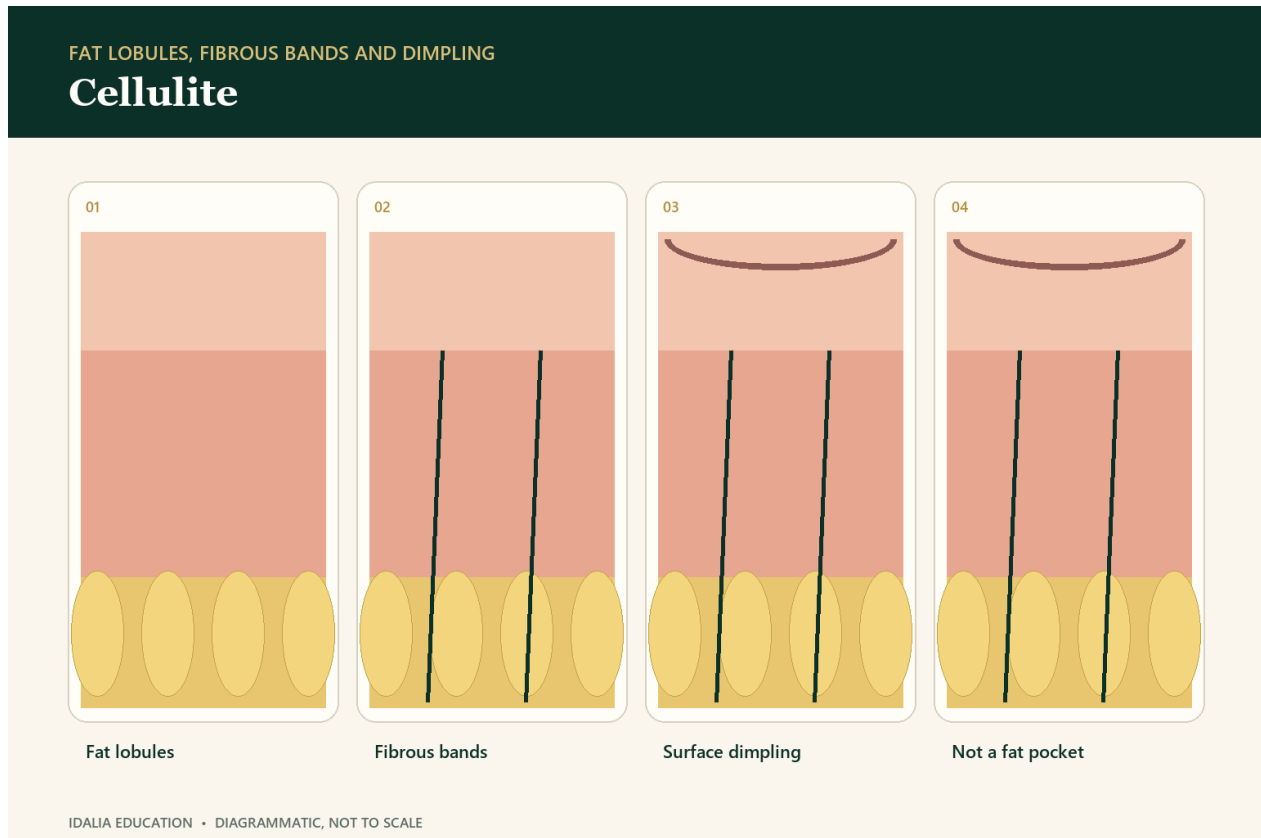


Cellulite

Learn why cellulite is different from a local fat pocket and why massage, radiofrequency and fat-dissolving treatments have different limits.



What it means

Cellulite is the dimpled surface pattern created by the relationship between subcutaneous fat, connective fibrous bands and skin thickness. It is extremely common, including in fit people. It is not cellulitis, an infection that needs urgent medical treatment.

Important limit

Fat-dissolving injections remove neither fibrous bands nor cellulite. Evidence for many spa cellulite treatments is limited and changes are often small or temporary.

Cellulite

How Idalia may support you

Route	Purpose	Starting point
Massage or body ritual	May temporarily improve comfort and surface appearance without changing the BPs.	Fig 16.15.
Radiofrequency discussion	May create a modest temporary change with a course where suitable.	Consultation
Honest contour review	Separates cellulite from pinchable fat and loose skin.	Consultation

A useful home-care foundation

- Expect modest or temporary change
- Exercise may improve overall appearance
- Do not confuse cellulite with infection
- Avoid guarantees and permanent-removal claims

Pause and seek appropriate review when

- Hot, painful, rapidly spreading redness
- Sudden one-sided swelling
- A new lump or skin change
- Possible cellulitis or vascular concern

Remember

This leaflet is general cosmetic education. It does not diagnose a condition, confirm suitability, replace medical advice or act as treatment consent. Individual response and recovery vary.

Read the full guide: <https://starwellness.studio/cellulite-explained.html>

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