

CoolSculpting Marketing Services Docere Med Spa Co-Op Q1 2023 Total Marketing Expenses (1/1/2023 - 3/31/2023)

Total Google Ads: \$ 8,267.96
Total Marketing Service Fees: \$ 8,250.00
Total CoolSculpting Marketing Cost: \$24,803.88

Google Ads | Medstar Media > Docere Med Spa 838-745-8996 | All campaigns

Search Reports Tools and settings Refresh Help Notifications 259-215-0574 Medstar Media christopherzeig@gmail.com

Overview Campaigns

Custom Jan 1 - Mar 31, 2023 Show last 30 days

Recommendations Campaign name contains cool- Add filter

Campaign	Budget	Status	Clicks	CTR	Cost
search coolsculpting	\$94.76/day	All ads limited by policy	661	6.17%	\$8,267.96
search alpha coolsculpting	\$27.12/day	Paused Some ads limited by policy	0	-	\$0.00
search beta coolsculpting exp reach	\$40.00/day	Paused	0	-	\$0.00
Total: Filtered campaigns			661	6.17%	\$8,267.96
Total: Account	\$94.76/day		871	6.83%	\$9,019.82

Reporting is not real-time. Time zone for all dates and times: (GMT-04:00) Eastern Time. Learn more
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Google Ads | Medstar Media > Docere Med Spa 838-745-8996 | All campaigns > search | coolsculpting

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Enabled Status: All ads limited by policy Type: Search Budget: \$94.76/day Optimization score: 70.4% More details Campaign 3 of 4

Overview Ads

Custom Jan 1 - Mar 31, 2023 Show last 30 days

Recommendations Add dynamic images: Enhance your text ads with your landing page images using dynamic images, which can improve your CTR +6.9% View Apply

Ad status: All Add filter

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current workspace					
			661	6.17%	\$8,267.96
(KeyWord Docere Medical Spa) CoolSculpting in Strongsville Freeze Away Body Fat +12 more doceremedspa.com/coolsculpting/strongsville CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Target, Freeze, & Eliminate Fat in Half T...	0. coolsculpting - general	Eligible (Limited) Policy (Restricted drug terms +1 more)	196	12.69%	\$3,736.62
(KeyWord Docere Medical Spa) CoolSculpting in Strongsville Freeze Away Body Fat +12 more doceremedspa.com/coolsculpting/strongsville CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Target, Freeze, & Eliminate Fat in Half T...	4. lipo	Eligible (Limited) Policy (Restricted medical content +1 more)	202	8.71%	\$1,736.12
Docere Medical Spa CoolSculpting in Strongsville Freeze Away Body Fat +12 more doceremedspa.com/coolsculpting/strongsville CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Target, Freeze, & Eliminate Fat in Half T...	x. Expanded Reach	Eligible (Limited) Policy (Restricted medical content +1 more)	145	2.77%	\$1,453.39
(KeyWord Docere Medical Spa) CoolSculpting in Strongsville Freeze Away Body Fat +12 more doceremedspa.com/coolsculpting/strongsville CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Target, Freeze, & Eliminate Fat in Half T...	1. coolsculpting - price	Eligible (Limited) Policy (Restricted medical content +1 more)	71	16.36%	\$875.91
Docere Medical Spa CoolSculpting in Strongsville Freeze Away Body Fat +12 more doceremedspa.com/coolsculpting/strongsville CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Target, Freeze, & Eliminate Fat in Half T...	x. non-service medspa	Eligible (Limited) Policy (Restricted medical content +1 more)	28	3.65%	\$223.06
(KeyWord Docere Medical Spa) CoolSculpting in Strongsville Freeze Away Body Fat +12 more doceremedspa.com/coolsculpting/strongsville		Eligible (Limited)	--	--	----

Google Ads | Medstar Media > Docere Med Spa 838-745-8996 | All campaigns > search | coolsculpting

