

## Medications for the Treatment of Cellulite

More than 80% of the women throughout world are concerned with cellulite. In order to combat it, specialists have developed many various treatments and procedures. Among the many cellulite reduction methods, one can also find medication, including both pills and creams.

### One thing to keep

in mind about cellulite creams and pills is that, alone they may not be the most efficient methods. However, when combined with other cellulite elimination methods, such as exercise or massage, they can produce great results. There are many creams and pills on the market that claim to eliminate cellulite. Unfortunately, many of them are actually very inefficient, so the search for a good effective one can be daunting.

### Skin

creams usually contain many types of caffeine, herbs, water among other substances, that may eradicate cellulite from your hips, thighs and buttocks. In order to identify a cream that will result in a noticeable difference, there are some common effects a good one might have on your body. You may notice initially after beginning treatment a continuous need to urinate. Also, you are using a quality cream that is helping you eliminate toxins, you may notice that your urine will have a darker hue. After a few weeks, if you have not seen a reduction in your cellulite, that is an indication that the cream you've been using is ineffective. Some of the best anti-cellulite creams currently available are nanosome-based. Nanosomes are organic micro-spheres, 200 times smaller than a regular cell, that are able to penetrate the subcutaneous skin layer. Because they can penetrate the deepest skin layers, they are able to disperse their ingredients deep into the tissue and may effectively reduce the body's cellulite layer.

### There are many gels on the

market that are very popular. These are directly applied to affected areas of the body. Gels usually have a fresh scent and pleasant texture. They are often much more effective than the currently-marketed pills. Gels and creams are preferred to taking pills by 85% of people who use cellulite-elimination methods. When used in combination with exercise and self-massage, gels can be very effective on cellulite-prone skin.

### It

is necessary, when you buy any cellulite medication, to check the ingredients and carefully read all instructions. It is possible to purchase various creams that contain herbs, vitamins, minerals, and antioxidants. Good ones will leave the skin softer, healthier, smoother, and better able to repair itself. A good cream can be identified as one that will also contain several antioxidants, anti-inflammatory ingredients, and circulation-stimulators.

### As a result of the

hydration provided to the skin by gels and creams, the effects of cellulite are usually minimized. However, using creams, gels, and pills alone will not be enough to permanently eliminate cellulite. It is necessary to combine any of these methods with exercise, massage sessions, and other cellulite reduction methods. If you are successful in doing all these, in addition to sticking to a strict dietary program, you will be more likely to achieve your desired results.

