

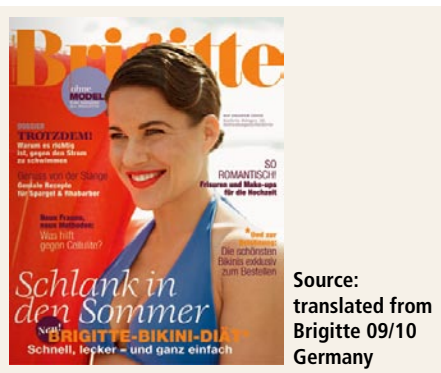
Please note: The original article was published on April 7, 2010 in BRIGITTE, Germany's best-liked quality women's magazine, reaching over three million women every fortnight (p. 58-70). The author of the article is Sabine Rodenbäck. The following text is the translation of an excerpt from the article, focussing on Acoustic Wave Therapy.

Background: Readers of BRIGITTE tested various new methods for treating cellulite. The results were published in the article together with comments of an expert, in this case Dr. Tatjana Pavicic (Head of Aesthetic Dermatology, Dermatology Clinic of the Ludwig-Maximilian-University in Munich). The readers tested nine methods. Most of the methods were described as ineffective while Acoustic Wave Therapy achieved a good result. The AWT test was carried out at the Kosmed Klinik in Hamburg.



Get ready for attacking your cellulite!

The bikini season exposes cellulite. Affected body areas are thighs and buttocks and sometimes even the lower legs and the waist. Is cellulite upsetting? Not really, say our nine readers. However, it is not pretty either. That is why they tested various cellulite treatment methods.



Source:
translated from
Brigitte 09/10
Germany

Excerpt on Acoustic Wave Therapy

Tatiana Lisitsina from Hamburg tested Acoustic Wave Therapy

Tatiana studies business administration and is originally from St. Petersburg, Russia. In order not to forget her Russian, she went to a Russian school every Saturday for several years. One of her strengths is her determination: she concentrates on her studies in order to become a manager in a big logistics, financial services or real estate company.

Test method: Acoustic Wave Therapy in a cosmetic clinic

This is how it works: During pain therapy it was found out that high-energy shock waves also improve the smoothness of the skin. On this basis, a

treatment device was specially developed for cosmetic applications. The system generates shock waves that mobilize metabolism activity in the subcutaneous fatty tissue. The cell membranes briefly become permeable and enzymes that break down fat are activated.

Length of treatment: The length of treatment sessions is approximately 30 minutes. Depending on the degree of cellulite, six to ten sessions (two per week) may be necessary.

Is it successful?: Tatiana Lisitsina had six sessions after which her leg circumference had decreased by one centimetre. „The treatment is comfortable, just like a massage. My skin feels tighter and smoother and the cellulite has almost completely disappeared.“

That's what the expert says: „This method helps against cellulite stages I-III. The fat cells that are broken down during the treatment are eliminated naturally by the lymphatic system. Minor side effects such as bruising and swelling may occur.“ Important notice: Methods like Acoustic Wave Therapy and ultrasound should only be performed by doctors in specialized medical centres. Acoustic Wave Therapy was introduced three years ago. Therefore no long-term studies about side effects have been conducted yet.