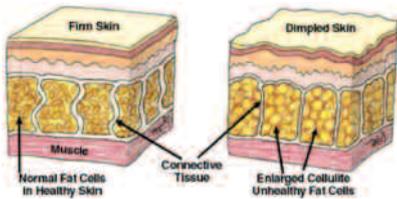


BANISHING CELLULITE

Getting rid of cellulite is every woman's dream, but now dreams can come true thanks to ESTETIKA.

Cellulite is a term used to describe the dimpled appearance of skin caused by fat deposits that are just below the surface of the skin. It generally appears on skin in the lower limbs, abdomen and pelvic region, and usually occurs after puberty. Cellulite is also known as orange peel syndrome or cottage cheese skin. It occurs in both men and women, but it is much more common in women because they are more likely to have particular types of fat and connective tissue.



WHAT CAUSES CELLULITE?

The causes of cellulite are not well understood, but there are several theories, among them, related to hormonal factors and genetics. Diet is very important: people who eat too much fat, carbohydrates, salt and too little fibre are likely to have greater amounts of cellulite. Lifestyle factors are also formative – cellulite may be more prevalent in smokers, those who don't exercise, and those who sit or stand in one position for long periods of time.



HOW CAN IT BE REMOVED?

Even top models can have cellulite, but if you have it, you probably don't like it! Eating a healthy, balanced diet including fruit and veg and exercising will compliment any therapy and help to reduce the fat content in cells and reduce the appearance of cellulite. Similarly exercising regularly, maintaining a healthy weight, and reducing stress are recommended to prevent cellulite. In addition to all this, Estetika offers several therapies to remove cellulite safely and effectively.



MESOTHERAPY

Mesotherapy is a medical specialty that involves injecting microscopic quantities of specially formulated and naturally occurring medications, which are administered into the skin between the dermis and subcutaneous layers of the skin known as the mesoderm of the problem area. It can be used to eliminate cellulite, promote weight loss, treat aging skin and sagging skin, and rejuvenate the hands and neck. It can treat cellulite located anywhere on the body and gives good to excellent results for cellulite as well as for love handles, stomach, saddle bags, bra bulge, inner thigh bulges, outer thighs, buttocks, abdomen, knee pads, double chin and eye fat pads.

ICOONE - CONNECTIVE TISSUE MANIPULATION

The latest technology in cellulite reduction and to reshape your body is **Icoone**. The benefits of this treatment are appreciable even after the first few minutes of treatment. The deep pleasant sensation of the Icoone machine is a result of the treatment being carried out with two heads at the same time which gives a manual massage effect. Different treatment programmes for all the problem areas of the body allow for maximum personalisation for men and women alike.

RADIO FREQUENCY SKIN TIGHTENING

RF technology is a non-invasive treatment that uses a device to deliver



radio frequency (RF) energy into the deeper layers of skin, which causes a heating action that immediately tightens skin tissues and structures. RF energy heat is delivered uniformly causing deep structures in your skin to tighten and overtime, new and remodelled collagen is produced to further tighten skin resulting in healthier, smoother skin and a more youthful appearance smoothing out lumps and cellulite dimples in equal measure.

ALGOTHERM THALASSO BODY WRAPS

A luxurious well being body wrap from the pioneer of marine cosmetics to help to invigorate and boost your metabolism, eliminating unwanted toxins and excess fluid. An **Algotherm** wrap is a 90 minute treatment that includes relaxation therapy to help calm down your body followed by intense draining and slimming massage movements aiding to treat stubborn cellulite and promote a better body contour. An algotherm body wrap will leave your body feeling slenderised and lighter with a smooth texture.



To book a consultation contact us on 2134 0503 or on info@estetika.com.mt. Visit: www.estetika.com.mt for more information ■

Come and visit us during OPEN WEEK at Estetika, Sliema! From 16 - 21 April.

- Free consultations on all treatments
- Privilege card to all who attend
- Special offers
- Taster sessions
- Laser Hair Removal: Free test patch!

Phone: 2134 0503

Don't miss out!