

Body Sculpting | Which Fat Reduction Treatment is Best for You



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Body sculpting refers to an array of cosmetic treatments that permanently eliminate fat cells for a slimmer, more sculpted physique. There are various types of fat reduction treatments to choose from. Read on to learn about what makes these body sculpting treatments different from one another and discover which fat reduction procedure is best suited for your situation, budget, body, and aesthetic goals.

Surgical and Non-surgical Body Sculpting

The two major types of body sculpting are surgical and non-surgical. Despite this division, all fat reduction treatments slim and contour the physique by eliminating fat cells. These treatments are especially suited for men and women who live active, healthy lives but still struggle with isolated bulges of fat that resist diet and exercise. Popular body sculpting treatment areas include:

- The abdomen to reduce belly fat
- The flanks to reduce hips and love handles
- The thighs to reduce inner and outer thigh fat
- The submental region to **reduce double chins and neck fat**
- The upper arms region
- The back and armpit area (to reduce bra bulge)

Both surgical and non-surgical body sculpting treatments provide long-lasting results. Once fat cells are eliminated from the body, they cannot be replaced nor grow back. This leads to permanent fat reduction in the treatment area. However, these results may be obscured if the individual gains weight in the surrounding areas. Therefore, regardless of the treatment you choose, it is essential to maintain a healthy lifestyle and stable weight.

Surgical body contouring treatments are usually more effective than non-invasive alternatives. However, the surgical procedure comes with a lot of disadvantages. These include surgeon bills, scalpel, stitches, and scars, general anesthesia, painful recoveries, and lengthy downtimes.

In contrast, non-invasive fat reduction treatments are best suited for isolated deposits of fat. They require no surgery and minimal to no downtime.

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Liposuction

The king of surgical body sculpting is liposuction. During the cosmetic surgery, which is performed under general anesthesia, a surgeon makes an incision using a scalpel. The surgeon then inserts a sharp, hollow tube, known as a cannula, into the incision. The surgeon uses the cannula to stab the fatty deposit to break up the fat cells. The fat cells are then manually removed from the body through the cannula using a suction mechanism.

Non-surgical Body Sculpting

Non-surgical body sculpting removes fat cells from the body using a more natural approach. These treatments employ specific energy to disrupt the fat cells below the skin's surface. This process is known as lipolysis ("lipo" = fat + "lysis" = cell death.) These fat cells are disabled from storing fat and no longer serve their purpose to the body. In response, the lymphatic system collects the damaged fat cells and removes them from the body in the form of waste.

These treatments do not require downtime, have a low occurrence of side effects, and typically take 6 to 12 weeks to manifest results.

Different Types of Non-surgical Body Sculpting

Different non-surgical fat reduction treatments use different energies to destroy fat cells. These energies include cold energy, thermal energy, ultrasound, or radiofrequency. These different approaches to inducing lipolysis (fat cell death) differentiate the various treatments from one another and distinguish each with distinct advantages and disadvantages.

The best way to determine which body sculpting option is right for you is to schedule a free consultation with the fat reduction experts at COR Medspa. During the meeting, your technician will assess your situation and listen to your aesthetic goals to recommend which specific treatment is best suited to produce the skinny, sculpted appearance you are hoping for.

CoolSculpting

CoolSculpting is a cold-based therapy that **freezes fat cells to death**. This process is known as Cryolipolysis or cold-induced fat cell death. CoolSculpting reigns the body sculpting industry as the most popular treatment for non-surgical fat reduction. Furthermore, it is the only treatment cleared by the FDA to eliminate stubborn fat cells using cooling technology.

[Learn more about CoolSculpting >>](#)

SculpSure

SculpSure is a heat-based therapy. It employs lasers to melt fat cells to death using thermal energy. These treatments may also be called "laser lipo" or "fat removal lasers." In regards to treatment time, body sculpting cost, downtime, and results, CoolSculpting and SculpSure are more or less similar. The most significant difference between the two is the type of applicator utilized (CoolSculpting provides curved applicators, ideal for fat rolls or isolated fat deposits) and the amount of clinical evaluation. CoolSculpting has been on the market longer and has more studies supporting its safety and efficacy.

TruSculpt and Vanquish

Vanquish and TruSculpt are fat reduction treatments that utilize radiofrequency (RF). The RF energy targets water in the fat cells, eventually disrupting the cell with thermal energy. Experts agree that RF energy does not provide the same fat reduction as body sculpting treatments using cold or heat energies.

UltraShape

UltraShape is an example of a body contouring treatment that reduces fat using ultrasound energy. These treatments disrupt fat cells using mechanical vibrations. UltraShape, and similar options require the longest treatment times compared to the other types of fat reduction. Furthermore, they are often the least effective of all the body sculpting options.

Body Sculpting Near Me

For the best body sculpting possible, choose CoolSculpting. It beats the pack for a reason. You can learn more about CoolSculpting and better determine if fat freezing is right for you by scheduling a complimentary consultation with COR Medspa. Conveniently located in Denville, COR Medspa is the premier CoolSculpting NJ provider and will help you achieve the skinny, sculpted physique you are looking for. Get started by contacting COR Medspa online by filling out the form below. Alternatively, you may call the office at (973) 240-8889.

SCHEDULE A FREE COOLSCULPTING CONSULTATION

Call (973)-200-6458 or fill out the form

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...

Submit

By submitting this form you agree to be contacted via phone/text/email

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