

# UNWANTED CELLULITE? LOOK YOUR BEST ON YOUR WEDDING DAY

*Mesotherapy May Be the Answer For You.* By Elizabeth Cooper

Looking your best on your wedding day is essential! It is important to feel beautiful and confident on your most important day. Knowing that under your dress is a world of cellulite can hamper that confidence. Mesotherapy is one way to get rid of unwanted cellulite.

Mesotherapy is a cosmetic procedure, which removes cellulite by injecting the problem areas with medicine to treat the cellulite. The procedure is FDA-approved and a permanent way to treat cellulite that leaves little side effects. Mesotherapy has been practiced in France since the 1950s, and is now available here in the South.

When considering a new procedure, it is important to talk to someone who has already been through the process. So, that's what we did! We followed a Bride-to-be who just finished her sessions of Mesotherapy at Memphis Obstetrics and Gynecological Association under the care of Dr. Michael Counce. We were very excited to sit down with her so we could share her experience with Mesotherapy.

**Q: WHY DID YOU HAVE MESOTHERAPY DONE?**

**A:** I had unwanted cellulite on the back of my legs and on my abdomen. You want to look the best for your wedding day, so I decided to have Mesotherapy done to remove it.

**Q: DID IT HURT?**

**A:** You can ask the doctors to numb the area for you so that you don't feel the injections, but you also have to come in an hour earlier so they can do it. I decided not to have this done, so I felt some discomfort. It was also a little sore when I got home, but you feel fine the next day, and you can still do everything you normally do.

**Q: HOW FAR IN ADVANCE OF YOUR WEDDING DID YOU START GOING?**

**A:** The doctor recommends that you should have 10 to 15 visits for optimal effects, so I started going weekly seven months in advance. You also want to plan ahead for this because one off the side effects is bruising, so you want to make sure you have it done in the winter or during months where you don't have to show your legs as much.

**Q: DO YOU HAVE TO DO ANYTHING AT HOME TO MAKE THE TREATMENT'S MORE EFFECTIVE?**

**A:** There are doctor's guidelines that should be followed; such as no caffeine because it causes your legs to tighten up, no exercise for 48 hours after the procedure so the drugs stay more concentrated in the area where needed instead of circulating throughout your body. The doctor also recommended that I take Grapeseed Extract to help the bruises heal.

**Q: DO YOU HAVE ANY ADVICE FOR OTHER BRIDES WHO ARE CONSIDERING MESOTHERAPY?**

**A:** I would recommend Mesotherapy if the bride was serious about getting rid of her cellulite. My weight went drastically up and down during college, so I had a lot of cellulite on my body. I would also tell them to make sure they find a good doctor and a reputable place to have it done, because there are so many quacks out there. I definitely think that made the difference for me because the doctor was so knowledgeable about the topic. It was a great experience and happy I did it. I would highly recommend Dr. Michael Counce at Memphis OBGYN.

For more information about Mesotherapy or to find a reputable doctor in your area, visit [www.mesotherapy.com](http://www.mesotherapy.com).

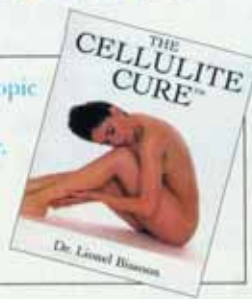
You can also call Memphis Obstetrics and Gynecological Association at 901-485-2247.



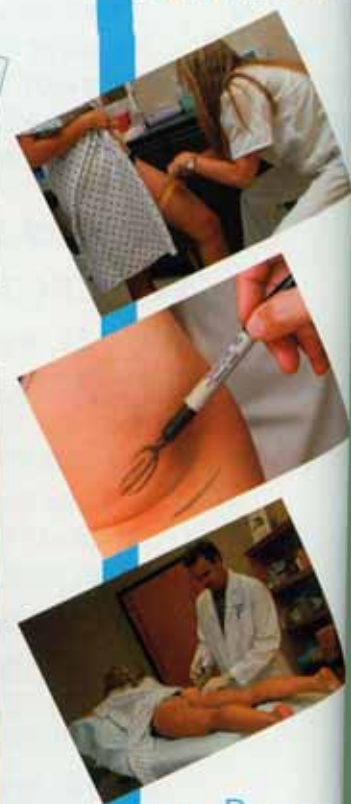
DR. MICHAEL COUNCE

For more research on the topic we recommend, *The Cellulite Cure* by Dr. Lionel Bisson.

AVAILABLE AT [www.cellulitecure.com](http://www.cellulitecure.com)



BEFORE AFTER



THE PROCESS