



Beauty Virgins

Six brave Shape staffers put themselves on the line to test the newest treatments for acne scars, cellulite, stretch marks & more.

It seems that a new cosmetic procedure comes along almost every day, but going for that first treatment is always a little daunting, especially when it's a procedure so advanced that you don't know a soul who has done it. That's why we've taken the plunge for you. Our brave beauty guinea pigs tried it all, and aren't afraid to tell it like it is. Here are their in-depth reports on the fears, the pain and, most important, the results. By Sally Wadyka. Photography by Tracy Bayne.

"For the last three years I've been working hard to lose weight. I've gone from a size 22 to a size 14, and even though I'm watching my diet and working out, the cellulite doesn't seem to be going away." — Kelly, 24

The treatment Endermologie for cellulite

Endermologie is a French body treatment, during which a technician (not a doctor) rolls a vacuum like machine over the body's trouble spots. (You wear a nylon/spandex bodysuit.) The theory: It's a heavy-duty massage that's supposed to break up fat cells and temporarily flush them out of the body (you drink 2-3 liters of water a day to help flush the system). Our tester Kelly went to the Cellulite Endermologie Center in New York City – and also talked to a nutritionist there who gave her diet and exercise suggestions (the key to long-lasting results).

Pain factor "The machine is adjustable, so as long you speak up and ask the technician to turn down the level of suction/ massage, there is no discomfort," says Kelly.

Post-treatment "I had no negative side effects, and in fact I found the massage treatment very relaxing and energizing," Kelly explains. The cost \$ 100 per treatment; \$1,200 for a package of 14 treatments (the number recommended, with a minimum of two sessions per week). After the initial course of treatments, experts recommend one session every six weeks to maintain smoothness. For more information, go to www.cellulite-endermologie-center.com

The bottom line "I didn't see immediate results, but after nine sessions, my cellulite was noticeably reduced," says Kelly. "Having the treatments also motivated me to focus more on my diet and exercise, and I've lost 10 pounds since starting."

"I gained around 35 pounds when I was in high school, and in the process, I developed stretch marks on my arms, breasts, hips and thighs. The ones on my hips are the worst." — Maureen, 29