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# HOW TO HIDE YOUR CELLULITE

Goodbye, dimpled skin! Hollywood pros tell Us how to smooth out your body - just in time for bikini season



**ELISHA CUTHBERT**

"I don't really work out, but I try to do things that are active and not sit at home and watch TV all day," says the star.

## Medical & Spa Treatments

**Visit a spa** Treatments targeting cellulite are made to promote circulation and relieve fluid retention. NYC-based dermatologist Cheryl Karcher says, "Massage is a big part. Kneading causes skin to swell, which helps mask cellulite. The area can look smoother, but results are temporary."

**Try light-based therapy** Docs or estheticians use a machine that combines laser or LED with rollers to help even out the skin's surface. "You have to get treated twice a week for a month to see results, and go back every six months," says Karcher. (\$2,000, smoothshapes.com)



Guinot Double Slimming Targeted Treatment, part of the Guinot spa's regimen and available for home use, helps tighten skin. (\$52, guinotusa.com)

Increase circulation with a cactus bristle brush, then apply Elemis' Body Sculpting serum, which contains sea fennel and brown algae. (\$150 for the set, palook.com)



Clarins Body Shaping Supplement contains baccharis, which temporarily smooths skin on contact. (\$74 for two, saks.com)



## At-Home Solutions

**Exfoliate** To minimize the look of cellulite, use a body scrub once a week to remove dead skin cells. "Smooth skin has less shadowing, so you won't see small divots as much," dermatologist Jody Alpert Levine tells US.

**Firm up surface skin** Though no products get rid of cellulite, those with hyaluronic acid "help plump up the flesh by bringing water to the skin's surface, thus hiding dimpling," says Levine. Ingredients like caffeine, algae, seaweed and carnitine help skin appear and firm by temporarily increasing circulation.

Slough off dryness with Murad Activating Body Scrub. (\$48, murad.com)

Avance Slimming Gel has algae to help stimulate circulation. (\$32, ariva.com)

Kim Kardashian is a fan of Nivea Body Good-Bye Cellulite Patches. (\$12 for six, drugstore.com)



Buff skin with Bliss Serious Seaweed Cellulite Soap. (\$14, blissoworld.com)



## Makeup & Self-Tanners

**Get bronzed** "Cellulite isn't as obvious when you are tan," says makeup artist Amy Nadine (Lauren Conrad is a client). Because golden skin absorbs light, imperfections aren't as visible. To get a glow, use self tanner or makeup such as body bronzer. To ensure body makeup looks natural, "go over with a powder puff so there are no streaks," advises Nadine.

**Use tinted lotion** It adds color and hydrates, which "makes skin look smoother and hides dimpling," says Levine.

Carita Fluide De Beaute 14 Paillete is an ultra-moisturizing hydrating oil. (\$42, caritadirect.com)

Lauren Conrad loves Mark Instant Vacation Caribbean Self Tanner for Body. (\$8, avon.com)

For instantly bronzed skin, smooth on Lorac Tantalizer Award Show Glow. (\$32, beauty.com)



Designer Perfect Wet/Dry Cotton Puffs, \$2 (for set of two), drugstores



**AUDRINA PATRIDGE**  
"I use St. Ives Collagen Elastin lotion morning and night," Patridge tells US about getting her body beach-ready.

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