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Overview Ads

Ad status: All Add filter

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current workspace					
			661	6.17%	\$8,267.96
CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Target, Freeze, & Eliminate Fat in Half T...	1. coolsculpting - price	Policy (Restricted medical content +1 more)	71	16.36%	\$875.91
Docere Medical Spa CoolSculpting in Strongsville Freeze Away Body Fat +12 more doceremedspa.com/coolsculpting/strongsville CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Target, Freeze, & Eliminate Fat in Half T...	x. non-service medspa	Eligible (Limited) Policy (Restricted medical content +1 more)	28	3.65%	\$223.06
(KeyWord Docere Medical Spa) CoolSculpting in Strongsville Freeze Away Body Fat +12 more doceremedspa.com/coolsculpting/strongsville CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Target, Freeze, & Eliminate Fat in Half T...	2. body sculpting	Eligible (Limited) Policy (Restricted drug terms +1 more)	17	4.64%	\$221.06
[Dynamically generated headline] [Dynamically generated display URL] CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	x. dynamic	Eligible (Limited) Policy (Restricted medical content +1 more)	2	22.22%	\$21.80
(KeyWord #1 CoolSculpting Deal 25% Off) Freeze Away Stubborn Fat Fat Reduction in Strongsville +6 more www.doceremedspa.com #1 FDA-Cleared, Non-Surgical Fat Reduction Treatment. Freeze Away Stubborn Belly Fat. Save on CoolSculpting Cost - Freeze Away Fat Without Surgery. New Clients Save 25%.	coolsculpting	Removed Ad group removed	0	-	\$0.00
25% Off CoolSculpting Cost Target Belly Fat, Love Handles Safe & Effective Fat Reduction www.doceremedspa.com #1 FDA-Cleared, Non-Surgical Fat Reduction Treatment. Freeze Away Stubborn Belly Fat. Save on CoolSculpting Cost - Freeze Away Fat Without Surgery. New Clients Save 25%.	coolsculpting	Removed Ad group removed	0	-	\$0.00
#1 CoolSculpting Deal 25% Off Freeze Away Stubborn Fat Fat Reduction in Strongsville www.doceremedspa.com #1 CoolSculpting Deal. 25% Off. Freeze Fat. Top Provider in Strongsville, OH. Free Consult. 25% Off CoolSculpting. #1 FDA-Cleared, Non-Surgical Fat Reduction Treatment.	coolsculpting	Removed Ad group removed	0	-	\$0.00
(KeyWord #1 CoolSculpting Deal 25% Off) Freeze Away Stubborn Fat Fat Reduction in Strongsville +6 more					

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Overview Ads

Ad status: All Add filter

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current workspace					
			661	6.17%	\$8,267.96
[Dynamically generated headline] [Dynamically generated display URL] Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Strongsville, OH. Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	x. dynamic	Removed	0	-	\$0.00
[Dynamically generated headline] [Dynamically generated display URL] Easy And Convenient. Long-Lasting. Minimal Downtime. Real Success Stories. FDA Cleared. Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	x. dynamic	Removed	0	-	\$0.00
(KeyWord Docere Medical Spa) CoolSculpting in Strongsville Freeze Away Body Fat +12 more doceremedspa.com/coolsculpting/strongsville CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Target, Freeze, & Eliminate Fat in Half T...	3. coolsculpting elite	Removed Ad group paused	0	-	\$0.00
[Dynamically generated headline] [Dynamically generated display URL] Freeze Away Stubborn Fat. Top Provider in Strongsville, OH. Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	x. dynamic	Eligible (Limited) Policy (Restricted medical content +1 more)	0	-	\$0.00
[Dynamically generated headline] [Dynamically generated display URL] Don't Miss Our Biggest Promo Yet. Book a Free Consultation and Lock In Your Discount Today. Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	x. dynamic	Eligible (Limited) Policy (Restricted medical content +1 more)	0	-	\$0.00
Total: Ads in your current workspace					
			661	6.17%	\$8,267.96
Total: Campaign					
			661	6.17%	\$8,267.96

