



Rebecca Albrecht works on a client.

Synergie

How a new treatment can send your cellulite into hiding, bid adieu to inches and rid your body of toxins. (And how I wasn't dreaming when it actually worked.)

When a friend called to tell me there was a new treatment available in Madison that would reduce the appearance of cellulite, shave inches off my bod and leave me feeling great, I was, shall we say, a tad bit skeptical. Now, switch the words "a tad bit" to "incredibly" and you'll have a clearer picture of how unconvinced I was that Synergie, as I learned the treatment was called, would work.

Then again, I've always been one to believe in miracles. And whether Synergie is a miracle or simply the result of tried-and-true technology applied in the right way, I know one thing: Before I began a series of Synergie treatments, my nether regions had a certain appearance not dissimilar to your favorite craggy mountain range. The kind that would be easy to climb. The kind with numerous easy-to-find footholds. You get the picture.

Now, eight treatments in — a series of treatments consists of 16 appointments over eight weeks, with each appointment taking about 30 minutes — I jiggle less, my size 8

jeans fit for the first time since my pregnancy (so, my baby is 2, sue me) and though every nook and cranny is not smooth as silk, I definitely appear to have been ironed! My body has honestly changed and I did nothing different beyond my usual routine than lie down on a table, enjoy a delightful massage and drink a lot of water. Oh, and I also peed a lot.

Perhaps I should start at the beginning.

Synergie: What is it?

Synergie, as I learned when I called The Ultimate Spa Salon to set up my appointment, is "cellulite and body contouring involving the lymphatic system that removes waste materials and excess fluids in the deep levels of your skin." How is this done? Via a Synergie AMS machine, which has a long hose attached to it that can accommodate a variety of different-sized heads at the end depending upon which part of the body is being treated. A licensed aesthetician then uses the machine to administer a vacuum massage. At The Ultimate, the woman behind the machine is

the lovely Rebecca Albrecht, who is a Synergie AMS-certified specialist in addition to being a licensed aesthetician in the state of Wisconsin.

"Vacuum massage physically manipulates the collagen fibers and connective tissue, which then increases the metabolism to the treated area because of increased blood circulation," explains Albrecht. The result? "Smoother skin, a reduction in the appearance of cellulite and the loss of inches."

Another very important aspect of the treatment is its ability to encourage lymphatic drainage, meaning some of the toxins in our bodies — from food we eat, the air we breathe, etc. — are eliminated.

"Toxins are things we've ingested. Too much salt or sugar — stuff our bodies don't release," she says. "These things build up in the cell wall and cause something I refer to as cellular constipation. When we can't get rid of the toxins, they result in that orange peel look on our skin." In other words, we get dimples in places we don't want them.

"Toxins and fats are evil cousins," continues Albrecht. "Once you get rid of one,

the other one has to leave. So once I get rid of your toxins, your fat is flattening and leaving. Lymphatic drainage also improves circulation, detoxifies, tones and firms."

In addition, Albrecht says Synergie can help reduce aching muscles, help you if you have irritable bowel syndrome and rev up your metabolism, which in turn allows you to burn more calories.

Results vary, but everyone gets them

The question had to be asked: Has Albrecht ever treated a person who hasn't had a positive result?

"Never," says Albrecht, who is as charming and "tell-me-anything-at-all" as they come. I'll put it this way: Being with her is so comfortable that you don't care a bit that she's going over your love handles with something that resembles a miniature Hoover. In fact, vacuum massage feels great.

Albrecht says her most dramatic success story involves someone who lost 10 pounds and just under 17 inches during an initial eight-week treatment.

"This is really an inch-loss treatment," stresses Albrecht. "Some people do lose weight, but more people lose inches."

The key to shedding the inches means helping the toxins get eliminated by drinking lots of water all the time — which is good for you anyway — and drinking even more on the day you have a treatment. What's a lot? "You take your weight and divide it by half and that's the number of ounces of water you should be drinking per day," explains Albrecht. So if you weigh 150



pounds, you should drink 75 ounces of water per day, or about 10 cups.

"On the day of treatment, it's important to drink 8-12 ounces more to give your kidneys the fuel to do their job." Which brings us back to the beginning. Yes, after Synergie, you do spend lots of time in the bathroom. And that's a very good thing.

Albrecht is so enthusiastic about what she does for a living that her clients' success stories still "give her goosebumps." "Isn't that silly?" she says. "But I am so excited when someone tells me about dropping a dress size, or fitting into jeans."

So can anyone have Synergie? "The only contraindications are pregnancy or phlebitis

(a vein inflammation) but otherwise, everyone can be treated," says Albrecht.

It's addicting

After the eight-week treatment is over, clients are encouraged to come in once per month for maintenance, but Albrecht says many people choose to continue coming once or twice a week because they feel so good after having Synergie. It's true. After a treatment, I feel energized, almost like I've had a good workout.

So I'm hooked. But I must admit that although I've increased my water intake, I'm still not drinking enough. My drink of choice tends to lean toward Diet Mountain Dew, which is not a good thing. Still, Synergie is working for me. Pretty cool.

And if you work out as well, which I do, all the better.

I'm convinced Albrecht's wand is indeed magic and the last time I believed this to be true was in 1967, when I watched the TV version of "Cinderella" and Lesley Ann Warren's Fairy Godmother turned a pumpkin into a stagecoach.

Let's face it, anything that can make cellulite do anything other than what it does best is something rather magical. And that's the kind of fairytale I'm into these days. ❁

Synergie is available through The Ultimate Spa Salon, 4174 Monona Dr. Synergie treatments are given in The Ultimate's Secret Garden stone house, which is located directly behind the salon. Call (608) 222-4174 for information about pricing and special offers.