

## INCH PERFECT

### **SMOOTH AND SIMPLE**

Cellulite treatments have evolved over the last decade and while dry brushing two to three times a week is still an economical everyday routine to help improve your skin health, technology can give much-needed help when it comes to diminishing those dimples.

Endermologie, or palpaté rolling, works by kneading (manually or by machine) the skin and subcutaneous tissue in such a way that the stimulated fibroblasts secrete collagen and elastin giving an improved look and tone to the skin. Around 15 sessions are required, spaced two to three times a week.

Endermologie LPG has created Lipomassage and its new CELLU M6 Alliance employs a skin suit to protect the skin during rolling. It is currently available at the KX Spa in Chelsea.



**TIME & LEISURE**  
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