Show rows: 1,000 1 - 806 of 806

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Assets

Table view Associations

Upgraded

All Sitelink Callout Structured snippet Call Price App Promotion

Legacy All Image Dynamic image Location Affiliate location

Asset status: All Asset type: All Add filter

Asset	Added to	Level	Status	Clicks	CTR	Cost
Structured snippet						
Service catalog: CoolSculpting, Non-Surgical Liposuction, Cellulite Reduction, Double Chin Reduction, CoolMini, Fat...	search coolsculpting	Campaign	Eligible	4	7.27%	\$47.51
Sitelink						
Current Specials Don't Miss Our Specials & Exclusive Offers. Learn More Now.	Account	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	457	7.63%	\$6,585.06
CoolSculpting CoolSculpting: The Top Non-Surgical Fat Reduction Treatment. Learn More	search coolsculpting	Campaign	Eligible (Limited) Policy (Restricted medical content +1 more)	445	7.66%	\$6,433.13
5 Star Reviews Read Real Client Reviews & Patient Testimonials.	Account	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	372	7.29%	\$5,334.27
About Us Learn More About Our Team, Location and Available Beauty Treatments.	Account	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	283	6.36%	\$4,034.30
Why Choose Us?			Eligible (Limited)			

Enabled Status: All ads limited by policy Type: Search Budget: \$94.76/day Optimization score: 70.4%

Assets

Asset status: All Asset type: All Add filter

Asset	Added to	Level	Status	Clicks	CTR	Cost
Why Choose Us? Read About What Sets Us Apart from Other Medspas in Strongsville, OH.	Account	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	226	5.99%	\$3,196.91
Book A Free Consultation Contact Us Today to Schedule Your Free Consultation.	Account	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	171	5.35%	\$2,565.25
Products Information	Account	Account	Removed Policy (Restricted medical content +1 more)	15	2.12%	\$127.93
Solutions Offered	Account	Account	Removed Policy (Restricted medical content +1 more)	15	2.14%	\$127.93
About Us	Account	Account	Removed Policy (Restricted medical content +1 more)	0	0.00%	\$0.00
Callout						
FDA Cleared	search coolsculpting	Campaign	Eligible	105	7.65%	\$1,750.73
Freeze Your Fat	search coolsculpting	Campaign	Eligible	90	6.73%	\$1,387.28
Highlights: No Surgery	search coolsculpting	Campaign	Eligible	71	7.99%	\$1,227.78
Liposuction Alternative	search coolsculpting	Campaign	Eligible	72	8.30%	\$1,134.31
Nonsurgical Fat Reduction	search coolsculpting	Campaign	Eligible	65	7.75%	\$994.55
Up to 50% Off	search coolsculpting	Campaign	Removed	0	-	\$0.00
Contact Us + Free Consult	search coolsculpting	Campaign	Removed	0	-	\$0.00
5-Star Rated Medspa	Account	Account	Eligible	0	-	\$0.00

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Assets

Asset status: All Asset type: All Add filter

Asset	Added to	Level	Status	Clicks	CTR	Cost
Promotion						
Winter Sale - Up to 50% off 8+ Treatments	search coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	42	6.72%	\$569.24
Spring Sale - Up to 50% off 8+ Treatments	search coolsculpting	Campaign	Eligible (Limited) Policy (Restricted medical content +1 more)	38	7.66%	\$415.96
Winter Sale - 50% off 8+ Treatments	search coolsculpting	Campaign	Removed	0	-	\$0.00
Fall Sale - Up to 50% off 8+ Treatments	search coolsculpting	Campaign	Removed	0	-	\$0.00
Summer Sale - Up to 50% off 8+ Treatments	search coolsculpting	Campaign	Removed	0	-	\$0.00
Winter Sale - Up to 50% off 8+ Treatments	search coolsculpting	Campaign	Removed	0	-	\$0.00
Call						
(440) 238-3331	Account	Account	Eligible	24	3.20%	\$399.97
Total: Sitelinks				459	7.61%	\$6,618.44
Total: Callouts				184	7.15%	\$2,834.40

Enabled Status: All ads limited by policy Type: Search Budget: \$94.76/day Optimization score: 70.4%

