

Independent Study Title	Cellulite and its Treatment	
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ABSTRACT

Cellulite or lipodystrophy described a dimpled, orange peel like skin, found frequently in areas around buttocks and thighs. It occurs more in women than in men because of differences in hormone levels as well as structure of skin fat layer. As the amount of fat gets accumulated, cellulite appearance becomes more visible. There are four stages in cellulite development, in which the most severe level causes pain as well as the blood and lymphatic microcirculation disturbance. Therefore, cellulite is both aesthetic and health related skin problems. Instrumental, oral, and topical treatments are basically three main approaches for cellulite treatment. This report provides scientific backgrounds the origin of cellulite, its mechanism, as well as treatment methods, with primarily focuses on topical and oral approaches. There is not yet a product with hundred percent guaranteed on its efficacy. Many active ingredients have been tested on its efficacy and safety issues. However, longer conducted study in larger populations is needed to assess other aspects, especially on long-term usages. It is essentially important for oral supplements, since it deals directly to metabolic function in the body. In short, there are many factors contributed to cellulite formation. Therefore, a combination of treatments is recommended. Monitoring diets and exercise regularly is recommended for good health and sustained results.

Keyword: Cellulite / Lipodystrophy