

## THE POWER OF HERBS

# Get rid of cellulite—for good

### by **Stephanie Beery**

Area Manager, Herbal Therapy Body Wraps

**C**ellulite was originally a French term that Americans adopted to describe bulges, ripples, and the waffled, unsmooth appearance associated with fat just underneath our skin. Statistics show that 95% of women over the age of 30 have some cellulite.



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In women, fat is arranged in large chambers under a fairly thin layer of skin and these chambers are separated by columns of connective tissues.

The fatty chambers—orange deposits—can become enlarged and create cellulite for many reasons, including improper drainage of the lymph system due to improper diet. Processed foods contain preservatives, artificial sweeteners and other additives that can build up. Other contributing factors to developing cellulite are hormones, being overweight, smoking, poor circulation, aging, lack of exercise, and lack of proper hydration.

*Herbal Therapy Body Wraps* can help reduce or eliminate cellulite by using the

ancient art of a compression wrap combined with a specially blended herbal solution.

The wrap helps the body to detoxify itself of impurities and triggers the lymphatic system to begin to function properly. As our lymph system starts to work properly again, the body gets rid of wastes, and toxins are flushed through our system, rather than building up and making cellulite worse.

An overall shrinkage of the fatty deposit occurs and the skin is nourished from within. Stronger skin helps reduce the appearance of unsightly cellulite.

A series of body wraps can help eliminate cellulite in some people and greatly reduce it in others. To keep the body cleansing, hydration is the key. By maintaining a proper diet and exercise program, your body wrap results will be greatly enhanced.

**Experience an Herbal Therapy Body Wrap for half the price! Visit [www.MimiVanderhaven.com/diningdeals](http://www.MimiVanderhaven.com/diningdeals) to purchase a \$150 certificate for just \$75, which is valid for 3 sessions.**

*Herbal Therapy Body Wraps is accepting new clients interested in trying an herbal therapy wrap. It is located at 15308 Pearl Road in Strongsville. To schedule, call 440-572-8080. There is also a location in Akron. Visit [www.herbaltherapywraps.com](http://www.herbaltherapywraps.com).*