



LEG LESS Crossing your legs is giving you cellulite – and wearing skinny jeans makes it worse, expert warns

An expert has warned that crossing your legs and wearing skinny jeans are two massive factors in the development of dented skin.

Clelia Monteux, Scientific Attache for LPG Endermologie - a non-invasive French treatment that recently arrived in the UK - told the [Mail](#) that crossing your legs is a common factor in increasing the appearance of cellulite.

"Most types of cellulite are linked to water retention in the body.

"But sitting with legs crossed is also to blame because it restricts the blood and lymphatic circulation around the legs."

Throw skinny jeans into the mix and you're going to make matters worse.

"These types of clothing can reduce circulation in the legs, which can consequently lead to an increased risk of cellulite," Clelia explained.

"Crossing your legs, or sitting with your legs crossed, can encourage the onset of aqueous cellulite.



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