

6 Cellulite Fighters

What really works when it comes to banishing those bumps?
Our staffers put six products to the test.

		THE CELLULITE CLAIM	EXPERT TAKE	TESTER REPORT
	Shiseido Body Creator Aromatic Sculpting Concentrate Anti-Cellulite (\$63, sephora.com)	Cream reduces visible cellulite, thanks to caffeine and chai hu extract. Found in herbal medicines, chai hu improves skin elasticity by promoting the production of collagen.	"It helps collagen builders penetrate, which improves the look of skin, though it doesn't actually get rid of cellulite," says Jeannette Graf, M.D., a dermatologist in Great Neck, NY.	"My bathroom smelled heavenly, and the intense, cooling sensation of the cream was exhilarating. But while my skin felt tighter and firmer, sadly, the cellulite is still there."
	Wellbox: the self Lipomassage and Liftmassage machine by LPG (\$1,595, blissworld.com)	Intensive do-it-yourself massage tool stimulates the production of fibroblast cells, which are responsible for the growth of collagen and elastin.	"Continued use will stimulate circulation for a firmer look," says Bruce Katz, M.D., director of the Juva Skin & Laser Center in New York City.	"I was like a contortionist massaging the backs of my thighs, but it felt great—especially after a workout. My skin looked less puckered after a few weeks of using it."
	Alma Lasers' Accent Your Body Dual Layer Thermotherapy (\$600 per treatment, accentyourbody.com)	The dual-layer radio-frequency thermotherapy delivers energy at different targeted tissue depths to stimulate the production of collagen and to improve skin surface texture.	"Radio-frequency thermotherapy creates lasting change by targeting both the surface of the skin and the subcutaneous layer, which is where cellulite exists," says Dr. Katz.	"It's not pain-free; occasionally, there's a sharp, burning sensation. But after just two one-hour treatments, my skin is softer and less lumpy."
	Clarins Body Shaping Supplement (\$74, clarinsusa.com)	Turn your everyday body moisturizer into a slimming treatment by adding six to eight drops of this serum, which contains caffeine and fat-reducing botanicals like agrimony.	"These ingredients can indeed make a difference in reducing the appearance of cellulite, but as soon as you stop using the product, ripples will return," says Dr. Graf.	"It might be wishful thinking (or the bad light in my apartment), but I've seen a subtle difference in my thighs: They look firmer."
	BodiPerfect Anti Cellulite Micromassage Capri Pants (\$48.50, bodiperfect.com)	The super-compressed, elastic-blend fabric is covered in tiny bumps that gently massage your skin as you move, increasing circulation and reducing cellulite in just two weeks.	"Massage seems to help fight cellulite, so these may actually work in the short term," says Jeffrey Dover, M.D., vice president of the American Society for Dermatologic Surgery.	"I was super skeptical, but after sleeping in them for a few weeks, I started noticing that my butt really did look smoother."
	Power Plate Vibration Training Platform (\$2,500 to \$10,500, powerplate.com)	The motorized machine oscillates thousands of times per minute, forcing muscles to contract. One study found using it regularly reduced cellulite by more than 25 percent.	"You can't burn enough calories to reduce body fat doing strength moves on this machine," says Gary R. Hunter, Ph.D., a researcher at the University of Alabama, Birmingham.	"No difference in cellulite, but I did see more muscle tone from doing exercises like squats and lunges, and my flexibility increased noticeably in my hamstrings."