

### Myth 1: Cellulite is fat.

**FALSE!** Cellulite is a sign of a toxic body, caused by uneven fat deposits in the connective tissue of the skin, edema, and lack of circulation.

### Myth 2: Only overweight people have cellulite.

**FALSE!** Even skinny people have problems with cellulite. There are two types of cellulite: soft cellulite, often characterized by the "cottage cheese" like appearance; and hard cellulite that mostly affects individuals in good physical condition. Often times, hardcellulite is the most difficult to eradicate.

### Myth 3: Cellulite responds well to weight loss and exercise programs.

**FALSE!** Since cellulite is not a fat condition, weight loss and exercise can't touch the unsightly stuff. The only way to eliminate cellulite is by detoxifying the body and increasing circulation to the affected areas.



## Myths About Cellulite

LighthouseHealth  
& BODY MAKEOVER



Ready to lose a few unwanted inches and iron out unsightly cellulite?

Come in and unwrap a new you with the help of the staff at

**Lighthouse Health & Body Makeover!**

715 E 3900 S, Suite #107  
Salt Lake City, UT 84107

Monday - Thursday: 9am to 8pm

**(801) 265-3400**

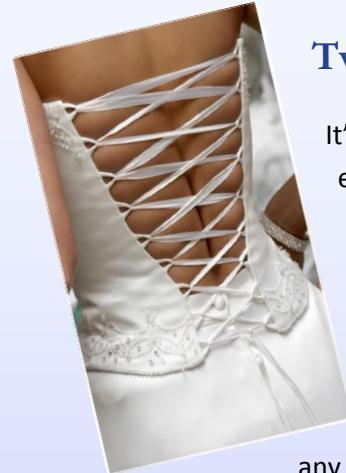
LighthouseHealth  
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[www.LighthouseHealth.com](http://www.LighthouseHealth.com)

Want to Lose  
4"-14" in  
One Hour?





## Two words... Body Wrap.

It's painless, relaxing, and it's an effortless way to lose inches and iron out unsightly cellulite. It's quite possibly the best 60 minutes you could ever spend on yourself.

Our Inch Loss and Cellulite Reducing Body Wraps are unlike any other wrap; including all those dehydration techniques and painful sweats that parade around as "body wraps."

We know how amazing our body wraps are - we even guarantee inch loss during your one-hour session, somewhere in the neighborhood of **4" to 14"** depending on your current body style.

**Not to mention you can kiss those cottage cheese thighs goodbye...**



## It's time to treat yourself to an unbelievable experience...

Lighthouse Health & Body Makeover Inch Loss and Cellulite Reducing Body Wraps were developed by a UCLA biochemist to encourage circulatory and lymphatic flow, causing a painless cleansing of the tissue. In turn, this healthy cleansing of the body results in a **loss of 4 to 14 inches per wrap** and a **visible decrease of cellulite**.

## Inch loss is great – but there's more...

Not only are Body Wraps from **Lighthouse Health & Body Makeover** a great way to lose inches, these Body Wraps are a great way to reverse the

debilitating effects of cellulite. Cellulite is often described as a condition of uneven fat deposits, water and other wastes that have become trapped in connective tissues of the body, just below the surface of the skin. We all know it as cottage cheese thighs and orange peel skin, not flattering on anyone of any dress size.

A Body Wrap from **Lighthouse Health & Body Makeover** is the perfect answer to lose unwanted inches and reduce visible cellulite.

You have enough on your mind before your big day - let us help you relax and ease into your dress without any worry!

*Let us smooth out the bumps and wrinkles for the big day...*