

CoolSculpting Marketing Services Admire Aesthetics Co-Op Jan-Mar 2022 Total Marketing Expenses (01/1/2022 - 03/31/2022)

Total Google Ads: \$ 7,015.43
Total Marketing Service Fees: \$ 9,150.00
Total CoolSculpting Marketing Cost: \$ 16,165.43

Google Ads | Chris Zelig > Admire Aesthetics 204-442-6350 | All campaigns

Campaigns | Custom | Jan 1 - Mar 31, 2022

Campaign status: All | Campaign name contains cool X | Add filter

Campaign	Budget	Status	Clicks	CTR	Cost
search beta coolsculpting	\$79.67/day	Eligible	749	8.12%	\$7,015.43
Coolsculpting-Medford, OR	\$26.66/day \$810.46/month	Removed	0	-	\$0.00
Oregons-Coolsculpting Experts	\$5.00/day \$152.00/month	Paused	0	-	\$0.00
Coolsculpting	\$20.00/day	Paused	0	-	\$0.00
Coolsculpting Medford	\$5.00/day	Paused	0	-	\$0.00
search beta coolsculpting exp reach	\$31.25/day	Paused	0	-	\$0.00
Total: Filtered campaigns			749	8.12%	\$7,015.43
Total: Account	\$79.67/day		749	8.12%	\$7,015.43

Reporting is not real-time. Time zone for all dates and times: (GMT-07:00) Pacific Time. [Learn more](#)
 Some inventory may be provided through third party intermediaries.
 You'll see Media Rating Council (MRC) accreditation noted in the column header's hover text for accredited metrics.
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Google Ads | Chris Zelig > Admire Aesthetics 204-442-6350 | All campaigns > search | beta | coolsculpting

Enabled | Status: Eligible | Type: Search | Budget: \$79.67/day | Optimization score: 79.7%

Ads | Custom | Jan 1 - Mar 31, 2022

+ 1 more | Add filter

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads					
			749	8.12%	\$7,015.43
{Keyword:Admire Aesthetics} CoolSculpting in (LOCATION(City)) Freeze Away Body Fat +12 more admireaesthetics.com/coolsculpting CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Expert, Safe Fat... View assets details	0. coolsculpting - general	Eligible	136	16.83%	\$1,549.86
CoolSculpting® in Oregon Save \$1000 On 8+ Treatments Flexible Payment Options admireaesthetics.com/coolsculpting Best CoolSculpting Deal: Freeze Away Stubborn Fat. Top Provider in Oregon. How Much Does CoolSculpting Cost? Less Than You Might Think. Book A Free Consultation Now	0. coolsculpting - general	Eligible	58	17.16%	\$1,022.90
Admire Aesthetics Fat Reduction in Oregon Non-Surgical Fat Reduction +12 more admireaesthetics.com/coolsculpting CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Expert, Safe Fat... View assets details	x. Expanded Reach	Eligible	93	5.33%	\$775.47
Admire Aesthetics Fat Reduction in Oregon Non-Surgical Fat Reduction +12 more admireaesthetics.com/coolsculpting CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Expert, Safe Fat... View assets details	3. lipo	Eligible	65	10.45%	

Google Ads | Chris Zelig > Admire Aesthetics 204-442-6350 | All campaigns > search | beta | coolsculpting

Enabled | Status: Eligible | Type: Search | Budget: \$79.67/day | Optimization score: 79.7%

Ads | Custom | Jan 1 - Mar 31, 2022

+ 1 more | Add filter

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads					
			749	8.12%	\$7,015.43
Admire Aesthetics Fat Reduction in Oregon Non-Surgical Fat Reduction +12 more admireaesthetics.com/coolsculpting CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Expert, Safe Fat... View assets details	3. lipo	Eligible	65	10.45%	\$633.79
Admire Aesthetics Fat Reduction in Medford, OR Non-Surgical Fat Reduction +12 more admireaesthetics.com/coolsculpting/medford Is Freezing Fat Right For You? Book a Free CoolSculpting Consultation Today. Best Prices. FDA... View assets details	x. Expanded Reach	Removed	67	5.88%	\$615.44
Non-Surgical Fat Reduction CoolSculpting® in Oregon Freeze Away Body Fat admireaesthetics.com/coolsculpting Easy And Convenient. Long-Lasting. Minimal Downtime. Real Success Stories. FDA Cleared. Is Freezing Fat Right For You? Book a Free CoolSculpting Consultation Today	x. Expanded Reach	Eligible	41	3.73%	\$519.63
Non-Surgical Fat Reduction CoolSculpting® in Oregon Get Rid of Unwanted Fat admireaesthetics.com/coolsculpting Easy And Convenient. Long-Lasting. Minimal Downtime. Real Success Stories. FDA Cleared. Is Freezing Fat Right For You? Book a Free CoolSculpting Consultation Today	x. Expanded Reach	Eligible	31	2.87%	\$348.03
Admire Aesthetics Fat Reduction in Medford, OR Non-Surgical Fat Reduction +12 more					

Google Ads | Chris Zelig > Admire Aesthetics 204-442-6350 | All campaigns > search | beta | coolsculpting

Enabled | Status: Eligible | Type: Search | Budget: \$79.67/day | Optimization score: 79.7%

