

## OINTMENTS, MASSAGES AND WRAPS

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### Homemade creams and wraps

Cellulite creams or wraps usually contain various combinations of **natural active ingredients such as cinnamon, cypress, clove, eucalyptus, peppermint, juniper, horsetail, orange, lemon, rosemary or geranium**. But seaweed, mud or coffee are also popular ingredients. What they all have in common is that they **activate local blood circulation and lymph flow, improve cell metabolism** and have a **draining effect**.

To increase the effect of the ingredients, it helps not only to massage the ointments in vigorously, but **also to use cling film**. This so-called body wrapping additionally supports the blood circulation of the affected areas.

Whether you buy the cellulite wraps ready-made or make them yourself - mild forms of cellulite will **improve with regular use**.

### Massages

Regular massage can also have a positive effect on cellulite. **Special massage strokes and pressure techniques** are used that can loosen and even dissolve the adhesions in the connective tissue. Like creams and wraps, they also stimulate blood circulation and lymph flow. The massages can be done with specially developed devices **or by hand**. Dedicated **massage brushes and gloves** can also be used.

### Innovative care from the dermatologist

Dermatologist Dr. Sabine Schwarz and pharmacist Mag. pharm. Kowarik are currently developing a **special formula** for their own cellulite product. The special feature: **Active ingredients can penetrate the deeper connective tissue through special "transport molecules"** and reach the fatty tissue there. This product is being planned.