

Cellulite is usually recognised as a collection of waste materials and excess fluids, which are encapsulated as fat in the fibrous tissue of certain parts of the body. Sufferers know that dieting and exercise alone cannot effectively eradicate this unsightly problem. Infra-Red heat has a two-fold effect on body tissue. Firstly, it improves the blood circulation. Cells and organs exposed to this thermal infra-red treatment are activated, and blood circulation is improved as a result of the widening of these blood vessels. This leads to an increase in the metabolic rate and the mobilisation of anti-genes in the body. This adsorbed heat is distributed through the body by the blood circulation. Secondly, there is an improvement in the lymph drainage. Due to the extra blood supply, and where the cellulite is evident, the lymph drainage effect is accelerated and the toxins are thus flushed from the body.