Ads | Custom | Jan 1 - Mar 31, 2022

+ 1 more | Add filter

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads					
			749	8.12%	\$7,015.43
Admire Aesthetics Fat Reduction in Medford, OR Non-Surgical Fat Reduction +12 more admireaesthetics.com/coolsculpting/medford Is Freezing Fat Right For You? Book a Free CoolSculpting Consultation Today. Best Prices. FDA... View assets details	3. lipo	Removed	70	11.16%	\$324.74
{Keyword:Admire Aesthetics} CoolSculpting in (LOCATION(City)) Freeze Away Body Fat +12 more admireaesthetics.com/coolsculpting CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Expert, Safe Fat... View assets details	1. coolsculpting - price	Eligible	58	33.92%	\$305.20
Admire Aesthetics CoolSculpting® in Oregon Get \$1000 Off 8+ Treatments admireaesthetics.com/coolsculpting Best Prices. FDA-Cleared. Clinically Proven Fat Removal. No Surgery. Minimal Downtime. Ready To Say Goodbye to Stubborn Fat? Schedule Your Free Consultation Today.	x. Expanded Reach	Eligible	21	3.10%	\$193.83
Non-Surgical Lipo Alternative CoolSculpting® in Oregon Get Rid of Unwanted Fat admireaesthetics.com/coolsculpting Easy And Convenient. Long-Lasting. Minimal Downtime. Real Success Stories. FDA Cleared. Is Freezing Fat Right For You? Book a Free CoolSculpting Consultation Today	3. lipo	Eligible	29	9.51%	\$175.86
Fat Reduction in Oregon Our Biggest Discount Ever Get \$1000 Off 8+ Treatments					

Overview	Enabled	Status: Eligible	Type: Search	Budget: \$79.67/day	Optimization score: 79.7%	More details
<div style="display: flex; justify-content: space-between;"> + 1 more Add filter SEARCH SEGMENT COLUMNS REPORTS DOWNLOAD EXPAND MORE </div>						
Ad	Ad group	Status	Clicks	CTR	Cost	
Total: Ads 749 8.12% \$7,015.43						
<input type="checkbox"/>	Fat Reduction in Oregon Our Biggest Discount Ever Get \$1000 Off 8+ Treatments admireaesthetics.com/coolsculpting	3. lipo	33	11.96%	\$174.86	
<input type="checkbox"/>	Huge CoolSculpting Promotion Freeze Away Body Fat Our Biggest Discount Ever admireaesthetics.com/coolsculpting	0. coolsculpting - general	6	9.52%	\$137.77	
<input type="checkbox"/>	CoolSculpting® in Oregon Save \$1000 On 8+ Treatments Flexible Payment Options admireaesthetics.com/coolsculpting	1. coolsculpting - price	17	26.98%	\$87.40	
<input type="checkbox"/>	Admire Aesthetics Our Biggest Discount Ever Get Rid of Unwanted Fat admireaesthetics.com/coolsculpting	3. lipo	3	3.13%	\$33.61	

Overview	Enabled	Status: Eligible	Type: Search	Budget: \$79.67/day	Optimization score: 79.7%	More details
<div style="display: flex; justify-content: space-between;"> + 1 more Add filter SEARCH SEGMENT COLUMNS REPORTS DOWNLOAD EXPAND MORE </div>						
Ad	Ad group	Status	Clicks	CTR	Cost	
Total: Ads 749 8.12% \$7,015.43						
<input type="checkbox"/>	Best CoolSculpting Deal Ever Freeze Away Body Fat Flexible Payment Options admireaesthetics.com/coolsculpting	0. coolsculpting - general	6	19.35%	\$23.61	
<input type="checkbox"/>	(Keyword:Admire Aesthetics) Next-Generation Fat Reduction Freeze Stubborn Fat 2x Faster admireaesthetics.com/coolsculpting/elite	2. coolsculpting elite	1	100.00%	\$22.01	
<input type="checkbox"/>	CoolSculpting® in Oregon Freeze Away Body Fat Our Biggest Discount Ever admireaesthetics.com/coolsculpting	1. coolsculpting - price	3	37.50%	\$18.21	
<input type="checkbox"/>	[Dynamically generated headline] [Dynamically generated display URL] CoolSculpting Deal. Freeze Fat. Top Provider in Oregon. Free Consultation. Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great.	x. dynamic	3	16.67%	\$16.57	

Overview	Enabled	Status: Eligible	Type: Search	Budget: \$79.67/day	Optimization score: 79.7%	More details
<div style="display: flex; justify-content: space-between;"> + 1 more Add filter SEARCH SEGMENT COLUMNS REPORTS DOWNLOAD EXPAND MORE </div>						
Ad	Ad group	Status	Clicks	CTR	Cost	
Total: Ads 749 8.12% \$7,015.43						
<input type="checkbox"/>	[Dynamically generated headline] [Dynamically generated display URL] CoolSculpting Deal. Freeze Fat. Top Provider in Oregon. Free Consultation. Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great.	x. dynamic	4	23.53%	\$13.81	
<input type="checkbox"/>	CoolSculpting® Elite Next-Generation Fat Reduction Top Provider in Oregon admireaesthetics.com/coolsculpting/elite	2. coolsculpting elite	1	33.33%	\$13.59	
<input type="checkbox"/>	CoolSculpting® Elite Next-Generation Fat Reduction Top Provider in Oregon admireaesthetics.com/coolsculpting/elite	2. coolsculpting elite	1	100.00%	\$4.79	

Overview	Enabled	Status: Eligible	Type: Search	Budget: \$79.67/day	Optimization score: 79.7%	More details
<div style="display: flex; justify-content: space-between;"> + 1 more Add filter SEARCH SEGMENT COLUMNS REPORTS DOWNLOAD EXPAND MORE </div>						
Ad	Ad group	Status	Clicks	CTR	Cost	
Total: Ads 749 8.12% \$7,015.43						
<input type="checkbox"/>	CoolSculpting® in Oregon Freeze Away Body Fat Flexible Payment Options admireaesthetics.com/coolsculpting	1. coolsculpting - price	1	7.69%	\$2.63	
<input type="checkbox"/>	[Dynamically generated headline] [Dynamically generated display URL] CoolSculpting Deal. Freeze Fat. Top Provider in Medford, OR. Free Consultation. Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great.	x. dynamic	1	10.00%	\$1.82	
<input type="checkbox"/>	(Keyword:Admire Aesthetics) Safe & Effective Fat Reduction 25% Off All CoolSculpting® +12 more admireaesthetics.com/coolsculpting/medford	3. cryolipolysis	0	-	\$0.00	Removed Ad group paused
<input type="checkbox"/>	25% Off All CoolSculpting Virtual Consultation Available Top Provider in Medford admireaesthetics.com/coolsculpting	3. cryolipolysis	0	-	\$0.00	Removed Ad group paused

