health benefits, but in terms of removing cellulite, the honest answer is no.

Will cellulite go away if you lose weight?

No definitely not and actually in some cases weight loss in certain women makes it worse. Just because you are losing weight doesn't mean you're firming and toning your muscles. Those are two different things; a weight loss program is not a properly targeting toning program for [removing cellulite](#).

However, if you are losing weight and also doing a properly structured program that targets the lower body regions and provides proper stimulation of all the muscles in the cellulite zones, then you will reduce the chance of having, and probably not even have the appearance of cellulite.

Removing cellulite through exercise

Because of all the myths and misconceptions floating around out there, many women feel that you cannot really get rid of cellulite. But that's not true at all. There is a way to get rid of cellulite; with exercise, but you have to follow the right exercise program. Realize that it's not about lifting weights or using all those uncomfortable machines in the gym and it's not about doing an hour of cardio vascular exercise every day.

There are definitely exercises that reduce cellulite, but they have to be the right exercises and they have to be put together properly with proper form, tempo and sequence in order to get the desired effect.

If you want a simple, targeted program for removing cellulite that you can do three or four times a week without investing a lot of time and money, then I highly recommend you take a look at the [Naked Beauty](#) cellulite free program. If you are committed to putting forth the effort and willing to stick with it, then you will see a dramatic improvement in your cellulite.

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