



Article published on June 25th 2012 | [Fitness](#)

Cellulite is a skin condition in which fat accumulates under the surface of the skin and gives it a bumpy appearance. Cellulite normally makes its presence felt after the onset of puberty in young girls and boys. The common areas affected by cellulite in our body are the abdomen, pelvic area and the lower limbs. Skin treatment Vancouver dermatologists refer to cellulite as an orange peel syndrome or cottage cheese skin.

Classification of Cellulite

Cellulite is categorized into three grades on the basis of the severity of its condition.

Grade 1- In medical terms, the skin looks normal outwardly, but microscopic tests bring out some changes in the skin cells. When the skin on the thighs is pinched, it looks like a mattress or an orange peel.

Grade 2- In this stage, the skin appears pasty, has lesser temperature and also lacks suppleness. Symptoms of Grade 1 are present too.

Grade 3- Possibly the worst type of cellulite, in this grade the skin actually becomes rough and dimpled like an orange peel and has all the characteristics of Grade 2 cellulite.

Reasons causing Cellulite

The exact reasons in medical terms, that cause the development of cellulite is not yet clear. Yet, Skin treatment Vancouver professionals have laid out various philosophies that can be further elucidated in the form of following reasons that might cause formation of cellulite:

- a. Hormones- Our body secretes different hormones such as estrogen, insulin, prolactin, thyroid hormones and noradrenalin that are found to be responsible in the formation of cellulite.
- b. Genes- Specific genes are necessary for the progress of cellulite in our body. These genes can make a person vulnerable to different individual factors related to cellulite like race, gender, retarded metabolism, spreading of fat immediately below the skin and inadequate circulation.
- c. Improper diet- Individuals whose diet consists of large amounts of fatty foods, carbohydrates, salty food items and lacks fibrous food are prone to having cellulite.
- d. Faulty lifestyle aspects- Smokers and people who fail to exercise but require standing or sitting in the same position for long duration every day can develop cellulite.
- e. Tight inner garments- Wearing an underwear having very taut elastic belts across the hips can lead to restricted blood circulation and thus end up forming cellulite in that area.

Obviously, women actually hate cellulite since it gives the affected region- usually thighs or abdomen, a lumpy look and thus makes them feel awkward wearing swimsuits or short dresses. Skin treatment Vancouver clinics suggest laser skin treatments for getting rid of cellulite to a certain extent.

Though there is no sure-shot cure for cellulite, some healthy lifestyle changes can help enhancing

the unsightly appearance of cellulite on your body. Primarily, you should stop smoking and switch to a low-fat diet including fresh fruits and vegetables and enough liquids. Coupling it with regular exercise will tighten the muscles and tone up the body. Along with this, wearing loose-fitting undergarments can help too.

Remember, cellulite is not a skin disease, and surely be prevented and controlled with consistent exercise and the right diet.

Article Source:

<http://www.articleside.com/fitness-articles/the-search-for-a-cellulite-fix.htm> - [Article Side](#)

- About Author:

Author offers many levels of sophisticated aesthetic and technologically advanced a [Skin Treatments Vancouver](#) including Laser Hair Removal, Skin Care and body contouring among many other noninvasive spa services in Vancouver.

Article Keywords:

Microdermabrasion Vancouver, Skin Treatments Vancouver, Skin Treatments

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!