Overview	Enabled	Status: Eligible	Type: Search	Budget: \$79.67/day	Optimization score: 79.7%	More details
<div style="display: flex; justify-content: space-between;"> + 1 more Add filter SEARCH SEGMENT COLUMNS REPORTS DOWNLOAD EXPAND MORE </div>						
Ad	Ad group	Status	Clicks	CTR	Cost	
Total: Ads 749 8.12% \$7,015.43						
<input type="checkbox"/>	Non-Surgical Lipo Alternative Freeze Fat Away CoolSculpting in Medford www.admireaesthetics.com	3. lipo	0	-	\$0.00	Removed
<input type="checkbox"/>	Avoid Liposuction Surgery Try CoolSculpting For 25% Off Schedule a Free Consultation www.admireaesthetics.com	3. lipo	0	-	\$0.00	Removed
Total: Ads 749 8.12% \$7,015.43						
Total: Campaign 749 8.12% \$7,015.43						

Show rows: 100 1 - 100 of 741

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Google Ads | Chris Zelig | Admire Aesthetics | 204-442-6350 | All campaigns | search | beta | coolsculpting

Enabled | Status: Eligible | Type: Search | Budget: \$79.67/day | Optimization score: 79.7%

Extensions

Extension	Extension type	Added to	Level	Status	Clicks	CTR	Cost
Call extension							
<input type="checkbox"/> (541) 275-2904 (mobile)	Call extension	Account	Account	Approved	46	5.96%	\$760.38
<input type="checkbox"/> (541) 275-2904	Call extension	Account	Account	Approved	41	6.41%	\$602.38
Location extension							
<input type="checkbox"/> info@admireaesthetics.com (View loc...)	Location extension	Account	Account	-	-	-	-
Total: Call extensions					87	6.16%	\$1,362.76
Total: Location extensions					334	7.42%	\$3,536.41

Google Ads | Chris Zelig | Admire Aesthetics | 204-442-6350 | All campaigns | search | beta | coolsculpting

Enabled | Status: Eligible | Type: Search | Budget: \$79.67/day | Optimization score: 79.7%

Responsive search ad

Assets

Responsive search ads usually need around 5,000 impressions in the "Google Search: Top" segment over 30 days to display a rating in the Performance column. [Learn more](#)

Asset	Status	Asset type	Position pinning	Impr.
Don't Miss Our Biggest Promo Yet. Book a Free Consultation and Lock in Your Discount Today	Approved	Description	None	798
CoolSculpting in (LOCATION(City))	Approved	Headline	None	668
CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Butt & More	-	Description	None	372
{Keyword:Admire Aesthetics}	Approved	Headline	None	271
Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great.	Approved	Description	None	173
Freeze Away Body Fat	Approved	Headline	None	133
Huge CoolSculpting Promotion	Approved	Headline	None	126
CoolSculpting® Elite	Approved	Headline	None	112

Google Ads | Chris Zelig | Admire Aesthetics | 204-442-6350 | All campaigns | search | beta | coolsculpting

Enabled | Status: Eligible | Type: Search | Budget: \$79.67/day | Optimization score: 79.7%

Assets

Asset	Status	Asset type	Position pinning	Impr.
CoolSculpting® Elite	Approved	Headline	None	112
Affordable & Quick Treatments	Approved	Headline	None	77
CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More	Approved	Description	None	63
Save \$1000 On 8+ Treatments	Approved	Headline	None	55
Non-Surgical Fat Reduction	Approved	Headline	None	54
Top Provider in Oregon	Approved	Headline	None	30
CoolSculpting Near Me	Approved	Headline	None	27
Top Provider in Medford, OR	-	Headline	None	24
Freeze Stubborn Fat 2x Faster	Approved	Headline	None	19
Schedule a Free Consultation	Approved	Headline	None	14
Next-Generation Fat Reduction	Approved	Headline	None	14
Freeze Your Fat Away Today	Approved	Headline	None	13
Target, Freeze, & Eliminate Fat in Half the Time. Improved Comfort. Larger Cooling Area.	Approved	Description	None	12

Google Ads | Chris Zelig | Admire Aesthetics | 204-442-6350 | All campaigns | search | beta | coolsculpting

Enabled | Status: Eligible | Type: Search | Budget: \$79.67/day | Optimization score: 79.7%

