

Covid. Article. Monarch. Mz

/covid-CoolSculpting-CoolTone

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META Many people express concern about gaining weight and losing muscle during the COVID Crisis. CoolTone and CoolSculpting can help you get your body back.

COOLSCULPTING AND COOLTONE AFTER THE COVID CRISIS

The COVID crisis changed our regular routine in fundamental ways. Social distancing closed the gyms and locked us inside our homes. Much like the holidays, people ate more than usual. They ate when bored. They ate when stressed. They ate mindlessly for no reason at all. Consequently, many people started putting on weight.

CoolSculpting and CoolTone are excellent methods for reducing fat and developing muscle. Once the COVID crisis settles down, and people emerge from their homes, these body contouring treatments will be in high demand.

Learn more about [CoolTone](#) and [CoolSculpting](#) and get started on reclaiming a toned, slender physique today. Even if you are still shut up in your home, you can determine if these treatments are right for you by scheduling a FREE virtual consultation with [Monarch Aesthetic Medicine](#).

COOLSCULPTING STUBBORN FAT

Coolsculpting is a popular, noninvasive fat reduction treatment. It eliminates stubborn fat cells without surgery and little-to-no downtime. The fat freezing treatment works via a process known as [cryolipolysis](#). During treatment, stubborn bulges are exposed to precisely controlled cooling. This process chills subcutaneous fat cells causing their membranes to rupture. No longer able to store fat, the lymphatic system collects the destroyed fat cells and removes them from the body. Once fat cells are removed, they can no longer grow back. This results in long-lasting fat reduction.

Coolsculpting is ideal for healthy men and women who struggle with stubborn bulges that refuse to budge despite diet and exercise. These tenacious fat deposits include belly fat, love handles, inner thigh fat, upper arm fat, back fat, armpit fat (also known as bra bulge,) double chins, or neck fat.

[Related Article: Does CoolSculpting work? >>](#)

COOLTONE MUSCLES

During the COVID crisis, gyms shut their doors and ceased operations. Many fit individuals let their bodies go. Fortunately, Allegan, the makers of CoolSculpting, developed a new body contouring treatment called CoolTone.

CoolTone is FDA-cleared to strengthen the core, develop the abdominals, and enhance the muscles of the upper legs and buttock. Cooltone uses magnetic muscle stimulation to induce powerful muscle contractions.

These contractions are far more powerful than any that can be performed voluntarily at the gym. A single 30-minute treatment induces 20,000 contractions. To achieve a similar workout

at the gym, a person would have to perform 20,000 crunches or 20,000 lunges or 20,000 squats. This is why people call Cool tone "Superman's AB workout."

[Related article: Does CoolTone work? >>](#)

Is Body Contouring right for me?

Body contouring treatments work best on individuals who are good candidates for the procedure. Therefore, before you start body contouring treatments with Monarch Aesthetic Medicine, we will schedule a consultation to determine your candidacy for Cool Tone or Cool Sculpting. If these treatments are right for you, we will customize a treatment plan that meets your needs and matches your budget.

[Related article: How Much Does Cool Tone Cost? >>](#)

COOLSCULPTING AND COOLTONE NEAR ME

During the COVID crisis, Monarch Aesthetic Medicine is offering free online consultations. Schedule yours today to find out if Cool Tone or Cool Sculpting is right for you. Reach out to Monarch Aesthetic Medicine online by filling out the form below or call (614) 545-2002. We will get back to you shortly and schedule a time that works best for you.