

## Supplementary material

**Table S1.** Effect sizes for all measured parameters calculated by comparing herbal with placebo compress action at each time point using Cohen's d statistic.

Parameter measured	Time point compared, week	Effect size (95% CI)	Parameter measured	Time point compared, week	Effect size (95% CI)
Cellulite score	Week 3	0.57 (-0.0, 1.2)			
	Week 5	0.98 (0.3, 1.6)			
	Week 7	0.89 (0.2, 1.5)			
	Week 9	1.16 (0.9, 1.8)			
	'Washout'	0.35 (-0.3, 1.0)			
Thigh circumference @15cm	Week 3	1.14 (0.5, 1.8)	Thigh circumference @25cm	Week 3	0.33 (-0.3, 1.0)
	Week 5	1.17 (0.5, 1.9)		Week 5	0.79 (0.1, 1.4)
	Week 7	0.75 (0.1, 1.4)		Week 7	0.81 (0.2, 1.5)
	Week 9	0.96 (0.3, 1.6)		Week 9	0.55 (-0.2, 1.2)
	'Washout'	0.79 (0.1, 1.4)		'Washout'	0.05 (-0.6, 0.7)
Skin fold thickness, front	Week 3	1.23 (0.6, 1.9)	Skin fold thickness, back	Week 3	1.07 (0.4, 1.7)
	Week 5	1.64 (0.9, 2.4)		Week 5	1.46 (0.8, 2.2)
	Week 7	1.31 (0.6, 2.0)		Week 7	1.55 (0.8, 2.3)
	Week 9	1.37 (0.7, 2.1)		Week 9	1.72 (1.0, 2.5)
	'Washout'	1.18 (0.5, 1.9)		'Washout'	1.24 (0.6, 1.9)