

VIOLET SAYS:

# LESSONS ON *CELLULITE*

The widespread beauty woe is cast into sharp relief come summertime. Here, the lowdown on causes and treatments.

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It could be one of nature's cruelest jokes: that cellulite, the unsightly dimpling and puckering of the skin, afflicts the majority of women—around 90%, according to the American Society for Aesthetic Plastic Surgery—but very few men. (Their collagen is arranged in a cross-hatch pattern, versus women's parallel one, making it less susceptible to holding fat.) And as the temperature rises and our wardrobes take a turn towards bikinis, cut-offs, and other thigh- and bottom-baring attire, cellulite becomes, unfortunately, front of mind. Here, the 411 on what causes it and myriad methods for making it disappear.

## Riding the *(Radio) Wave*

If you are wary of breaking the skin's surface to treat cellulite, treatments using radio wave frequencies have also become de rigueur. Dr. Paul Jarrod Frank has had success with Exilis Elite, a skin-tightening device that contours areas with cellulite using monopolar radiofrequency energy; and Engleman employs a one-two punch of ZWave and Vanquish, which use high-energy radial shockwaves and radiofrequency; respectively, to address cellulite. And at beloved facialist Joanna Vargas's New York salon, ladies with cellulite are lining up for The Burn—the treatment uses radio waves and heat to push collagen fibers together and trigger collagen production.