Assets

Asset status: All Asset type: All Add filter

Asset	Added to	Level	Status	Clicks	CTR	Cost
Call						
(440) 238-3331	Account	Account	Eligible	24	3.20%	\$399.97
Total: Sitelinks				459	7.61%	\$6,618.44
Total: Callouts				184	7.15%	\$2,834.40
Total: Structured snippets				4	7.27%	\$47.51
Total: Calls				24	3.20%	\$399.97
Total: Promotions				80	7.14%	\$985.20

Show rows: 1,000 1 - 26 of 26

Recipients is not real-time. Time zone for all dates and times: (GMT-04:00) Eastern Time. Learn more

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Responsive search ad

Ad strength: Excellent

- Add more headlines
- Include popular keywords in your headlines
- Make your headlines more unique
- Make your descriptions more unique

Search term categories your ad appears for: coolsculpting, coolsculpting near me, double chin removal, + 66 more

Responsive search ads usually need around 2,000 impressions in the "Google Search: Top" segment over 30 days to display a rating in the Performance column. Learn more

Ad may be limited by policy: Restricted drug terms, Restricted medical content

Asset	Status	Asset type	Position pinning	Imp.	Asset source
Don't Miss Our Biggest Promo Yet. Book a Free Consultation and Lock In Your Discount Today	Approved (limited)	Description	None	1,496	Advertiser
Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	Approved (limited)	Description	2nd position	1,351	Advertiser
CoolSculpting in Strongsville	Approved (limited)	Headline	None	1,254	Advertiser
Freeze Away Body Fat	Approved (limited)	Headline	None	495	Advertiser
50% Off 8+ Treatments	Approved (limited)	Headline	None	416	Advertiser

Enabled Status: All ads limited by policy Type: Search Budget: \$94.76/day Optimization score: 70.4% Campaign 3 of 4

Asset status: All Add filter

Ad may be limited by policy: [Restricted drug terms](#), [Restricted medical content](#)

Asset	Status	Asset type	Position pinning	↓ Impr.	Asset source
(Keyword:Docere Medical Spa)	Approved (limited)	Headline	None	324	Advertiser
Huge CoolSculpting Promotion	Approved (limited)	Headline	None	271	Advertiser
CoolSculpting in (LOCATION/City))	—	Headline	None	191	Advertiser
Non-Surgical Fat Reduction	Approved (limited)	Headline	None	60	Advertiser
Top Provider in Strongsville	Approved (limited)	Headline	None	56	Advertiser
CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More	Approved (limited)	Description	None	26	Advertiser
Target, Freeze, & Eliminate Fat in Half the Time. Improved Comfort. Larger Cooling Area.	Approved (limited)	Description	None	23	Advertiser
Affordable & Quick Treatments	Approved (limited)	Headline	None	17	Advertiser
CoolSculpting® Elite	Approved (limited)	Headline	None	11	Advertiser
Freeze Stubborn Fat 2x Faster	Approved (limited)	Headline	None	10	Advertiser
CoolSculpting Near Me	Approved (limited)	Headline	None	8	Advertiser
CoolSculpting® Elite Provider	Approved (limited)	Headline	None	6	Advertiser
Freeze Your Fat Away Today	—	Headline	None	3	Advertiser
Next-Generation Fat Reduction	Approved (limited)	Headline	None	2	Advertiser
Schedule a Free Consultation	Approved (limited)	Headline	None	1	Advertiser
Fat Reduction Treatment	Approved (limited)	Headline	None	1	Advertiser
Freeze Away Stubborn Fat	—	Headline	None	0	Advertiser

Enabled Status: All ads limited by policy Type: Search Budget: \$94.76/day Optimization score: 70.4% Campaign 3 of 4

Asset status: All Add filter

Ad may be limited by policy: [Restricted drug terms](#), [Restricted medical content](#)

