

# Health & Beauty

**Look hot, feel hot, be hot  
this summer.**

OK, let's face it; we all know you need to eat right and exercise in order to have a hot body like Debbie Malloy, the Captain of the Lady Wolf Pack dance team. We also know that it is now April, which only leaves us two months until we have to step out onto the beach. The idea of lumpy, bumpy, cottage cheese thighs may make your stomach curl, but we are here to help!

The truth is 90% of all women suffer from cellulite, even those women who are exercising and eating right.

Cellulite is caused by a lack of oxygen, which leaves impurities, toxins and fat to become trapped within the connective tissue below the surface of the skin. As cellulite sufferers ourselves, we have searched far and wide for a treatment to help smooth and tighten our buns and thighs. Finally we have found the answer to our problem!

Laser Dermology is the first system FDA approved to reduce the appearance of cellulite. How does this system work? It uses 3 mechanisms: heat to stimulate circulation and increase oxygen, cooling to reduce inflammation, and massage for drainage of the toxins and to break up the hardened connective tissue. What does this all mean? These three actions, when used together, can smooth and tighten the cellulite affected areas. The treatment consists of a series of 10-16 sessions, twice a week, for 5-8 weeks. Once you have reached your desired result, monthly maintenance is required.

Need to look hot fast? Get a spray tan! Hollywood's best kept secret is now here in Manchester. Why do you think celebrities are doing it? It's instant gratification, it's good for your skin and it's not just for women (guys do it too). Stay away from the sun and stay away from wrinkles, age spots and skin cancer. The spray tan camouflages cellulite, stretch marks, and veins and also has firming properties! Don't forget to exfoliate before you tan to get the best results. Conquer your fears of going bare and get a spray tan!



Debbie Molloy Captain of the Manchester Wolves Dance Team  
and former New England Patriots Cheerleader.

## chill

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