

endermologie®:

A *LASTING EFFECT* PROVEN IN 2004

The efficiency of endermologie® technique in the treatment of cellulite is due to its action on venous and lymphatic **circulation**, **fibrosis** and **lipolysis**. These properties have been proven in numerous studies. But what about its lasting effect?

In 2004, a study was able to demonstrate if the observed effects on cellulite after endermologie® sessions were maintained over time when the treatment is stopped.

In this study, 30 women with **Grade 2** cellulite were monitored for 6 months after a 8-week treatment of 16 sessions (**Grade 2 corresponds to a cellulite appearance that disappears when lying down**).

THESE WOMEN WERE DIVIDED INTO 3 GROUPS AT THE END OF THE 16 SESSIONS :

GROUP 0: 10 women stopped the endermologie® treatment immediately after the sessions

GROUP 1: 10 women continued with one session/month

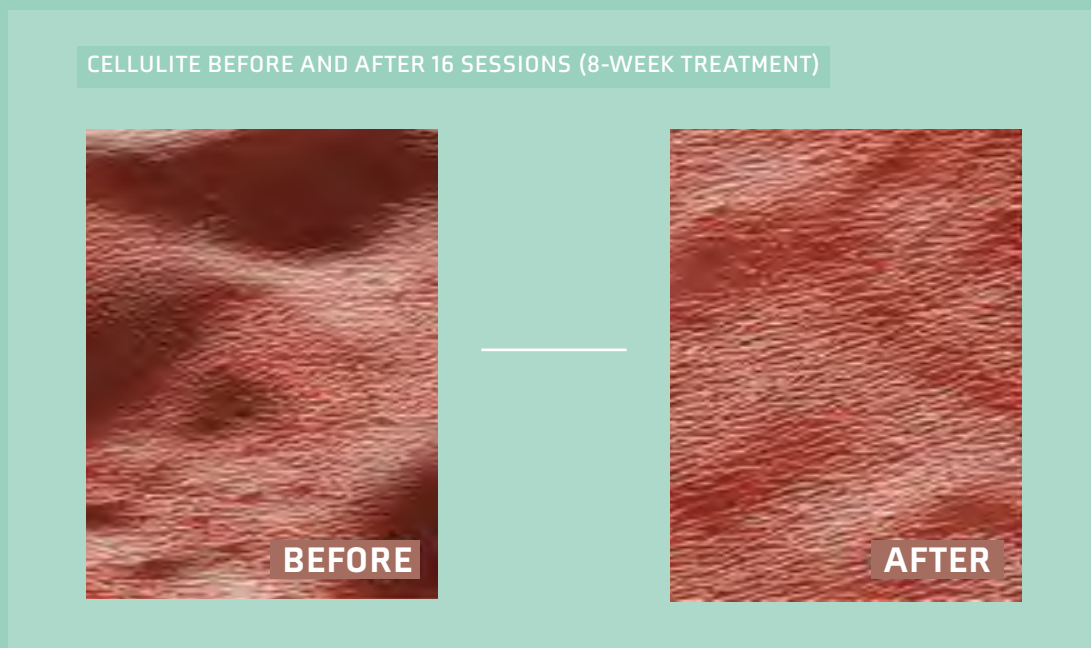
GROUP 2: 10 women continued with 2 sessions/month.



HERE ARE THE RESULTS OF THE STUDY:

The treatment of cellulite with endermologie® technique considerably modifies the structure of the skin: the improvement mainly relates to quantitative criteria.

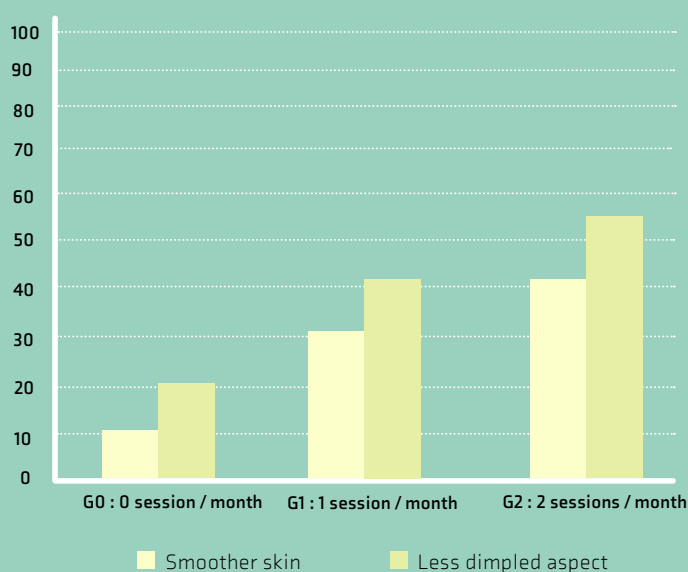
During the 8-week treatment, centimeter measurements, thickness of the skin fold and surface of the cellulite evolve very favourably. Standardised photographs highlight a thinning of the thighs, particularly visible on the inner side (widening of the inter-thigh triangle) and on the buttocks.



After 6 months of follow-up and by comparison with the effect obtained at the end of the 8-week treatment, there is an excellent sustained effect (almost 100%) in the group without maintenance treatment and an additional effect in all groups with 1 or 2 sessions per month respectively. It is the maintenance treatment with 2 sessions per month that has the greatest potential with an additional improvement of 40 to 50% depending on the measurement.



NUMBER OF SUBJECTS REPORTING « SMOOTHER SKIN » AND « LESS DIMPLED ASPECT » COMPARED TO THE END OF THE 8-WEEK TREATMENT



REDUCTION IN THE DIMPLED SURFACE IN EACH GROUP 6 MONTHS AFTER THE END OF THE TREATMENT



THIS IS THE DEMONSTRATION THAT THE BENEFITS OF endermologie® SESSIONS ARE LONG-LASTING (AT LEAST 6 MONTHS!) AND THAT MAINTENANCE SESSIONS SHOULD NOT BE NEGLECTED.

SOURCE:

- « Cellulite treatment » : efficiency and sustained effect at 6 months of the endermologie® treatment. Ortonne J.P. et al. Les Nouvelles Dermatologiques 2004; 23 : 261-269.



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