

Curative effect of laser therapy

Low-intensity laser therapy was hope for people with cellulite problems

Laser therapy Low - level, dual - beam laser energy, as well as high intensity pulsed laser that are commonly used for “body-contouring” have been reported in several studies to “help” with cellulite. Most of those do yet only report reductions in subcutaneous fat and results like “increased well-being” among the participants. There are two types of therapeutic lasers, ablative lasers (also known as “hot” lasers, or high energy lasers), and non-ablative lasers (also know as “cold” lasers, or low level lasers).

Surgical lasers, fat removal and cellulite

Ablative lasers are used for acne, tattoo removal, skin resurfacing, hair removal and for surgery (e.g. for cutting the skin or other tissue). High energy lasers are able to ablate (i.e. to excise, amputate, remove by erosion/melting/evaporation or otherwise destroy body tissue). In that sense, we can say that high energy levels work through “brute force”.

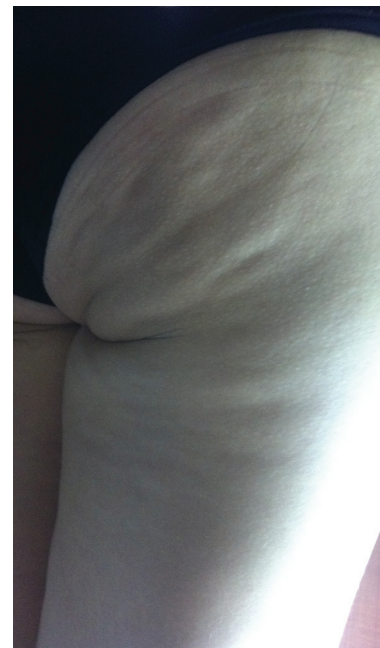
Having said all that, there is a case where ablative lasers are successfully used to melt fat (but not cellulite): that of laser-assisted liposuction (also known as smart lipo or mini lipo). For smart lipo, a canula is inserted underneath the skin (and therefore underneath the cellulite layer) and melts the



deep subcutaneous fat which is then aspirated (sucked) out of the body more easily.

Cold lasers, fat melting and cellulite

In contrast to ablative lasers, low level laser therapy (LLLT) or cold laser therapy is very gentle and is used in physiotherapy as a therapeutic stimulus for superficial tissues, such as superficial tendons and ligaments. We could say that cold lasers work by “gentle stimulation”. Similarly to ablative lasers, the problem with cold lasers is that they do not penetrate enough to reach the subcutis, i.e. the innermost layer of the skin, where cellulite is located. Moreover, the power used for low lever laser therapy is tiny and definitely not enough to justify the claims of fat melting and other lies propagated by cold laser cellulite treatment



providers. Although LLLT has a place in physiotherapy, all that cold laser fat removal treatments will remove is your money, so don't fall prey to unscrupulous cellulite treatment providers.