

25 cellulite prevention and reduction tips for models, by cellulite guru Georgios Tzenichristos

1. Avoid sugar in all its forms and guises and at all costs. Sugar is the number one cause of cellulite today.
 2. Never crash or yo-yo diet. Crash and yo-yo dieting leads to loss of protein (i.e. collagen) from your skin and replaces it with fat, turning your skin “flabby” and “cellulite-y” in the process.
 3. Make sure that you get plenty of flavonoids, which are important nutrients in the fight against water retention and skin looseness - both important aspects of cellulite.
 4. Exercise a lot, even if you can stay slim just by dieting, in order to maintain your skin’s collagen stores and avoid skin looseness.
 5. For the same reason (i.e. skin firmness maintenance and cellulite prevention), try to have regular, vigorous, cellulite-specific massages. Avoid fluffy (light) lymphatic massages that do nothing to reduce cellulite in the long run.
 6. Save your money and steer clear of extremely expensive, “miracle”, lunchtime procedures that promise instant cellulite elimination with one or two treatments. There does not exist an instant high tech cellulite solution today, regardless of how much money you waste on such a thing or how posh the clinic that provides it is.
 7. Apply a high quality anti-cellulite cream (one that contains several different ingredients and in high concentrations) to help prevent or reduce cellulite, fluid retention and loose skin. Beware of creams that contain one or two ingredients in low concentration, as they are usually ineffective.
 8. Make sure you have enough lean protein in your diet, to replenish your collagen and elastin stores in your body.
 9. Avoid refined starches that, unless you have exercised for at least one hour beforehand, will go straight into your buttocks and thighs.
 10. Fried food is out of the question too: oxidised fat is a major contributor of toxins trapped under the skin in the tissues affected by cellulite.
 11. Hydrogenated fats (contained in margarine, pastry, biscuits etc.) are even worse: they short-circuit your metabolism and undermine your health in multiple ways.
 12. Consume at least 3 portions of oily fish per week to ensure proper circulation and to prevent fat gain.
 13. Try contrast showers and body brushing before applying your cellulite cream, for increased absorption and synergistic results.
 14. Take a good vitamin C and flavonoid oral supplement to help keep your veins and skin in good shape.
 15. Avoid contraceptive pills, patches and injections at all costs, or switch to a low estrogen pill.
 16. Avoid smoking which, although initially may help keep you slim, it slowly fills your body with toxins and impairs circulation.
 17. Avoid excessive caffeine consumption - drink decaf coffee instead.
 18. Avoid salt which, in addition to causing water retention, encourages fat accumulation too.
 19. Perform hundreds of hip extension exercises every week to tone up your Gluteus Maximus, i.e. the muscle that creates that perfect, pert butt shape.
 20. Practise interval training, vibration plate training and fast swimming, i.e. exercises that enhance your skin tone.
 21. If you suffer from digestive discomfort avoid all milk products and wheat bran fibre which can be irritating to your gut lining.
 22. Increase your intake of gentler sources of fibre such as flax seeds, oats, fruits and vegetables.
 23. Take a good quality, strong probiotic in capsule form, as opposed to sugary, milk-based probiotic drinks found in the supermarkets.
 24. If you plan to have cosmetic surgery, such as liposuction or smart lipo, make sure you arrange post-surgery treatments immediately after surgery with a suitably qualified therapist that can start treating you from the third day after surgery. This is in order to prevent the scar tissue, skin hardening, excessive swelling and uneven skin surface, that typically accompanies these procedures.
 25. Having said that, it is important to make it absolutely clear that cellulite cannot be reduced by any type of surgery. Liposuction, smart lipo and VASER may be the only ways a model can remove stubborn unwanted fat, however, this is deep fat, not cellulite fat. Cellulite fat is very superficial and being an integral part of your skin is not removable - unless you want to remove your skin itself!
- * For a deeper analysis of these 25 tips and for more information on cellulite reduction for models, dancers and other performers please visit: www.lipotherapeia.com/models-25. Visitors to lipotherapeia.com, are also provided with the option of an “[Ask the expert](#)” service, where they can ask any question related to cellulite and receive a dedicated answer by Georgios.
 - * Georgios is the creator of the Lipo Actives, a concentrated anti-cellulite cream based on no less than 20 active anti-cellulite ingredients, and has also developed the Lipo Active Massage, an intensive cellulite-specific massage, particularly valued by French, Italian, Russian and South American models. For the benefit of models that undergo liposuction or smart lipo, Georgios uses special equipment to provide post-liposuction treatments as early as three days after surgery - as opposed to manual treatments that can only be provided three weeks or later, when it may be too late. This early treatment allows faster recovery and healing and minimises side-effects such as skin hardening and uneven skin surface.
 - * Georgios’ treatments are provided at his Knightsbridge clinic, in London. Models that book a course of treatments benefit from [special discounts](#) and free Lipo Actives creams. For bookings and more info please visit www.lipotherapeia.com, email lipotherapeia@gmail.com or call 08000 758 142.