

Health & Well-Being Profile

By Lisa Melillo, photo by Dan Epstein

Say Hello to Smooth Skin!

Beth Geller uses a non-invasive technology to help women finally lose their cellulite.

Ladies, it's one of life's great injustices: we eat right and kill ourselves at the gym, only to discover that our stubborn cellulite simply refuses to go away. And, as if cellulite (you know, that "cottage cheese" looking skin) isn't bad enough, our saddlebags and love handles stick to us like glue, too.

Why is it so difficult to get rid of the stored fat in these problem areas? Well, for one thing, we're women. While many factors come into play—such as heredity, poor circulation, unhealthy lifestyle, and certain medications—we can, in part, blame it on our hormones. Fat stored in our subcutaneous fat layer is regulated by hormones, and diet and exercise alone have little effect on this type of fat.

But there's no need to despair. Beth Geller, owner of Just Be Smooth Endermologie Studio, says

that there is now a non-invasive treatment available locally that improves the appearance of cellulite and trapped fat—one that really works. "Most of our clients are skinny people who work out all the time and still have cellulite, because it's in the skin's surface," Geller says. "They're very happy to know that this works, and they can get rid of their cellulite."

How does it work? After donning a special bodysuit, clients receive a 35-minute treatment with the massage-like Endermologie device, covering the back, arms, behind, lower legs, sides, stomach and upper thighs. "It gets rid of the toxins and the blood flows to the surface and makes the appearance of cellulite go away," explains Geller. "It totally feels like a massage and it's very relaxing."

Typically, she says, most people require 20 to 30 treatments, initially performed twice a week, then

weekly. For convenience, Geller and her staff are available by appointment seven days a week. "Once people are happy with their progress, they need to come in monthly for maintenance," she notes. "As long as the maintenance is kept up, the blood flow keeps reaching the surface and skin looks good."

And, not only does this process improve the look of your skin, she says, but it also improves skin health. In fact, one 35-minute treatment has shown to increase blood flow 400 percent for six hours after treatment, lymphatic drainage 300 percent for four hours after, and increase collagen production 27-100 percent. Best of all, these benefits affect the entire body, not just the treated areas.

But never mind all that—just think about how great you'll look in those short shorts. Or better yet, that totally adorable itty bitsy bikini. ▲

Just Be Smooth Endermologie Studio
321 Millburn Avenue, Suite 5, Millburn
973-376-8889 • www.justbesmooth.com