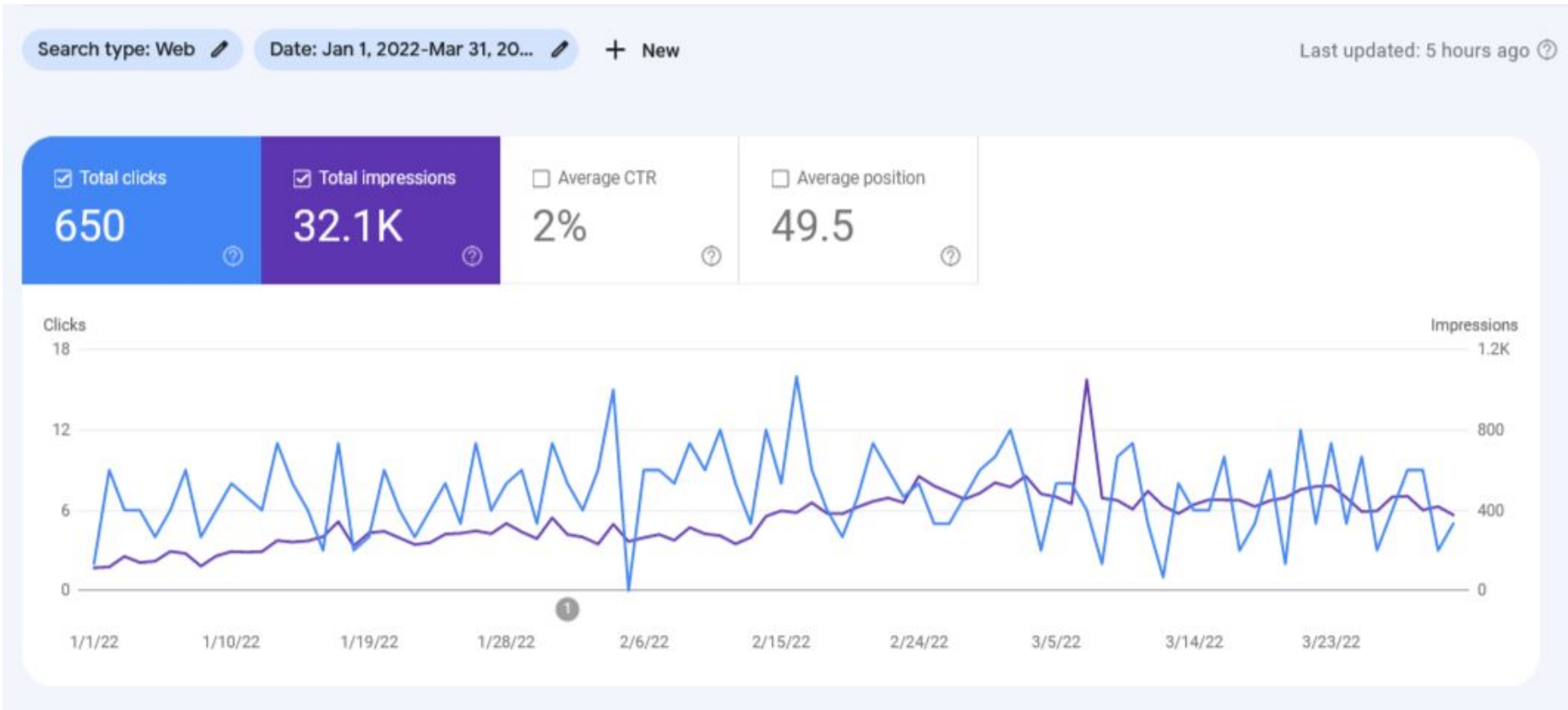
Assets

Asset	Status	Asset type	Position pinning	Impr.
Target, Freeze, & Eliminate Fat in Half the Time. Improved Comfort. Larger Cooling Area.	Approved	Description	None	12
Fat Reduction Treatment	Approved	Headline	None	10
Book Now for Up to \$1000 Off	-	Headline	None	6
Save 25% On 8+ Treatments	-	Headline	None	3
Safe + Effective Fat Reduction	-	Headline	None	1
Book Now for Up to 25% Off	-	Headline	None	1
Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Medford, OR	-	Description	None	0
How Much Does CoolSculpting Cost? Less Than You Might Think. Book A Free Consultation Now	-	Description	None	0
Save \$1,000 On 8+ Treatments	-	Headline	None	0

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MEDSTARMEDIA

Medstar Media, Inc.
6466949450
10808 S. River Front Parkway Suite 3020
South Jordan, Utah
84095
United States

Billed To Tiffany DiGiuseppe Admire Aesthetics 1910 E Barnett Rd. Ste 101 Medford, OR 97504	Date of Issue 01/01/2022 Due Date 01/01/2022	Invoice Number FB2022-006	Amount Due (USD) \$0.00
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Description	Rate	Qty	Line Total
Digital Marketing Monthly Management Service • Manage & optimize digital marketing campaigns on Google Adwords • Optin technology to increase conversions. • Call tracking & reporting • Monitor budget and adjust bids to gain better ROI • Manage keyword selection and audience targeting • Call tracking and monitoring Monthly marketing services commence after completion of ad campaign set up. A three-month monthly management term is required. Set up and monthly management fee does not include media costs. Client will be responsible to pay media costs directly to Google & Facebook.	\$1,500.00	1	\$1,500.00
Monthly SEO + Content Creation • 2 SEO-optimized Coolsculpting and/or Cooltone blogs per month (500 words) • up to 2 hours live website & SEO updates • Management of Google My Business 2-4 posts a month (we post specials, pictures, new team members, etc.) • Management of Google Search Console • Mobile and desktop optimization • Quarterly press release	\$1,500.00	1	\$1,500.00
	Subtotal		3,000.00
	Tax		0.00
	Total		3,000.00
	Amount Paid		3,000.00

Amount Due (USD)

\$0.00

MEDSTARMEDIA

Medstar Media, Inc.
6466949450
10808 S. River Front Parkway Suite 3020
South Jordan, Utah
84095
United States

Billed To Tiffany DiGiuseppe Admire Aesthetics 1910 E Barnett Rd. Ste 101 Medford, OR 97504	Date of Issue 02/01/2022 Due Date 02/01/2022	Invoice Number FB2022-037	Amount Due (USD) \$0.00
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Description	Rate	Qty	Line Total
Digital Marketing Monthly Management Service • Manage & optimize digital marketing campaigns on Google Adwords • Optin technology to increase conversions. • Call tracking & reporting • Monitor budget and adjust bids to gain better ROI • Manage keyword selection and audience targeting • Call tracking and monitoring Monthly marketing services commence after completion of ad campaign set up. A three-month monthly management term is required. Set up and monthly management fee does not include media costs. Client will be responsible to pay media costs directly to Google & Facebook.	\$1,500.00	1	\$1,500.00
Monthly SEO + Content Creation • 2 SEO-optimized Coolsculpting and/or Cooltone blogs per month (500 words) • up to 2 hours live website & SEO updates • Management of Google My Business 2-4 posts a month (we post specials, pictures, new team members, etc.) • Management of Google Search Console • Mobile and desktop optimization • Quarterly press release	\$1,500.00	1	\$1,500.00
	Subtotal		3,000.00
	Tax		0.00
	Total		3,000.00
	Amount Paid		3,000.00

