

The ten Gold Rules to fight the Cellulite

- 1 I practice a regular physical activity**

If possible, twice or three times a week, 40 minutes minimum by session.
Sport helps to burn fat and favours blood circulation.
It's a real ally against cellulite.
Choose endurance sports which solicit your whole body: walking, fitness, cycling, swimming... are great. Start slowly, at your rhythm, the essential being to practice regularly.
- 2 I watch my food**

Restrict too fatty or too sweet food.
Eat vegetables because they help water evacuation (especially fennel and celery). Favour protein (meat, fish and eggs), they keep muscle, and more a body is developed, more it burns calories.
Don't salt too much, it favours water retention.
- 3 I drink at least 1 litre of water per day**

It ensures your body eliminates toxins.
- 4 I eat at regular hours**

Meals must be taken at regular hours if you want to be sure not to put on weight.
Snacking disturbs our body's natural rhythms and triggers **insulin secretion, it contributes to the formation of fat deposits.**
- 5 I use a care product fit to my cellulite type**

There are many cellulite type.
A targeted action will help you to fight against it, for visible results.
- 6 I choose the best time to make exercise**

Always before meals, preferably the morning between 7 a.m. and 8 a.m. or at midday. The evening, at about 6 p.m. or 7 p.m., before dinner, which should be light.
- 7 I avoid too hot shower and bath**

These are bad for the circulation. Prefer a fresh water, it re-firm skin. Finish, for example, your daily shower with a fresh water fountain on concerned parts.
- 8 I practise auto massage**

It's great to active the circulation.
- 9 I relax**

It's proved excitant abuse (coffee, tobacco, alcohol) associated with a bad healthy lifestyle (lack of sleep, snacking, irregular meals) increases cellulite.
- 10 Avoid too tighten denim, sockets and boots**

They restrict the circulation.