

# Cellulite: Is it body fat ?



## Summary:

**What is cellulite? Is it fat?:** Cellulite differs from fat, but fat levels can change its appearance. It involves fibrous connective cords that tether the skin to the underlying muscle, with the fat lying between. This creates an uneven surface or dimpling. As fat cells accumulate in size they push up against the skin Increasing the appearance of the dimpling. Losing a significant percentage of body fat will naturally alleviate the appearance of cellulite, but it will not go away completely.

**What Cause it?** Little is known about what causes cellulite. Hormonal factors play a large role in the development of cellulite. Other factors, such as weight and muscle tone affect whether you have cellulite, though even very fit people can have it. It tends to run in families. An inactive lifestyle also can increase your chances of having cellulite, as can pregnancy.

**Changing the appearance of it:** Losing weight and strengthening the muscles in the legs, buttocks and abdomen may make cellulite less noticeable in those areas, but it won't go away altogether.

**Treatments for it?** Many people seek treatment for cellulite because they are bothered by how it looks. Treatment that can effectively remove fat often has **no effect** on cellulite.[See treatments here.](#)

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**What Cause it?** Little is known about what causes cellulite. Hormonal factors play a large role in the development of cellulite. Other factors, such as weight and muscle tone affect whether you have cellulite, though even very fit people can have it. It tends to run in families, so genetics might play the biggest role in whether you develop cellulite. An inactive lifestyle also can increase your chances of having cellulite, as can pregnancy. The thickness of your skin also affects the appearance of cellulite. A thick layer of skin reduces the underlying appearance of cellulite. Swings in hormone levels affect your collagen production and skin health. So does aging. Your skin becomes less elastic over time — mostly due to the lower hormone levels — and causes cellulite to appear as you get older.

**Treatments for it?** Many people seek treatment for cellulite because they are bothered by how it looks. Treatment that can effectively remove fat often has no effect on cellulite.[See treatments here.](#)