Asset	Status	Asset type	Position pinning	↓ Impr.	Asset source
No Surgery & Minimal Downtime	—	Headline	None	0	Advertiser
Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great.	—	Description	None	0	Advertiser
Flexible Payment Options	—	Headline	None	0	Advertiser
Our Biggest Discount Ever	—	Headline	None	0	Advertiser
Safe + Effective Fat Reduction	—	Headline	None	0	Advertiser
Get Rid of Unwanted Fat	—	Headline	None	0	Advertiser
CoolSculpting® Fat Reduction	—	Headline	None	0	Advertiser
Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Strongsville, OH.	—	Description	None	0	Advertiser
Biggest CoolSculpting® Promo	—	Headline	None	0	Advertiser
How Much Does CoolSculpting Cost? Less Than You Might Think. Book A Free Consultation Now	—	Description	None	0	Advertiser
The Elite Dual Applicators Treat Two Areas at the Same Time. Safely Freeze Twice the Fat.	—	Description	2nd position	0	Advertiser
CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Butt & More	—	Description	None	0	Advertiser
May Only 50% Off 8+ Treatments	—	Headline	None	0	Advertiser
Limited Time Offer May 2021	—	Headline	None	0	Advertiser
Aug Only 50% Off 8+ Treatments	—	Headline	None	0	Advertiser
Limited Time Offer Aug 2021	—	Headline	None	0	Advertiser
50% Off for 8+ Treatments	—	Headline	None	0	Advertiser

Enabled Status: All ads limited by policy Type: Search Budget: \$94.76/day Optimization score: 70.4% Campaign 3 of 4

Asset status: All Add filter

Ad may be limited by policy: [Restricted drug terms](#), [Restricted medical content](#)

Asset	Status	Asset type	Position pinning	↓ Impr.	Asset source
50% Off for 8+ Treatments	—	Headline	None	0	Advertiser
Get 50% Off 8+ Treatments	—	Headline	None	0	Advertiser
Book Now for Up to 50% Off	—	Headline	None	0	Advertiser
Located in Strongsville, OH	—	Headline	None	0	Advertiser
Our Biggest CoolSculpting Discount Ever. Save 50% Off 8+ Treatments of CoolSculpting.	—	Description	2nd position	0	Advertiser
50% off 8+ treatments	—	Headline	None	0	Advertiser
Our Biggest CoolSculpting Discount Ever. Save Up to 50% Off 8+ CoolSculpting Treatments	—	Description	2nd position	0	Advertiser
Incredible CoolSculpting Deal	—	Headline	None	0	Advertiser
Book A Free Consultation Now	—	Headline	None	0	Advertiser
Top Body Contouring Technology	—	Headline	None	0	Advertiser
Safely Freeze Twice the Fat	—	Headline	None	0	Advertiser
Our Biggest Deal Ever Now Available. Save Up to 50% Off 8+ CoolSculpting Elite Treatments	—	Description	None	0	Advertiser
Elite Fat Reduction Treatment. Target Thighs, Love Handles, Arms, Back, Chin & More	—	Description	None	0	Advertiser
The Biggest CoolSculpting Promotion Available for a Limited Time at Docere Med Spa.	—	Description	None	0	Advertiser

Show rows: 1,000 1 - 52 of 52

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DÖCERÉ

Medical Spa & Laser Center

Posted on August 13, 2021 | By doceremedspa | In Body Sculpting, CoolSculpting



CoolSculpting Thighs | Sculpt Sexy Thighs

CoolSculpting thighs reduce fat cells in the inner and outer thigh area. You can read on to [learn more about how CoolSculpting](#) works and how it eliminates stubborn inner and outer thigh fat without surgery and minimal to no downtime.

How to Eliminate Thigh Fat with CoolSculpting Thighs

For most women, thigh fat is an embarrassing nuisance they struggle to overcome. Known as "sex-specific fat," estrogen causes more fat cells to gather in the thighs and buttocks. This fat reserve helps women prepare for pregnancy and breastfeeding a child.

