

## Lipodystrophy as dietary and cosmetic problem

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### ABSTRACT

**Introduction:** Lipodystrophy is a skin composition disorder. One of the kinds of lipodystrophy is cellulite. Differences in fat tissue composition between woman and man are the cause that lipodystrophy affects women more often. It affects women of different ages - from maturation to menopause. Is estimated that this problem affects 85% of women above the age of 20.

**Purpose:** To analyse the impact of cosmetic procedures and diets on skin affected by cellulite.

**Materials and methods:** The study was conducted based on a survey using a proprietary questionnaire filled by 57 clients of beauty salon Health and Beauty Center "Anamed", located in Lomza. The study was conducted between 12.2014 and 01.2015.

**Results:** The diet and treatments performed by the respondents were analyzed and their subjective effectiveness assessed. After analyzing the data, it was observed that one-way actions do not bring the expected results. In order to reduce cellulite, it is necessary to undertake multidirectional activities.

**Conclusions:** Cosmetic treatments minimize cellulite changes and improve the overall condition of the skin. Proper healthy eating habits should be promoted because they help to act in the treatment and more importantly preventive in the formation of cellulite.

**Keywords:** Cellulite, diet, cosmetology

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