Amount Due (USD)

\$0.00

MEDSTARMEDIA

Medstar Media, Inc.
6466949450
10808 S. River Front Parkway Suite 3020
South Jordan, Utah
84095
United States

Billed To Tiffany DiGiuseppe Admire Aesthetics 1910 E Barnett Rd. Ste 101 Medford, OR 97504	Date of Issue 03/01/2022 Due Date 03/01/2022	Invoice Number FB2022-066	Amount Due (USD) \$0.00
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Description	Rate	Qty	Line Total
Digital Marketing Monthly Management Service • Manage & optimize digital marketing campaigns on Google Adwords • Optin technology to increase conversions. • Call tracking & reporting • Monitor budget and adjust bids to gain better ROI • Manage keyword selection and audience targeting • Call tracking and monitoring Monthly marketing services commence after completion of ad campaign set up. A three-month monthly management term is required. Set up and monthly management fee does not include media costs. Client will be responsible to pay media costs directly to Google & Facebook.	\$1,500.00	1	\$1,500.00
Monthly SEO + Content Creation • 2 SEO-optimized Coolsculpting and/or Cooltone blogs per month (500 words) • up to 2 hours live website & SEO updates • Management of Google My Business 2-4 posts a month (we post specials, pictures, new team members, etc.) • Management of Google Search Console • Mobile and desktop optimization • Quarterly press release	\$1,500.00	1	\$1,500.00
Text Blast 2889 Contacts	\$150.00	1	\$150.00

Subtotal	3,150.00
Tax	0.00

Total	3,150.00
Amount Paid	3,150.00

Amount Due (USD)	\$0.00
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SCHEDULE A FREE CONSULTATION

Please call 415-210-8800 or fill out the form below:

NAME: _____

EMAIL: _____

PHONE: _____

We will contact you for more information and to schedule your appointment.

CoolSculpting Before and After Pictures

CoolSculpting before and after pictures show the same message each time: fat freezing works! In addition to CoolSculpting studies and research, CoolSculpting before and after pictures provide proof for potential patients considering in the popular non-surgical fat reduction method. CoolSculpting is a safe, effective method for reducing fat cells without surgery. If these outcomes occur around the world, imagine the appearance each day. [Read or watch about CoolSculpting.](#)

CoolSculpting Before and After

CoolSculpting before and after photos demonstrate the impressive fat reduction results available with fat freezing. They also show how CoolSculpting is an attractive, non-invasive body contouring solution. The best part, CoolSculpting is entirely non-surgical and requires no downtime. As with any cosmetic treatment, results will vary. [Read Article: CoolSculpting Results](#)

CoolSculpting® Procedure Results: Flanks



CoolSculpting® Procedure Results: Upper Arm



CoolSculpting® Procedure Results: Inner Thigh



CoolSculpting® Procedure Results: Underarm Fat



CoolSculpting® Procedure Results: Back Fat



CoolSculpting Treatment Areas

- CoolSculpting treatment areas include:
- The abdomen (belly fat)
 - Below the buttocks (banana roll)
 - The thighs and thighs (inner and outer)
 - The back
 - Arm pits (bra strap)
 - The submental region (double chin and neck fat)
 - Chest (ideal for men with gynecomastia)
 - Thighs (inner and outer thigh fat)
 - Upper arms

How Does CoolSculpting Work?

CoolSculpting uses a science known as Cryolipolysis to reduce stubborn bulges by freezing them to death. Using revolutionary cooling technology, CoolSculpting freezes fat beneath the skin without harming the skin or surrounding tissue. The frozen cells eventually rupture and undergo apoptosis or cell death. Afterward, the lymphatic system collects the dead cells and carries them from the body as normal waste.

CoolSculpting Results

Visible results are seen after a single CoolSculpting treatment. Many people opt for additional treatments to achieve optimal results. Experience will vary, however, most patients see results within 6 to 12 weeks. Non-surgical fat reduction is expected from the body, they can never return or grow back. Destroyed fat cells are gone for good, resulting in long-term fat reduction.

Is CoolSculpting Right For Me?

Unfortunately, CoolSculpting is not suitable for every patient. In fact, there is an ideal candidate for fat freezing. The right person is a healthy and active adult with sagging skin resulting from a problem area that is difficult to exercise. The best is determine your treatment candidacy by undergoing an evaluation from a qualified CoolSculpting provider like ADMIRE Aesthetics. Our experienced staff determines if fat freezing is right for you, then invites a plan to help you achieve optimal fat reduction results.

CoolSculpting Near Me

If you want to receive your own CoolSculpting before and after pictures, schedule a free consultation with ADMIRE Aesthetics. We are a leading provider of CoolSculpting in the Greater Los Angeles and Inland Empire. Call and 415-210-8800 to schedule your consultation to learn more about fat freezing or reach out to us online.

SCHEDULE A FREE CONSULTATION

Please call 415-210-8800 or fill out the form below:

NAME: _____

EMAIL: _____

PHONE: _____

We will contact you for more information and to schedule your appointment.



January 23, 2022

CoolTone and CoolSculpting | Revolutionary Body Contouring

[CoolTone](#) and [CoolSculpting](#) are body contouring treatments. Each procedure offers millions of people around the world an easy, non-surgical way to alter their physique. Both treatments are virtually painless and require minimal to no downtime. Read on to learn more about CoolTone and CoolSculpting. Then, discover which body contouring method is right for helping you achieve your dream body.

