

# A new cellulite treatment that works

## But would you pay £300 for it?



Most of the cures for cellulite

cost hundreds of pounds. But are they worth it? We sent Tamsin Kelly to try the latest - light therapy

Like every woman I know, I'm desperate to get rid of cellulite. The trouble is I don't have the patience to apply lots of cream and I don't like the thought of having

surgery. So when I heard of a new, non-surgical treatment - light therapy - I couldn't wait to try it. The only hitch was the cost. At £60 a session, it had better work....

I was a bit taken back when the beautician Malvina, told me I'd have to strip down to my knickers - I didn't have cellulite above my waist! But she explained that light therapy works by stimulating the lymphatic system which runs right through the whole body. To treat cellulite on my thighs, she had to work on my back and my neck as well as my legs.

To calculate how much treatment I needed, Malvina pressed a cellu-scan, which looks like an X-Ray, on the back of my legs. In seconds the screen was a mass of mottled blue and green which meant I had second degree cellulite - the most common kind. The scan reacts to temperatures in the body - the

lower the temperature, the more sluggish the circulation and the more serious the cellulite. First-degree cellulite is the least severe and easiest to remove as your body's just started to store water. Second-degree is when it's worsened and third-degree is the most severe. With third degree you have hard lumps of cellulite when can be painful if prodded.

Next Malvina suggested I go to the loo. As well as tapping the cellulite, light therapy encourages your body to flush out toxins and she didn't want me to be uncomfortable lying there during the hour-long session. Back in the treatment room, I lay face down on a bed which was covered with an electric blanket to keep me warm.

The light therapy unit looks a bit like a slide projector. The therapist inserts coloured lenses into it as the treatment progresses - red to stimulate the blood flow

and energise the liver, violet for fluid dispersal and water retention, and blue to treat swollen areas. The therapist massages the patient with a lead attached to the unit, which the light passes through.

Malvina started massaging my back using a red attachment shaped like a fish-tail. It was incredibly soothing. Then she moved on to the back of my legs, stroking from the ankle to the knee and from the knee up to the lymph nodes at the top of my leg. By the time she started on the front

of my legs, I was so relaxed I nodded off.

She then changed to violet light and a pointy attachment to tackle my worst patches. This was like being prodded over and over so it wasn't relaxing, but it didn't hurt. To speed things along, Malvina also massaged me with a clear fluid which is designed to carry the light deeper into the tissue.

To finish off, she massaged the backs of my legs with a cream containing ginkgo which is meant to boost the body's circulation.

By now I was so relaxed that I'd forgotten about my cellulite. In fact I'd never felt so comfortable in my life.

I could see an immediate improvement in my legs. My skin felt softer and the water



## Light therapy explained...

Light therapy can relieve stress, ulcers, stretchmarks, skin complaints, stiffened joints and colds. Wavelengths of light penetrate the skin and stimulate cells to regenerate naturally.

### HOW LONG WILL IT LAST?

According to G-LYS, the company the trains light therapists, results depend on your condition and how many treatments you have. The effects of one cellulite treatment should be seen for three days but a course of 10 is said to keep you looking good for two to three months. But Dr Colin Whitehurst, laser oncologist at The Cancer Research

Campaign of Christie Hospital, Manchester, is sceptical. "There hasn't been enough medical research to support the claims made by G-LYS," he says. "Exercise or massage would have more effect on cellulite."

### IS IT SAFE?

Potentially harmful UVA and UVB rays have been filtered out but as a precautionary measure, pregnant women or those with a heart condition are advised not to have the treatment.

### HOW MUCH DOES IT COST AND WHERE DO YOUR GO?

About £60 for a 60-minute session. Ring 0800 731 3046 (freephone) or your nearest G-LYS centre.



Light is an cellulite therapy in action



Using a cellu-scan reveals the severity of the condition

retention around my knees had gone down. My legs were hot and red as my circulation had been stimulated but the redness disappeared in an hour. Malvina told me to drink lots of water to help drain the lymphatic system even more.

The only drawback was that I'd become much dozy to go shopping as I'd planned. Instead I went home and that night had one of the deepest sleeps in my life.

After three treatments I felt confident enough to wear a short skirt for the first time in two years and after five sessions, my cellulite had almost gone. Best of all, my bulgy knees are no more than a dim and distant memory. At £300, it's the best investment I've made in years - and I'm determined to

keep up my new look by exercising more and drinking lots of water.

*My cellulite had almost disappeared*