

**THE SCIENTIFIC STUDY
OF THE THIRD PHASE OF THE METHOD**
FOCUS ON CELLULITE

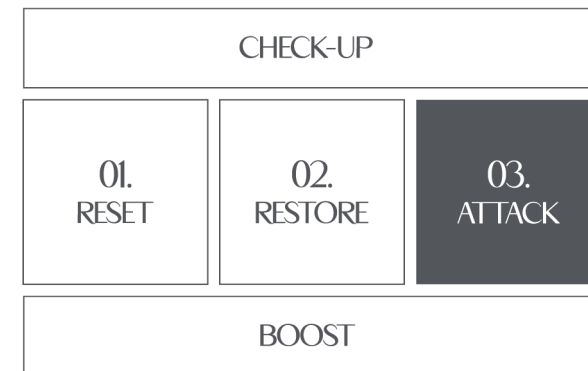


REVEAL YOUR AUTHENTIC BEAUTY FOCUS ON CELLULITE

The **THIRD** and final **PHASE** of the **METHOD** involves the treatment of each specific imperfection.

Thoroughly purified, detoxified and "reactivated", the skin is ready to receive actions aimed at **REDUCING** the imperfections present in order to obtain the desired result.

CELLULITE is one of the problems we intend to attack to regain a perfect silhouette.





CELLULITE

WHAT IS IT?

Scientifically the cellulite is defined as "Edematous Fibrosclerotic Panniculopathy" (**PEPS**) and consists of an inflammation of the subcutaneous adipose tissue.

This inflammation involves the most superficial layers of the skin (dermis) up to the deeper ones (hypodermis) and the causes are:

- an alteration of the vaso-lymphatic microcirculation.
- the accumulation of water in the tissues
- the reduced oxygen supply
- the alteration of adipose tissue

The result is the appearance of what everyone calls the "**orange peel**" effect.



CELLULITE

WHAT ARE THE CAUSES OF CELLULITE?

Cellulite is a progressive process that can be controlled through the use of suitable remodeling topical treatments and with the help of small tips to follow daily.

But what are the most common exogenous and endogenous elements that can favor its appearance?

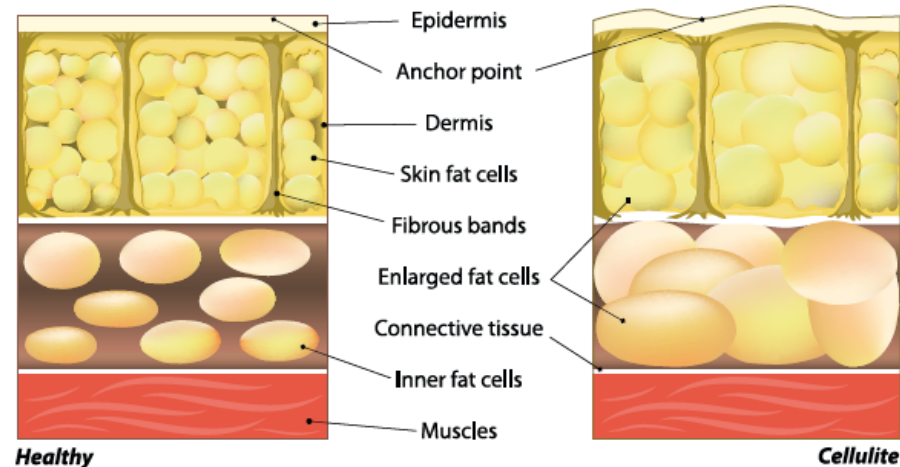
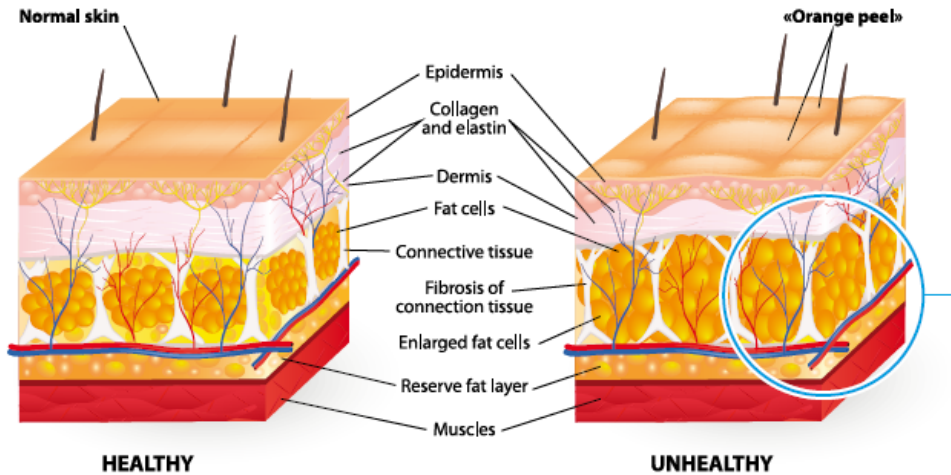
- Constitutional genetic factors
- Hormonal problems
- Incorrect feeding
- Sedentary life
- Smoking and alcohol
- Wearing too tight clothing
- Disease states (hypothyroidism)
- Drug therapies (e.g. corticosteroids)