What is CoolTone?

CoolTone is a body shaping method primarily focused on building, strengthening, and firming the muscles. This treatment uses an advanced magnetic muscle-stimulation machine to induce super powerful contractions. For example, just one CoolTone session induces 20,000 supramaximal contractions. The contractions build and strengthen the muscles of the abdomen, buttocks, and legs.

An ideal CoolTone patient is a healthy person not far from their dream body shape. The results are most apparent when not obscured by extra body fat.

[Related Article: CoolTone Cost >>](#)

What is CoolSculpting?

CoolSculpting is the #1 non-invasive fat reduction treatment using advanced cooling technology. It is the most popular alternative to liposuction, thanks to reducing stubborn fat cells without surgery. CoolSculpting uses Cryolipolysis to expose fat cells to a calibrated cooling. The fat cells become hardened during treatments, causing their cell membrane to crystallize. Eventually, the membrane ruptures and the cell begins to die. After cell death is complete, the body starts a natural immune response to gather and dispose of the dead cells. Weeks afterward, the dead cells process out of the body via the lymphatic system.

CoolSculpting works best on individuals living a healthy, active lifestyle but still struggle with resistant fat bulges. With this body contouring method, people can target notorious problem areas like the tummy, love handles, thighs, chin, upper arms, and more.

[Related Article: What is CoolSculpting >>](#)

Combining Body Contouring Treatments

CoolTone and CoolSculpting are sister treatments. Each perfectly complements the other. For example, when patients treat the lower stomach, CoolSculpting reduces stubborn belly fat allowing underlying muscles to show. By following this up with a CoolTone session, patients strengthen and tone those stomach muscles, giving a firm core appearance. CoolTone magnifies CoolSculpting results and vice versa.

Another significant benefit of combining the two treatments is the possibility of a package deal. When treatments are done together with a reputable medical spa or clinic, patients save money on the overall cost. To learn more about combining CoolTone and CoolSculpting for potential savings, contact Admire Aesthetics. We are a leading provider of CoolTone and CoolSculpting in the Grants Pass and Medford, OR area. Schedule a free consultation to discuss treatments and learn how combining body contouring methods can help you achieve a phenomenal total body transformation. Not only will you be able to reach your aesthetic goals, but you can do it at an affordable price.

CoolTone and CoolSculpting Near Me

If you want to transform your physique without invasive surgery, contact Admire Aesthetics to learn more about CoolTone and CoolSculpting. Call us at 541-210-8806 to schedule a complimentary consultation or reach out to us online to learn more.

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February 8, 2022

CoolSculpting Elite vs. CoolSculpting | What is the Difference?

For years, CoolSculpting was the only fat reduction treatment available within the cosmetic industry. The original treatment hit the market in 2010, using Cryolipolysis to reduce stubborn fat cells in areas like the inner thighs and back. Now, Allergan has improved upon its original CoolSculpting with the introduction of CoolSculpting Elite. The new fat freezing treatment uses the same cooling technology as the first treatment but with many more advantages.

CoolSculpting Elite vs. CoolSculpting: Read on as the treatments face off to ultimately help you determine which will help you achieve your aesthetic body goals.

CoolSculpting Elite vs CoolSculpting | The Treatments

CoolSculpting was the only FDA-cleared treatment for reducing fat non-surgically with cooling technology. During this treatment, technicians apply a proprietary applicator over a bulge of fat. The applicator gently suctions the skin up into the handheld device, which subjects the fat underneath to a calibrated cooling. As a result, the fat cells become hard and brittle. When this occurs, the cell membrane crystallizes and ruptures. As a result, the fat cell dies—weeks after the cooling session, the dead cells process out of the body.

Now, the new CoolSculpting Elite offers the same cooling technology as the first treatment but with many technological advancements like a new machine, dual applicators, and re-engineered applicators.

[Learn more about CoolSculpting Elite>>](#)

Understanding CoolSculpting Elite

CoolSculpting Elite offers many new advancements, starting with the new applicators. The new handheld devices allow technicians to freeze twice the amount of fat cells in half the time.

The new machine features seven new applicators. Each device is different in size and shape, making it a versatile treatment. The applicators are more ergonomic in design with a new C-shape. As a result, they provide a more comfortable fit for every patient. Technicians can easily contour the body without causing any pain.

The new CoolSculpting Elite is now the only FDA-cleared treatment to reduce fat non-invasively in nine areas. The areas include the abs, flanks, armpit, upper arms, below the buttocks, back, knees, double chin, and thighs.

[See Impressive CoolSculpting Before and After>>](#)

One of the most considerable differences between the two treatments is the dual applicator capability CoolSculpting provides. Original CoolSculpting only targets one area using a single applicator. To achieve dual sculpting with the original procedure, you would have to use two machines simultaneously. CoolSculpting Elite takes that hassle away by providing a machine with dual applicator capability. This allows patients to achieve double the fat reduction in less time.

CoolSculpting Elite Near Me

CoolSculpting Elite vs CoolSculpting: discover the differences for yourself. Schedule a complimentary consultation with one of the best providers in Oregon. Admire Aesthetics is a leading CoolSculpting Elite provider in Grants Pass and Medford, OR. Call us at 541-210-8806 to schedule your consultation or reach out to us online.

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Tiffany DiGiuseppe

Admire Aesthetics was founded by Tiffany DiGiuseppe. Tiffany offers over 10 years of CoolSculpting, over 12 years of medical aesthetics, and nearly 22 years of medical and business experience.

