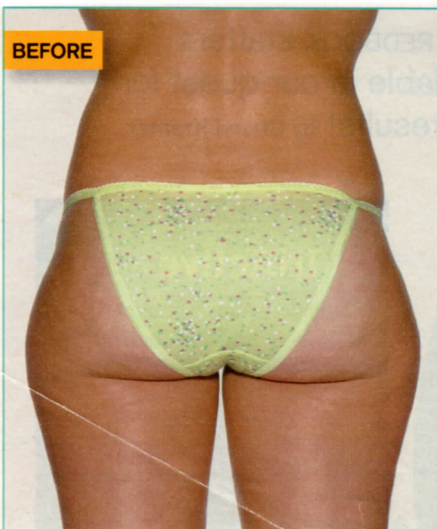


REDBOOK

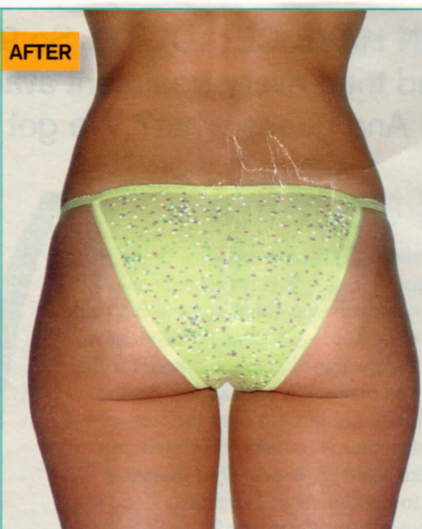
the cellulite solution?

9 OUT OF 10 WOMEN HAVE CELLULITE. So 9 REDBOOK staffers dropped their drawers and tried every treatment available in our quest for smoother, firmer fannies. And guess what? We got results! by Cheryl Kramer

BEFORE



AFTER



THE TREATMENT

◀ Anushka

• **HOW IT WORKS:** The Anushka 5-Week Intensive Body Contouring Program includes a personalized diet, topical lotions, and spa treatments such as muscle stimulation, inflatable leg boots, body wraps, and rhythmic rollers. We added the recommended body-type-specific exercise regimen (done in conjunction with Exude Fitness).

• **FREQUENCY & FEE:** Two one-hour treatments/week, twice-daily product application, \$1,265 (\$895 for REDBOOK readers*). Five 60-minute Exude workouts, *MENTION THIS ARTICLE; SEE PAGE 144 FOR INFO.



■ CELLULITE STATUS, BEFORE:

Our petite tester had classic localized cellulite on her hips over deeper layers of fat, a.k.a. saddlebags. Lucky for her, "localized cellulite is the easiest to treat," says Van Welden.

■ CELLULITE STATUS, AFTER:

Dimpling is down to a minimum, her heinie is hiked up, and the saddlebags are all but gone. The combination of electrical muscle stimulation and exercise certainly played a role in the reduction: "Without muscle contractions, you get poor circulation," explains Van Welden. "Muscle activity stimulates the lymph system to get things moving."

■ TESTER'S COMMENTS

"The plan was time-consuming, but the commitment paid off. I found working one-on-one with the staff so motivating."

SHOPPING GUIDE

TriActive:
cynosurelaser.com

Endermologie:
endermologie.com

Anushka:
anushkaonline.com

Exude Fitness:
exude.com