



7/20/17 Beauty

PELLE FIRM TREATMENT

Sharing my experience with the cellulite-busting treatment from Enlighten MD

REAL TALK: No one is immune to the affects of cellulite no matter how thin they are...

That said, I am living proof that cellulite is not necessarily a "fat problem". Cellulite is something that has slowly crept up on me (especially as I'm nearing the big 3-0). I have NO idea how to go about combatting the war that cellulite is waging on my legs. The truth is, I am losing the war — cellulite has started to take my legs hostage!!!! I tell myself every day that "every woman has it somewhere on their body," which [they say] is totally normal. But I'm not ready to give up and surrender my legs to cellulite...

My friends and I jokingly refer to myself as "skinny fat". Admittedly, I do not have great exercise habits (and by "not great" I mean "nonexistent") — I KNOW that I will need to start working exercise into my daily routine as I get older.. that's just logic. However, everything I read about cellulite makes it pretty damn clear that even the most fit women fall victim to cellulite. Soooo like I do with most of my aging questions, I took my woes to the skincare gurus at **Enlighten MD**. After taking a look at my legs, **Channing Barte** told me that there IS a treatment that could help me fight off the cellulite. Channing, who is a Certified Aesthetician/Laser/CoolSculpting Technician, explained that the **PelleFirm** treatment would *definitely* reduce the appearance of cellulite on my legs (as well as tighten & smooth the skin as an added bonus). She also explained that since I am at the beginning phases of "cellulite takeover", I would likely get some really awesome results. I immediately booked my first appointment!

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MAKE AN APPOINTMENT





THE SCIENCE:

PelleFirm is a radio-frequency treatment for the body that heats target areas to a specific temperature while a mechanical massage heads break down the fat cells that cause the appearance of cellulite. This process creates a reaction to stimulate collagen production under the skin, creating smooth and younger looking skin with a reduced appearance of cellulite.



THE PROCEDURE:

Channing suggested that we start with 4 treatment sessions to get optimal results. The sessions themselves take about an hour and a half and must be spread out 3 weeks apart. We are focusing on my biggest problem area — upper leg (thigh/butt). I can't even begin to describe how EASY and PAINLESS this procedure is. It almost makes me question how results are possible!! The **PelleFirm** wand basically uses heat to deeply massage the tissue, which will result in more blood flow and reduce the appearance of cellulite. So basically, I'm just getting a heat blasted leg massage. I literally fell asleep in my last session. I'd also like to add that Channing, the technician, is a joy to talk to. She is also knowledgeable about the procedure and explains the science behind it (way better than I can).

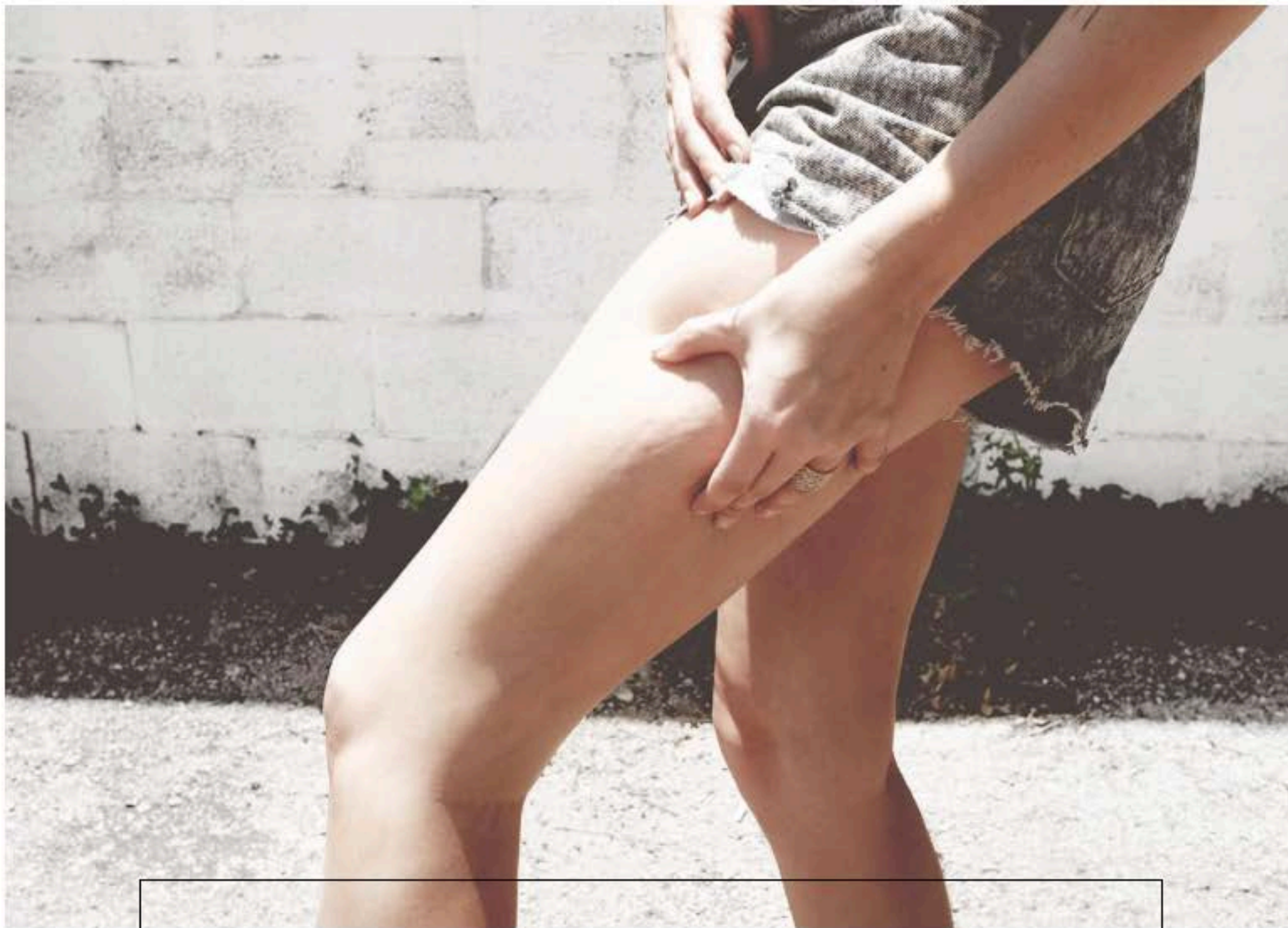
RESULTS:

I am halfway through 4 treatment sessions (2 down, 2 to go). Before/After pictures to come after I finish my treatments.... stay tuned....

IN CONCLUSION:

If I've learned anything about cellulite, its that it is merciless — even when you think you've won the war, it comes back with a vengeance. Healthy diet and exercise will always be the natural cellulite busters. But I'm thankful to know that there are treatments like **#pellefirm** to help combat cellulite along the way!!! And as always, I am grateful to have the experts at **Enlighten MD** to guide me as I *"attempt"* to age gracefully :)





credits

Treatment courtesy of **Enlighten MD**

SUMMER SALE: 15% OFF ANY TREATMENT

USE PROMO CODE WE THE BIRDS TO GET \$50 OFF YOUR FIRST TREATMENT (BASICALLY JUST TELL THEM WE THE BIRDS SENT YOU WHEN YOU MAKE YOUR APPOINTMENT).