

How to beat cellulite

Cellulite is a skin problem for women who complain very often. Orange peel grapple with both young girls and mature women - do not need to lead a sedentary lifestyle and have a few kilograms more on our skin - also suffer from cellulite slim bodies, are not affected by the problem of overweight.

Causes of cellulite can be in physical inactivity, improper diet, hormonal fluctuations, as well as smoking, alcohol consumption and long-term stress. Fighting cellulite is possible to win - however, requires effective ways, which in combination achieve satisfactory results. How can we help the skin fight orange peel? Here is a brief overview of the most popular methods.

Diet ... And it is not far to restrictive dieting is. Ask yourself: Would you sure you drink enough water a day ? How many fruits and vegetables were placed on your plate last week? Can you reach after no more than candy? To your diet could positively affect the state of the skin, it is worth, you reduced the consumption of red meat, fatty foods and, of course - sweet. Enhance your menu with more apples And leguminous vegetables and other foods rich in fiber . Your diet should be easy to digest, not to provide an opportunity for fat deposition in the most vulnerable to this place.

Exercise ... Important that you put your life in the physical activity items that have a positive impact on skin condition. In ensuring that its firmness and elasticity to help aerobics, stretching exercises, but also what many women do with pleasure - swimming, dancing, cycling. It also helps to regular running, appropriately selected power and Pilates exercises. Remember that it is important that you know how to relax. Prolonged stress also can cause cellulite, and exercise can help you regain balance, mute and make your mind also takes an active fight against orange peel.

Cosmetics ... There are a whole range of cosmetics - in different price ranges, with various additions. The most commonly used active ingredients of such preparations is caffeine, and extracts from green tea, algae and ivy. A good anti-cellulite cosmetics to help your skin tight, take care of its hydration, which is crucial in anti-cellulite treatment, as well as facilitate the same massage the skin, stimulating blood circulation.

Professional treatments ... Very good effects on the skin affected by cellulite are the appropriate treatments, carried out in beauty salons. Treatments Firming operate not only in helping to breakdown fat. Among the most popular treatments are for which is highly effective in removing cellulite and modeling profiles. Iron cellulite improves microcirculation and oxygenation of skin cells, smooths and facilitates the flow of nutrients into the depths of the skin. Allows execution of vacuum massage, as well as heat pump, which also has a relaxing effect.

Care at home ... What can you do for your skin at home? Not to be missed is the use of hot-cold showers to improve circulation of the skin and act Firming. Additionally, you can make yourself at home peeling of the tea leaves of coffee, which is natural, and most importantly, inexpensive way to improve skin affected by cellulite. Caffeine, of which have already been mentioned above, helps to combat cellulite, it is worthwhile, therefore, take advantage of its beneficial properties.