

# These natural ingredients help you get rid of cellulite - Times of India

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Having cellulite doesn't mean you are overweight. Even thin people can have it. If you are overweight, however, losing weight may reduce cellulite. Cellulite is more common among women than men. If other women in your family have cellulite, there's a good chance you will too. Other factors that influence how much cellulite you have and how visible it is includes poor diet, fad dieting, slow metabolism, hormone changes, dehydration, total body fat and lack of physical activity.

Most women would highly value anything that works against the challenge of cellulite, and the good news is that we have the remedy for this dimpling of skin in our nature itself. Here is the list of natural herbs that will help to get rid of those stubborn Cellulite. So when you are buying an anti-cellulite cream, look for these ingredients in them.

## 1. Coleus forskohlii

Coleus forskohlii herb extract is derived from the roots of Coleus Forskohlii. This "power" herb has an active ingredient in it called forskolin which acts as a skin conditioning agent. It dislodges localized fat deposits under the skin and improve the skin elasticity and firmness.

## 2. Caffeine

Caffeine is obtained from coffee beans and it is clinically evaluated for anti-cellulite activity. It reduces fat and improves the skin texture. It also protects skin from damage caused by radiation, especially wrinkle formation.

### **3. Boswellia**

Boswellia extract enriched with boswellic acid is clinically evaluated for skin firming benefit. It improves skin elasticity and provide anti-inflammatory benefits to the skin.

### **4. Horse Chestnut**

Extract from Horse chestnut is clinically evaluated to strengthen blood vessels. Research has shown that it improves blood circulation and has anti-swelling and anti-inflammatory properties, which can help reduce fluid "spillover" in areas affected by cellulite, and thus reduce its visibility.

### **5. Amaranthus**

Amaranthus extract is a rich source of squalene and vitamins. It helps the skin to maintain moisture content and make skin supple and firm.

### **6. Olives**

Olive oil is a natural emollient that provides a long lasting shield of moisture to keep skin smooth and supple.

### **7. Black Pepper**

Black pepper burns fat, stimulates circulation, increases metabolism, and flushes toxins from the body. Extract containing tetrahydropiperine has the unique property of enhancing dermal penetration of the natural bioactives that is present in this particular ingredient.

*By Dr. Muhammed Majeed, Health Science Expert and Founder & Chairman, Sami-Sabinsa Group.*

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