Admire Aesthetics, Inc. is a CoolSculpting specialty practice located in Medford, OR. We are recognized by Allergan to be a Certified CoolSculpting facility, with the highest level of recognition given. We have performed over 12,000 CoolSculpting procedures! We take pride in always maintaining the most up-to-date treatment options and equipment to ensure the best results which are all backed by our "Admire Promise" guarantee.

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February 23, 2022

CoolTone Abs | Define Your Core in 30 Minutes

Millions of people spend countless hours each day trying to build a strong, lean midsection. Unfortunately, many of these people waste hours on manual exercises that often times yield little to no positive results. Now, CoolTone Abs provides a fast way to slim, sculpt, and tone the core. The truth is that no matter how many ab exercises you do, you may never achieve a defined midsection simply due to genetics. CoolTone provides a way to build those hard-to-reach muscles without spending your life in the gym. The FDA cleared this popular body shaping procedure to strengthen, firm, and tone the abs. [Learn more about CoolTone Abs](#) here and discover if this treatment is right for you.

Related Article: [What is CoolTone?](#)

What Do Manual Core Workouts Do?

Manual exercise is only capable of so much. Planks, sit-ups, or crunches are good exercises for the core, but they do not effectively chisel the stomach the way most people desire. In fact, most people go to the gym every day trying to get rock-hard abs without any noticeable progress. This is because manual exercise does not sculpt the midsection.

What Do Manual Core Workouts Not Do?

Studies show that sculpted abs are typically impossible for most people to achieve on their own. This is because genetics plays a primary factor in how the body reacts to exercise. Thanks to their genetics, some people can work on their core daily and still have no sculpted muscles.

Moreover, you can have solid abs but carry extra stomach fat that hides them. No amount of manual core exercise can sculpt your midsection if you struggle with subcutaneous fat in the lower belly.

Related Article: [How Much Does CoolTone Cost?>](#)

Achieve CoolTone Abs in 30-Minutes

If you don't have the correct type of genetics or spend so much time fine-tuning your diet but still have no improvements to your midsection, CoolTone may be the right solution for you. This popular treatment is a body shaping procedure scientifically proven to strengthen the core muscle and provide CoolTone Abs when lifestyle changes fail.

CoolTone treatments use advanced electromagnetic energy to induce a powerful physical response in the abs. This is known as Magnetic Muscle Stimulation. During one session, the electromagnetic energy penetrates the muscles below the skin. The energy stimulates the muscle tissue causing contractions. The contractions during CoolTone are not like regular contractions you achieve during manual exercise. These contractions are known as supramaximal contractions. They can only be induced during a body shaping treatment. This type of contraction places powerful tension on the core muscles. The body creates more muscle cells and enlarges the existing muscle tissues to adapt to the stress. This results in a stronger, more sculpted core.

One CoolTone session induces more than 20,000 contractions. The best part? CoolTone is virtually painless and only lasts 30 minutes.

CoolTone Abs Near Me

If you want to discover how CoolTone Abs can entirely alter your physique and sculpt a lean midsection, contact Admire Aesthetics. We have two convenient locations in Grants Pass, OR and Medford, OR to better serve our clients. We are a primary provider of CoolTone in our area. Call us at 541-210-8806 to schedule a complimentary consultation or reach out to us online to book your appointment now.

Sources:

¹ "High intensity focused electromagnetic therapy evaluated by magnetic resonance imaging: Safety and efficacy study of a dual tissue effect based non-invasive abdominal body shaping." *Lasers in Surgery and Medicine*. 2018. [Link](#)

² "Safety and efficacy of a novel high-intensity focused electromagnetic technology device for noninvasive abdominal body shaping." *The Journal of Cosmetic Dermatology*. 2018. [Link](#)

³ Review of the Mechanisms and Effects of Noninvasive Body Contouring Devices on Cellulite and Subcutaneous Fat. *Journal of Endocrinology and Metabolism*. 2016. [Link](#)

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March 5, 2022

What is CoolSculpting?

CoolSculpting is known as fat freezing. It uses non-invasive advanced cooling technology to reduce fat cells. The treatment eliminates stubborn fat deposits in problem areas like the lower stomach, inner thighs, and upper arms.

Is CoolSculpting Expensive?

CoolSculpting prices vary. This treatment is entirely customized to fit the patient's needs. Starting at around \$750, CoolSculpting is affordable, especially with discounts and new client specials.

Is CoolSculpting Permanent?

CoolSculpting is a long-term fat reduction treatment. Once the fat cells exit the body after being exposed to calibrated cooling, they can never return or regrow. This results in long-lasting fat reduction. However, it is important to note that the patient should avoid gaining weight as this obscures the results.

Does CoolSculpting Work?

Yes, CoolSculpting works. It FDA-cleared as a safe, effective way to reduce fat cells. Some studies prove it reduces 25% of fat at the treatment site in just one session.

Does CoolSculpting Hurt?

CoolSculpting is virtually painless. It is known as a tolerable treatment that patients can enjoy. When the machine activates, some patients feel a tugging sensation and an intense cooling at the treatment site. This is described as being uncomfortable, but the treatment site eventually goes numb, and patients can relax and enjoy the duration of the cooling session.

[What is CoolSculpting Elite?>>](#)

Can You Do CoolSculpting at Home?

No, trying CoolSculpting at home does not work. It is dangerous. People attempt to mimic the cooling of CoolSculpting with ice packs. This does not work and often causes thermal damage or frostbite. Licensed professionals should only perform CoolSculpting.

Am I the Right CoolSculpting Candidate?

CoolSculpting is not for everyone. It works best for healthy, active adults struggling with resistant fat cells in problem areas. It should never be used to treat obesity or as a weight-loss treatment. If you question your candidacy, you should schedule a free consultation with a reputable provider near you.

When Will I See CoolSculpting Results?

