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# Q&A

## The Skinny on Cellulite




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### IF I LOSE WEIGHT, WILL MY CELLULITE DISAPPEAR?

If only it were that “easy.” “I see it on patients of all sizes,” says San Diego dermatologist Melanie Palm. Cellulite forms when fat cells protrude through weakened fibrous bands of connective tissue; those protrusions press up against the surface and cause a rippled texture. Toning exercises, however, can strengthen and expand muscles, tighten connective tissues, and shrink fat cells, making dimples less apparent, says L.A. health and fitness pro Astrid Swan. Try doing donkey kicks daily: Start in a tabletop position on the floor; extend your right leg directly behind you until it is level with your torso, then bring your right knee back to the floor. Repeat 20 times; switch sides. For extra tension, wrap a resistance band around the active foot, and hold the other end with your hand.

### WILL DIET AFFECT CELLULITE?



It can. In addition to lean-muscle-building proteins, consume foods that will aid in collagen production. “The firmer and thicker the skin, the less obvious cellulite will appear,” says nutritionist Brooke Alpert. With that in mind, she suggests a diet that’s high in collagen-boosting vitamin C and low in sucrose (sugar molecules can attach themselves to, and destroy, the skin-firming protein). Can’t fathom skipping sweets entirely? Make dietary tweaks, like adding fresh fruit to unsweetened yogurt rather than picking the flavored variety. As for upping your vitamin C intake, consider citrus, broccoli, and red peppers to help you get to 80 milligrams a day, says Alpert.



# The Skinny on Cellulite

## I'M CONSIDERING SURGERY—BUT ARE THERE LESS-INVASIVE OPTIONS?

If you had asked us 10 years ago, we may have told you to keep dreaming. But that was before the advent of Cellfina. The minimally invasive in-office treatment recently cleared by the FDA can reduce cellulite for up to two years, says Norwalk, Conn., dermatologist Deanne Mraz Robinson, who participated in the clinical trials.

The device works by suctioning dimples through a nozzle, which pulls them taut before a small needle is inserted under the skin. The needle snips bands of connective tissue, allowing the dip at the surface to release and bounce back smoothly. (Don't worry, there's numbing cream involved.)

Doctors can treat up to 25 dimples per session for \$4,000 to \$6,000, she says, so one visit should suffice for a large area. You may be sore for a few days post-treatment.

## DO ANY TOPICAL PRODUCTS DELIVER NOTICEABLE RESULTS?

Since none penetrate deeply enough to target the cells and tissues responsible for cellulite, expect surface-level improvement, like a temporarily plumped surface. Massage trouble spots with a stiff-bristled brush a few times a week. "The instant pouffing effect that comes from bringing more blood to the area can make divots less obvious," says Dr. Mraz Robinson. A scrub, applied alone or rubbed in with a brush, can further boost circulation.

Frank Original Coffee Scrub, \$15; frankbody.com. The Body Shop Round Body Brush, \$12; thebodyshop.com.



## WHICH ANTI-CELLULITE GADGETS REALLY WORK?

Head to [instyle.com/cellulite](http://instyle.com/cellulite) to get the scoop on editor-tested smoothing gizmos.