

**Dr Siew Tuck Wah of KCS Medical and Laser Centre addresses your cellulite queries.**



**Why is liposuction not recommended for cellulite removal?**

As tight bands of fibrous tissue cause cellulite, extracting the fat layer just under the skin may actually worsen that dimpled look. Liposuction is more of a contouring treatment that generally removes deeper layers of fat.

**What aesthetic treatments work best for cellulite?**

Endermologie, radiofrequency, infrared light and mesotherapy are usually used to treat cellulite.

However, there are newer machines like the Velasmooth™, which combines Bi-Polar Radio Frequency, infrared light energy, negative pressure and tissue manipulation, that may give better results.

**Why do I need bodycare products?**

Body skin requires as much care as facial skin. If you want your body to still look good by the time you're 60, you need to take good care of it now!

**Is body moisturiser really all that important?**

Daily moisturising is essential, especially if you've been in the sun. Body skin contains seven times fewer sebaceous glands than facial skin, so it is far more sensitive to drying and loses its firmness more rapidly over time.

**Why do I need to exfoliate and does it make anti-cellulite products more effective?**

The skin regenerates in 28-day cycles. But with time and dryness, the process slows down.

Exfoliation enhances natural shedding of dead skin cells and cell renewal. It also unclogs pores, smooths skin and makes it look more radiant.

Bodycare and anti-cellulite products are also more easily absorbed.

