

75 COOL WAYS to LOOK HOT!

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Got bumps? Take solace in the fact that you're not alone. A whopping 90 percent of us have cellulite, a genetic condition that affects women of all shapes and sizes, says LA-based dermatologist Howard Murad, M.D., author of *The Cellulite Solution*. To blame is the anatomy of female skin, which lies on top of a layer of fat that's tethered to the underlying muscle by vertical bands. The "mattress" look results when fat bulges up around these bands, explains David E. Bank, M.D., a dermatologist in Mount Kisco, NY, and a *Shape* advisory board member. Estrogen also plays a role, causing fat cells to expand and clump together, rather than lie in a flat layer. The final factor is impaired circulation: Swollen fat cells decrease lymphatic drainage, which leads to a buildup of fluids that spurs further swelling. While there's no permanent fix for cellulite, there are ways to improve it. Here, the best at-home and pro tips to rock a smoother rear view in a day, a week, or a month.

BELLY Lose Inches, Sculpt All Over

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salt. At the gym, focus on reducing overall body fat by amping up cardio to burn excess calories. Though even thin women can have cellulite, Bank says losing weight allows the fat cells to shrink slightly, which may minimize the orange-peel effect.

A week

PRO TIP Consider endermologie, a noninvasive treatment that employs a machine to knead and suction dimpled areas. This breaks up fat pockets and stimulates lymphatic drainage. Sessions are typically sold as packages (the average cost is \$1,500 for 10), as you'll need several to see and maintain results, which can last as long as a few months. Go in for several treatments in one week and you can expect to see as much as a 25 percent improvement, says Bank.

HOMETRICK Give yourself regular rubdowns. "A firm massage will help separate clumps of fat cells so they lie more smoothly underneath the skin," says Bank. Apply a cellulite cream to trouble spots and massage vigorously. Just keep in mind that the benefits will be subtle—expect around a 10 percent improvement. Or, save yourself the elbow grease and try the Bliss FatGirlSlim Lean Machine (\$145; sephora.com), an electronic massager that also employs vacuum action to further boost circulation.

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