

Treatment	Mechanism of Action	How Invasive	Efficacy & Duration of Results	Downtime	Side Effects	Cost (per session)
Creams & Scrubs	Ingredients including caffeine, retinol, & dimethylaminoethanol (DMAE), applied to skin to help reduce appearance of cellulite.	Non invasive	1 grade improvement	None	None	\$15 – \$100
Massage	Deep tissue massages, pressotherapy, and endermologie used to promote lymphatic drainage of toxins in fat, to reduce appearance of cellulite due to smaller fat pockets protruding outwards between dimpling.	Non invasive	1 – 2 grades improvement	None	Redness	\$15 – \$300
Velashape	Uses infrared light, bi-polar radiofrequency energy and vacuum, causing controlled heat damage to the underlying fat and connective tissue in treatment area, reducing appearance of cellulite.	Non invasive	1 grade improvement Up to 2 weeks	None	Tingling Localized warm sensation Redness Bruising	\$200 – \$600
Microneedling (Mesotherapy & RF)	Uses microneedling with custom made sera or radiofrequency waves to stimulate collagen production and tighten skin, sometimes resulting in reduction in the appearance of cellulite.	Minimally invasive	1 grade improvement 1-4 months with treatments scheduled at regular intervals	None	Redness Swelling Minor bruising Dry skin	\$400 – \$2500
QWO	Collagenase clostridium histolyticum is injected into cellulite dimples, breaking up fibrous septae, eliminating dimples in the process.	Minimally invasive	1 – 3 grades improvement Permanent, new cellulite dimples may form in other areas	None	Discomfort in the area of injection for 1 – 2 days Moderate to severe painless bruising	\$1000 – \$2000 (1-3 recommended)

Cellulaze	Small ND:YAG 1440-nm laser fiber is surgically inserted under the skin to cause controlled heat damage to melt fat cells, cut through fibrous septae, and stimulate collagen production for tighter skin and minimized cellulite.	Surgical and invasive	1 – 2 grades improvement 1 + years in the treated area	1 – 7 days	Moderate to severe bruising Swelling Minor aches and pains for 1 – 2 days	\$5800
Cellfina	Hand held semi-automatic tool that employs multiple rotating blades used to cut through fibrous septae underneath the skin, releasing them from the skin and eliminating the cellulite dimples in the process.	Surgical and invasive	1 – 3 grades improvement 3+ years or permanent, new cellulite dimples may form in other areas	1 – 7 days	Painful moderate to severe bruising Swelling Scarring along the needle tracks if inserted superficially	\$4000
Liposuction	Long atraumatic cannula is used to suck out fat in the treatment area, which can also break down fibrous septae, reducing cellulite.	Surgical and invasive	1 – 2 grades improvement 1+ years or permanent, new cellulite dimples may form in other areas.	1 – 2 weeks	Painful moderate to severe bruising Swelling Lumps Numbness Infection Internal puncture Fat embolism Contour irregularities	\$2000 – \$8000