

What is cellulite?

Cellulite is a cosmetic defect, which, according to various studies, affects 80 to 95 percent of all women aged 20+.

Cellulite is a non-inflammatory change in the subcutaneous tissue, which manifests itself mainly in the upper thigh and buttock area. The reason for this problem, which is of an aesthetic nature, is the anatomy of female adipose tissue. Fat located in the subcutaneous tissue is divided in the female body by strands of connective tissue that run perpendicular to the surface of the skin. This means that adipose tissue is retained in the form of small columns directed outward. The subcutaneous tissue with its embedded fat deposits is separated from the thin skin with its sebaceous glands and hair follicles only by a thin layer of connective tissue. Therefore, fat columns appear on the surface of the skin and the voids between them look like pits.

What factors contribute to the appearance of cellulite?

Despite the fact that cellulite is more widespread than any other aesthetic defect, there is almost no scientific data regarding its origin. However, we at least know the main factors that can aggravate cellulite. Firstly, these include some traditional factors like smoking, stress, lack of a balanced diet, pregnancy, and long-term use of hormonal contraceptives. Incidentally, excess weight is not a cause. Cellulite also occurs in slim women. Nevertheless, there is a positive relationship between the diagnosed severity of cellulite and the amount of adipose tissue

What is Alidya?

Alidya is a patented cocktail for correcting changes in the surface profile caused by cellulite or other causes. Alidya can contribute to the gradual, step-by-step restoration of subcutaneous fat.

Which body areas can be treated?

Cellulite is usually found in the upper thigh and buttock area, less often – on the abdomen, chest, and upper arms. All these areas can be treated using ALIDYA.

What is the treatment procedure?

Using very short and thin needles, ALIDYA is injected under the skin directly into cellulite-affected areas. The treatment is almost painless. A treatment session lasts approximately 30 minutes. Immediately after the injection, small blue spots, slight swelling and redness may appear on the skin in the treated area. Mild pain caused by the injection is rare, but can also occur. All these are expected side effects that disappear a few days after treatment. ALIDYA is a type of treatment that should be carried out weekly, 7 to 12 times, depending on the severity of the cellulite. For a lasting result, it is recommended to undertake one or two treatment sessions per year.

What should one pay attention to following the treatment?

During the following twelve hours, you should stop applying any cosmetics to the treated areas and avoid direct heat sources (solar radiation, sauna, etc.).

Moderate physical activities, as well as a good, balanced diet, moderate caffeine intake, and a healthy work-life balance can contribute to the positive effects of ALIDYA.

Contraindications when being treated with Alidya

ALIDYA is not suitable for patients with acute or chronic skin conditions in the areas to be treated. For safety reasons, patients with anaphylactic reactions, severe allergies, severe organ or organ system diseases, a history of autoimmune diseases, as well as pregnant and lactating women should not be treated.

Manual or pneumatic lymphatic drainage massage improves the effect of the treatment.

Effects of the treatment

- Cellulite reduction
- Lymph drainage activation in tissues
- Improving skin structure and/or smoothing the skin
- Reduced skin volume
- Long-lasting result in 1.5 to 2 months

Advantages

- Near painless and effective treatment
- Short duration of treatment
- No temporary disability