CoolSculpting results are noticeable within 8 to 12 weeks. Some people may see results sooner. The fat reduction continues for up to 6 months after completing a treatment plan. As with any cosmetic treatment, results will vary.*

Is CoolSculpting Dangerous?

CoolSculpting is FDA-cleared. Numerous clinical studies and trials also back it. Risks or side effects are rare. To completely safeguard against adverse reactions, you should select the most professional provider.

What is CoolSculpting Elite?

CoolSculpting Elite is the newest fat-freezing treatment available on the market. It uses the same advanced cooling technology as the original CoolSculpting but has many advantages over the original treatment.

[CoolSculpting vs. CoolSculpting Elite>>](#)

What is Different about CoolSculpting Elite?

CoolSculpting Elite features several new improvements. It has re-engineered applicators with longer cooling panels and a new C-shape design. As a result, it is a more comfortable treatment that yields more impressive results and 2x the fat reduction in less time.

CoolSculpting Elite Near Me

If you want to learn more about the newest, revolutionary fat freezing treatment, CoolSculpting Elite, contact Admire Aesthetics. We are the leading provider of CoolSculpting Elite in the Grants Pass and Medford, OR areas. Call us at 541-210-8806 to schedule your complimentary consultation to discover everything you need to know about fat freezing with CoolSculpting Elite.

Sources:

- *[Cryolipolysis For Noninvasive Body Contouring](#)
- *[Safety, Tolerance, And Patient Satisfaction With Noninvasive Cryolipolysis.](#)
- *[Long-term efficacy follow-up on two cryolipolysis case studies: 6 and 9 years post-treatment](#)

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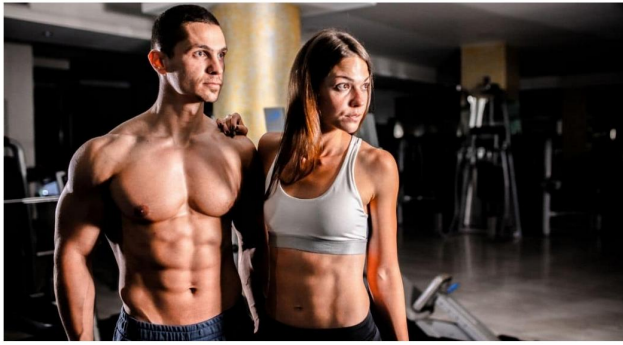
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March 23, 2022

What is CoolTone? | Innovative Body Contouring

What is CoolTone? A sister-treatment to CoolSculpting, the most popular non-invasive fat reducing treatment available today, CoolTone is making waves in the body shaping industry. This comprehensive treatment focuses on another aspect of the body- muscle. The FDA-cleared procedure stimulates powerful contractions in the muscle tissues, triggering the process of building, toning, and strengthening attractive muscles.

Read on to learn more about CoolTone and discover how it can alter your physique in astounding ways.

What is CoolTone Good For?

What is CoolTone good for? This revolutionary treatment builds muscle mass and firms muscle tone in three major areas: the abdomen, the legs, and the buttocks. So, what is CoolTone good for?

- It is good for strengthening a solid core and reducing stubborn belly fat. It is safe and effective for anyone striving for washboard abs and a more defined midsection.
- This treatment is perfect for even the most advanced athletes, helping strengthen their bodies to perform more effectively at any physical task.
- The body-shaping treatment is also excellent for toning the glutes. CoolToning sessions firm the buttocks, giving it a subtle lifting effect. It is considered a great nonsurgical alternative to an invasive butt-lift.
- Lastly, CoolTone is good for achieving powerful legs and toning the thighs.

[Learn about CoolTone Cost>>](#)

How Does CoolTone Work?

CoolTone treatments use electromagnetic technology, Magnetic Muscle Stimulation (MMS), to induce muscle contractions. This type of contraction is far more powerful than anything you can achieve through voluntary strength-training exercises. The contractions during CoolToning are known as supramaximal contractions. They build muscle cells and strengthen existing fibers far more intensely and rapidly than what is humanly possible.

One quick, 30-minute CoolTone treatment induces more than 20,000 super contractions. To achieve anything similar on your own would involve performing 20,000 sit-ups, crunches, or squats depending on your treatment area. This is why so many people refer to CoolTone as "Superman's ab workout."

What is the Science Behind CoolTone?

CoolTone's MMS technology is backed by numerous clinical data and studies. Research measuring the safety and efficacy of CoolTone's technology found:

- 27.4% decrease in subcutaneous fat at 6-month follow up
- 7.73mm reduction in the fat layer
- 19% increase in muscle thickness
- 10.46% reduction of diastasis recti

[Related Article: CoolTone Before and After>>](#)

Is CoolTone Right For Me?

CoolToning is not right for everyone. The best way to understand this treatment and if it will work on your physique is to schedule a consultation with a CoolTone provider. During your visit, your body is evaluated by a treatment specialist. They listen to your aesthetic goals and help determine if CoolToning is suitable for you.

What is CoolTone Going to Do For Me?

Now that you know more about this comprehensive body shaping treatment, you may ask, "What is CoolTone going to do for me?" The best way to find out is to schedule a free consultation with a reputable CoolTone provider.

Patients living in the Grants Pass or Medford, OR areas choose Admire Aesthetics as their primary CoolTone provider. Schedule your consultation with Admire Aesthetics by calling [541-210-8806](tel:541-210-8806) or reach out to us online to learn more about CoolTone.

Sources:

Sources:

"High intensity focused electromagnetic therapy evaluated by magnetic resonance imaging: Safety and efficacy study of a dual tissue effect based non-invasive abdominal body shaping." *Lasers in Surgery and Medicine*. 2018. [Link](#).

"Safety and efficacy of a novel high-intensity focused electromagnetic technology device for noninvasive abdominal body shaping." *The Journal of Cosmetic Dermatology*. 2018. [Link](#).

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