CELLULITE

THE FOUR DEGREES OF CELLULITE

It is possible to distinguish the evolution of cellulite in **4** different stages:

- **1° stage - OEDEMATOUS CELLULITE.** It is characterized by stagnation of fluids in the tissue (oedema) and by an initial incorrect blood supply. Only to the touch is the "orange peel" appearance visible.
- **2° stage - FIBROUS CELLULITE.** In this case the reticular fibers present near the adipocytes increase in number and thickness with a consequent swelling and an initial thickening of the fibrous connective tissue (reactive fibrosis). The skin appears colder to the touch and arise an initial loss of elasticity. The first micronodules begin to appear.
- **3° stage - NODULAR CELLULITE.** it is characterized by a further stiffening of the fibrotic bundles which compress the masses of adipocytes. A sclerosis of the connective tissue of the dermis begins, the metabolic exchanges are hindered with a consequent lack of oxygenation. The skin shows micro and macro nodules that are painful to the touch and give it the characteristic "mattress" appearance. The affected area is flaccid, cold, and discolored.
- **4° stage - SCLEROTIC CELLULITE.** It is the end result of the irreversible degeneration of adipose tissue. The "mattress" appearance becomes very evident and the skin pale in colour. The macronodules have reached such a size as to press on the nerve endings and generate intense pain.



ABSTRACT

THE FOUR DEGREES OF CELLULITE

STAGE	DESCRIPTION	SIGNS
I	It is characterized by stagnation of fluids in the tissue (oedema).	The "orange peel" skin is only visible to the touch by squeezing the affected area.
II	It is characterized by swelling of fat cells and initial thickening of fibrous connective tissue (reactive fibrosis).	The "orange peel" skin is visible even without compression, it appears colder to the touch and there is an initial loss of elasticity. The first micronodules begin to appear.
III	It is characterized by further stiffening of the fibrotic bundles which compress the adipocyte clusters.	The skin has micro and macro nodules that are painful to the touch which give it the characteristic "mattress" appearance. The affected area is flaccid, cold and discolored.
IV	It is the end result of the irreversible degeneration of adipose tissue.	The leather has the characteristic "mattress" appearance. The macronodules have reached such a size as to press on the nerve endings and generate intense pain.

HOW TO DEAL WITH **CELLULITE**



AROSHA
AESTHETIC SCIENCE

ACTION **TARGETED ACTION**

Knowing how cellulite arises and what its causes are is extremely useful for understanding how to treat it.

To have a real restructuring effect on the skin and a consequent smoothing and toning effect, here are the steps to act correctly against this disease :

- MOBILIZING THE FAT PRESENT IN THE ADIPOSE TISSUE
- PROMOTE THE REDUCTION OF ADIPOCYTES
- CONTRAST THE FORMATION OF NEW FAT CELLS
- DEGRADE THE FIBROUS NODULES

AROSHA
AESTHETIC SCIENCE

arosha.it