

HEALTH

Do you want to get rid of cellulite?

Ananeosis has a non-invasive solution with the use of Endospheres says **ANDREA CHARALAMBOUS**



Cellulite is a cosmetic concern that many women, regardless of their weight, are keen to get rid of. However, historically this has not been an easy process. This is where Ananeosis Medical Rejuvenation Clinic, founded by Dr Katerina Pattichis, comes in.

The Limassol-based clinic delivers tailored, safe and effective face and body treatments in a modern and welcoming environment, using state-of-the-art equipment and technologies, many of which are the first of their kind in Cyprus.

According to Dr Pattichis, cellulite is fat pushing against the connective tissues of the skin, causing the characteristic lumpy, dimpled look. It usually affects the thighs and buttocks, and sometimes the lower legs and abdomen. It is also common – up to 90 per cent of women will develop cellulite post puberty. Hormones, genetics, tight clothing, diet and lifestyle factors are thought to play a role in the development of cellulite.

Ananeosis uses both non-invasive and minimally invasive techniques to improve the appearance of affected skin. Non-invasive techniques include Endospheres mechanical stimulation and cosmeceuticals to improve lymphatic drainage and reduce the appearance of cellulite. Minimally invasive techniques include microneedling, carboxytherapy, subcision and collagenase injections. Endospheres reduces cellulite by targeting the root cause, improv-

ing lymphatic drainage and blood circulation, breaking down fibrous septae, relieving pain and inflammation, and toning the muscles.

According to Dr Pattichis “it is the only device in the world that uses an innovative Compressive Microvibration technology to feel the body and produce a customised treatment to tone, tighten and smooth out imperfections, without down time or side effects”. The treatment is ideal for people who want to reduce the appearance of cellulite and fluid retention, but also for those who want to obtain a more sculpted body. Most importantly, Dr Pattichis said the treatment is easy to tolerate and not painful. Trained Ananeosis staff start the treatment at the lowest setting before slowly proceeding through the 12 steps of increasing intensity.

During the initial consultation, Dr Pattichis uses imaging technolo-



gies such as digital photography and thermographic imaging to assess cellulite severity, rating it as nil, mild, moderate or severe. She then advises the client on the most appropriate treatment or combination of treatments and the likely number of sessions that will be needed. This depends on how the body reacts to treatment as not all bodies are the same. For example, depending on the condition being treated, a minimum of 12 twice-weekly Endospheres sessions are required to combat cellulite.

Some people see results from the very first sessions and others need more time, Dr Pattichis said. The duration of the results depends on several factors such as the clients' physical condition and their lifestyle. Maintenance treatments are recommended to improve results further and to help sustain results. Dr Pattichis recommends that clients drink plenty of water after their treatment to help the body flush and cleanse itself, and make sure they consume a healthy diet.

Body sculpting and cellulite reduction: Cellulite thermographic imaging (left), the result (below) and using the Endospheres mechanical simulation (top)



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Horoscope BY SALLY BROMPTON



March 21 - April 20

ARIES

Set firm intentions Aries, as you could be pulled in different directions by events or others' demands. Plus, as Mercury eases into Gemini you'll be curious about so many things.



April 21 - May 21

TAURUS

It's time to unleash buried talents as Mercury encourages you to use your skills to enhance income. Keen to express yourself? Showcase your abilities to friends, but also think about taking your work to the wider world as you'll gain so much by doing so.



May 22 - June 21

GEMINI

Inquisitive Mercury moves back into your sign, encouraging your playful and flirtatious qualities and enhancing your curiosity. Need to persuade someone of something? Your way with words can clinch it. Plus, the Supermoon in Sagittarius could be a chance to clear the air.



June 22 - July 22

CANCER

You'll find it easier to trust your gut, with Mercury moving into your spiritual sector. Allow your intuition to guide you this week, as there may be times when it's tempting to overthink things. You might become aware of activities that aren't serving your best interests.



July 23 - Aug 23

LEO

It's a week to enjoy socialising and relaxing in good company. Mind, the Supermoon in your leisure zone can make this one of the better times to showcase your talents to the world. You never know who may be watching, Leo.



Aug 24 - Sep 23

VIRGO

Mercury your personal planet joins the Sun in a high-flying zone, making this an excellent time to get noticed and grasp those golden opportunities. There are some who may try to talk you out of starting a project that is good for you. Stand firm and stick to your plan.



Sept 24 - Oct 23

LIBRA

Your focus may be on embracing bigger and better opportunities, but do you have room in your schedule for them? Be clear on what you can do before you accept an offer that could take up more of your resources than you thought. This is the time to step out in faith.



Oct 24 - Nov 22

SCORPIO

You might wish you could turn back the clock to a time when a relationship or situation seemed perfect. Even though it's impossible, the emphasis on your sector of transformation encourages you to get to the heart of the matter.



Nov 23 - Dec 21

SAGITTARIUS

A Full Moon and Supermoon in your sign can help you see yourself in a new light. Want to know where you're heading if you continue along your current path? You'll find that out too. If you've been too busy to spend much time with close ones, this week could see a change.



Dec 22 - Jan 20

CAPRICORN

Your desire to streamline your affairs could intensify as Mercury moves back into your lifestyle sector. Mind, you might be curious about so many opportunities that your schedule will end up choc-a-bloc. Prioritising your goals can help you stay on track.



Jan 21 - Feb 19

AQUARIUS

This is a proactive time, when you'll be busy with ideas that can't wait any longer. Leisure activities and social events add to an exciting week when an encounter could change your destiny. Watch your money, as you may end up paying more for something than you should.



Feb 20 - March 20

PISCES

The Supermoon in a prominent zone could highlight feelings about your goals and direction in life. And this is a time when you might get more recognition than usual, which you can use to your advantage.