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**Objective:** We use a combination of specialized massage techniques, high tech equipment, and specially formulated products to help improve skin tone and improve the appearance of the skin. Skin dimpling (commonly referred to as "orange peel") is dramatically improved and the skin will look and feel firmer in the treated areas. Results will vary depending on the level of commitment of the client and the number of treatment sessions.

### **The Massage Treatment**

So what is a cellulite massage? Basically, a cellulite massage smoothes away the lumps without using expensive surgeries or unnatural processes. A cellulite massage is a natural, effective and pleasurable way to reduce your cellulite. Although there is a common massage practice that specializes in cellulite massage, any deep tissue massage applied to the area where cellulite targets will generally reduce the appearance of cellulite. The G5 process of kneading and rollers penetrate deep into the affected body tissue. However, to reduce your cellulite, you may need several sessions.

#### **How does a cellulite massage work?**

The cellulite massage works on different levels. First, it improves circulation. This will soften the fatty areas and release them over time. The kneading and gentle rubbing soothes the tension in the muscles and improves the blood flow. The second way a relaxing or cellulite massage works is through targeting the lymphatic system and draining the accumulated fluids often associated with cellulite. It can break up the fatty deposits and expel excess water.

The third way massage helps with cellulite is through the disposal of the toxins that have settled between the tissues. Often the fatty lumps that cause cellulite are due to your body toxins. A massage will work through these fatty lumps and eventually rid them from your body. Natural oils can also help improve skin's appearance and thus reduce the dimply effect. Some common oils to use with your massage include peppermint or lavender, both of which help stimulate fat cells. Studies have shown that a cellulite massage is one of the most effective treatments for cellulite out there. If you don't want to spend a fortune on surgery, then a perfect alternative is a deep tissue massage. Take the relaxing approach and smooth those lumps and bumps away.

The fourth way we attack cellulite is with a specially formulated thermo-active cream that helps improve circulation and penetrates deep into the body.