



COLD SCULPT | FREEZE AWAY FAT | COOLSCULPTING

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August 10, 2020 Posted by Dr. Ljilja Saimovici

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Millions of men and women Cold Sculpt their fat away for a slim, contoured physique. Also known as CoolSculpting, this revolutionary body contouring treatment reduces stubborn bulges without surgery. Read on to learn more about CoolSculpting and discover if freezing fat is right for you.

Why Millions Cold Sculpt

- FDA cleared + safe + effective
- A scientifically proven method of fat reduction
- Reduces bulges without surgery
- Minimal to no downtime
- Up to 25% fat reduction with one treatment
- Quick, 35-minute treatments
- Reduced-fat stays gone for good
- Natural-looking results

What is Cold Sculpting?

Cold Sculpting refers to freezing away unwanted fat and sculpting attractive contours using the CoolSculpting treatment. Cold Sculpting utilizes precisely controlled cooling to target underlying fat cells. When exposed to freezing temperatures, fat cells crystallize, causing the cell's membrane to rupture. Once ruptured, the fat cell can no longer store fat. The destroyed cells are collected by the lymphatic system and eventually processed out of the body in the form of waste. This fat reduction process is known as cryolipolysis ("cryo" means cold-induced, "lipo" refers to fat cells, and "lysis" implies cell death and removal.)

What Areas Can Be Cold Sculpted?

CoolSculpting can target nearly any stubborn fat deposit located on your body. Popular treatment areas to Cold Sculpt include:

- The abdomen (belly fat)
- The flanks (love handles or hips)
- The submental region (neck fat and double chins)
- The upper arms
- The thighs (inner thigh fat and outer thigh fat, commonly known as saddlebags)
- Below the buttocks (commonly known as banana rolls)
- The back
- The armpit region (bra bulge)
- And more...

Why is Cold Sculpting So Popular?

CoolSculpting is the leading non-invasive fat reduction treatment in the world. The main reason people love to Cold Sculpt is simply that it works. Scientific studies have consistently shown the efficacy and safety of this fat freezing treatment. Moreover, CoolSculpting is non-invasive. Unlike liposuction, which requires surgery, stitches, general anesthesia, and lengthy recovery times, CoolSculpting is painless, requires no invasive procedures, takes 35 minutes to complete, and allows patients to resume their normal activities immediately after treatment. This makes CoolSculpting the ideal non-surgical alternative to liposuction.

[Learn more about CoolSculpting >>](#)

Cold Sculpt Results

Cold sculpting yields results, as can be seen in [before and after images](#). Results, however, are not immediate. The fat-freezing procedure requires 1 to 12 weeks for the lymphatic system to clear the destroyed fat cells from the body. Yet, once removed from the body, those fat cells are gone for good. This leads to long-lasting results.

Is Cold Sculpting Right for Me?

If you suffer from stubborn fat deposits that resist diet and exercise, cold sculpting may be right for you. The best way to find out is to schedule a free consultation with the [Advanced Rejuvenation Centers](#). As the premier body contouring provider in Purchase, NY, the Advanced Rejuvenation Centers can teach you more about the fat freezing procedure and help you determine if the body sculpting treatment is well suited for your body, your situation, and your aesthetic goals. Contact the Advanced Rejuvenation Centers by filling out the online form below or calling 914-251-1200.

Schedule A Free Consultation With Dr. Saimovici

call 914-251-1200 or fill out the form below

Full Name

Email

Phone

Please tell us which areas you would like to target and the best time to contact you to schedule your free consultation...

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