

Shape, February 2012

CONFIDENCE KILLER

Cellulite

“It’s not about being skinny or fat when it comes to cellulite,” says Jamé Heskett, M.D., a body-contouring specialist in New York City. The despised dimpling, she explains, has to do with the unique structure of women’s skin—including

how fat is sandwiched between the fibrous bands of collagen that hold it taut. As the cells swell, they protrude around these fibers, creating the tell-tale mattress effect. Other factors include hormonal changes and poor circulation that lead to fluid retention. The problem worsens with age, as skin loses its ability to hold fat down smoothly.

AT-HOME FIXES To send the puckers packing (at least temporarily), start by applying a lotion that contains a diuretic agent such as theophylline or

caffeine; it acts like shrink-wrap to tighten skin for a few hours. Try **Alchimie Forever Q-Switch Optimizing Body Contour Gel** (\$49; alchimie-forever.com).

