

# ENDER- MOLOGY

## A REFERENCE AGAINST CELLULITIS

Andrea Nahas

There has been much talk recently about the treatment of cellulite: ENDERMOLOGIE or LPG. To get a better idea of what this is all about, we went to MARBELLA CLINIC and we spoke to one of the professionals forming part of their medical team, M<sup>a</sup> Andrea Nahas, Graduate in Physiotherapy and Kinesiology from the University of Córdoba (Argentina) and a specialist in Aesthetic and Therapeutic Endermology.

### WHAT IS LPG?

In layman's language we could say that this is a piece of equipment consisting of two motorized rollers that move towards each other, gripping the fatty tissue and at the same time stretching the skin.

- On the one hand, this gripping action causes the adiposity of the skin to dissolve, or rather, it converts into liquid that can then be drained away.
- At the same time the stretching causes an increase in the production of collagen and elastin.
- It also performs a lymphatic drainage by means of specific movements made by the therapist.

### IN WHAT CASES IS IT RECOMMENDED?

The LPG technique has two applications: aesthetic and therapeutic.

1. In the case of aesthetic application : recommended for patients with cellulite with localized adiposity or with flaccid skin.
2. In the case of therapeutic application : it can be used on people with problems caused by scarring, fibrosis, etc.



## OTHER APPLICATIONS

- We also have a special post-lipo-suction programme, to enable the skin to be left completely smooth after the operation, thus optimizing the results.
- There is also a series of specific physiotherapy programmes for spinal or muscular problems, amongst others.
- This treatment is also suitable for patients suffering from liquid retention, as it performs a lymphatic drainage that is very effective when the circulation is activated.
- We also have a special programme for pregnant women.



### DO YOU NEED A DOCTOR'S PRESCRIPTION TO HAVE THIS KIND OF TREATMENT?

The therapist is qualified to judge whether this is the appropriate treatment or not for each case.

### IS THIS THE RIGHT TREATMENT FOR ALL KINDS OF CELLULITE?

We could say that there are four categories or grades of cellulite. If the patient is at grade 1 or 2, we can guarantee that it will disappear completely; if the cellulite is grade 3 or 4, meaning it has become fibrous, we can manage to reduce it to grade 2, but normally we would not be able to eliminate it completely by using this technique alone.

### HOW IS IT APPLIED?

This treatment is carried out on the whole body, including arms and feet. The body is enclosed (from the neck to the feet) in a body stocking made of a material similar to that of party-hose, the head of the LPG is passed along the body on top of this material



because in this way it grips better. It is actually a very pleasant treatment because while it is working on the adiposity, the cellulite, etc. it is also making the patient feel good. Furthermore it is very easy and practical to apply as there is no need to use creams or bandages, and it adapts very well to our pace of life.

### HOW MANY SESSIONS ARE NEEDED TO BEGIN TO NOTICE THE EFFECTS?

Generally speaking, after the fourth or fifth session the patient begins to notice the effects, except in patients with extremely flaccid skin, in which case it is advisable to continue with the treatment. We recommend 2 sessions per week, although in certain cases up to 3 sessions might be recommended; The number of sessions varies from 10 to 20, depending on the grade of cellulite. Once the treatment is finished, we begin a course of maintenance, which can be carried out in 1 session per week or even every 15 days.

### HOW LONG DOES EACH SESSION LAST?

Each session lasts approximately 35 minutes

### IS THERE ANY KIND OF CONTRAINDICATION?

It is not recommended in cases in which there is any kind of ailment in an acute phase, like phlebitis, ulcer, infection, etc. (There is one contraindication that is particularly taken into account, and this is whether the patient has suffered any form of cancer, because as this treatment moves all the liquids throughout the blood, there is a risk that, if any carcinogenic cells remain in the body, they might be set off with the movement).

Nevertheless, before treatment starts, a test is carried out which helps to determine whether it is appropriate or not.

### WHAT ADVICE WOULD YOU GIVE DURING AND AFTER THE TREATMENT TO OPTIMIZE AND PROLONG THE RESULTS?

Nothing more than to follow a healthy diet, practice some form of physical activity to accompany the treatment, and to drink plenty of water.

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