



Crystal Smooth anti-cellulite sleepwear

95% of women suffer from cellulite and, unfortunately, I am not one of the lucky 5% that doesn't. That said, my cellulite never really bothered me until fairly recently, as it wasn't that bad and was more localised to my upper thighs and bottom, hidden from view. But this year as I got my legs and arms out for summer I noticed it is now visible up to the tops of my knees and, horror of horrors, on the tops of my arms.

I am a big fan of MACOM. Last year their Waist Sculptor helped me shift three inches off my waist and wearing it every day made my whole body contour appear smoother and slimmer. I have also used their compression garments post-procedure, which are super comfortable and effective, and I wear my Crystal Smooth leggings when I work out as they regulate thermal balance while reducing the likelihood of irregular build-up of fat or lactic acid. So when I heard they were bringing out a range of sleepwear I was very excited to try it.



As with the leggings, the Crystal Smooth sleepwear is made of emana® fibre, a patented intelligent material woven with bio active crystals that absorb body heat and return it to the skin in the form of far infrared rays. The rays penetrate the skin and stimulate blood microcirculation, cellular metabolism and lymphatic drainage, all key components in the battle against cellulite. They also help regulate body temperature, increase skin elasticity and create smoother skin.

The first thing I would say is that the sleepwear is the most comfortable, soft thing I have every worn to bed. They are amazing and the fact they are helping to improve my cellulite and skin while I sleep is an added bonus. I have the long sleeved top and leggings to target my arms as well as my full legs, but because they are so breathable and regulate temperature, I don't get hot and bothered sleeping in them even in the warm summer weather. However, they also do vests and shorts. The sleepwear looks really nice on with its lacy trim, which means you feel good wearing them. When it comes to cellulite, I never expect miracles as it is notoriously difficult to treat but wearing the sleepwear regularly can definitely help, especially if it's used alongside treatments to enhance and maintain results. **AM**

