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## Cellulite Acupuncture

### How is cellulite acupuncture different from other forms of acupuncture?

The cellulite acupuncture protocol is completely different from any other form of acupuncture. Cellulite acupuncture specifically treats cellulite buildup and is an intense, localized treatment. Specific points are needled on the body and then local points. Electro-stimulation is administered to the local points. Once the needles are removed, lymphatic drainage is performed, followed by an intense guasha treatment.

Please be aware the cellulite massage may cause some bruising since it is a deeper massage designed to increase blood circulation to the area so the body can release toxins. We suggest you take a bath in Epson salt the day of the treatment. Epson salt helps to minimize any soreness and bruising that may occur.



### Classic Touch Acupuncture

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## Cellulite Acupuncture



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# Stop Cellulite Now

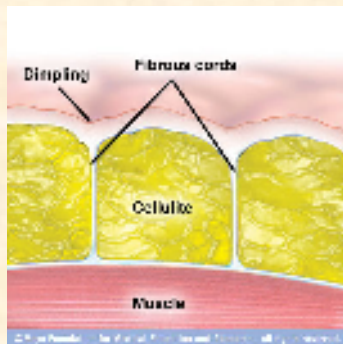
## Cellulite

Cellulite is an incredibly common condition. If you have cellulite, you're in good company — as many as 95% of women have cellulite. The term "cellulite" is used to describe the dimpled or puckered skin of the posterior and lateral thighs and buttocks. The appearance is often described to resemble the surface of an orange peel or that of cottage cheese. You don't even need to be overweight to have cellulite — thin and slender people suffer as much from cellulite as those who are overweight.

Cellulite is the result of localized adipose deposits and edema within the subcutaneous tissue. In women, longitudinal fibers of connective tissue fascia segregate

fat into channels resembling a down quilt. As the fat layer expands, the perpendicular connective tissue remains fixed, creating a superficial puckered appearance of the skin. This skin dimpling is rarely found in men, since connective tissue in males is arranged in a criss-cross pattern that is gender-typical for the skin of the thighs and buttocks. Men, however, are not immune, indeed, some do have cellulite.

Adipose tissue is very vascular, leading to the theory that cellulite may develop in predisposed areas when circulation and lymphatic drainage have been decreased, possibly due to local injury or inflammation. In response to impairment of microvascular circulation, there is increased microedema within the subcutaneous fat layer, causing further stress on surrounding connective tissue fibers and accentuation of skin irregularities.



## What Is Cellulite Acupuncture?

Cellulite Acupuncture is an effective, non-surgical, and non-invasive treatment to reduce cellulite. Like Facial Rejuvenation Cosmetic Acupuncture, it is based on the principles of Chinese Medicine, which involves the insertion of very thin disposable needle into acupuncture points on the areas of concern, where needed.

## Acupuncture for cellulite

Acupuncture for cellulite targets deficiencies in lymphatic drainage and microvascular circulation. Cellulite acupuncture helps to nourish connective tissue from within, therefore treating cellulite at its source. It is a specially designed treatment, which helps to reduce and eliminate the unsightly appearance of cellulite through an intensive system that helps to cleanse and improve circulation.

## Benefits

- Targets problem areas of the hips, buttocks and thighs
- Promotes elimination of fat and cellulite
- Prevents further accumulation of fat deposits and obesity
- Increases circulation to improve texture and muscle tone
- Provides re-oxygenation to the skin
- Detoxify tissues
- Activates fluid circulation
- Helps to eliminate orange peel appearance of the skin
- Smooths, firms and tightens the skin

## What is the courses of treatment

A typical course of treatment consists of a two to three month period. Ideally, for optimal results, consecutive sessions within a week are recommended. However, depending on the individual, these sessions may vary. Each session lasts approximately one hour and best of all, there is no down-time, no side effects and no risk of disfigurement or scarring.

Results are typically visible after just 5-6 weeks, but results can vary depending on individuals and lifestyle. A maintenance treatment may be needed once per month in order to maintain results. Should maintenance treatments not be possible, it is recommended to undergo a full course of treatment once per year.

## Who Should Not have Cellulite Acupuncture?

Cellulite acupuncture is very safe although a few contra-indications do exist. These include pacemakers, blood disorders, diabetes, cancer, hepatitis, AIDS, hemophilia, or pregnancy.

Any concerns you might have should be discussed before commencing any treatment.

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