Hormone-influenced fat is stubborn and almost impossible to get rid of without help. Since "spot reduction" in diet and exercise does not exist, there is no way to reduce fat cells in the thighs. Thankfully, CoolSculpting provides a way to target and reduce thigh fat. Before this revolutionary treatment, women had to utilize invasive surgery such as liposuction to get rid of fat. While lipo does reduce fat successfully in the thighs, the procedure cannot be performed without pain or a lengthy recovery period.

[Learn more about CoolSculpting >>](#)

CoolSculpting Thighs

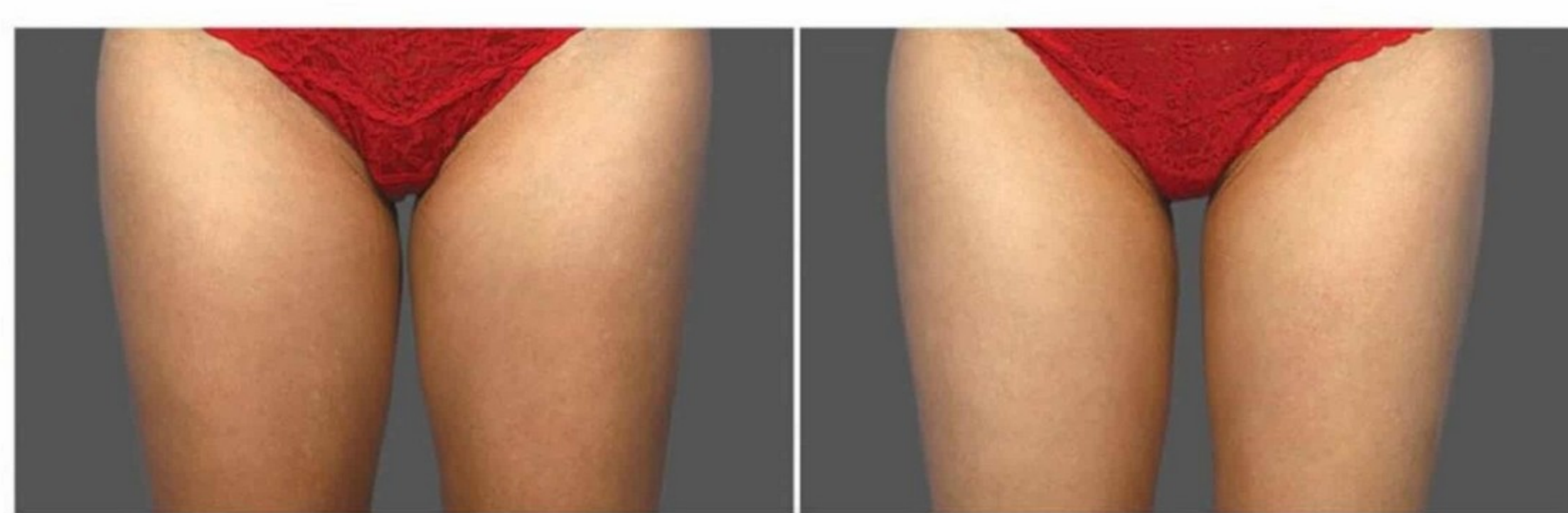
CoolSculpting thighs is a popular treatment area. Women sculpt their outer thighs, known as saddlebags, with the CoolSmooth applicator. This CoolSculpting applicator was created to reduce external thigh fat. It is a non-vacuum-based cooling allowing it to chill hard fat or non-pinchable fat found on the outer thighs. Clinical studies show the CoolSmooth applicators achieve "visible fat reduction after just one treatment."

For people trying to achieve the coveted "thigh gap" and reduce any inner thigh jiggle, the CoolFit applicator reduces fat cells in this area. The CoolFit features a flat vacuum cup and a large cooling plate. The applicator's unique design allows treatment specialists to reach difficult areas like the inner thighs. Other clinical research on CoolSculpting inner thighs found that "84% of patients noticed visible fat reduction after just one treatment, and 93% of patients were satisfied with their results." Furthermore, "90% of patients would repeat the procedure."

[Related article: CoolSculpting applicators >>](#)

CoolSculpting Thighs Before and After*

CoolSculpting thighs before and after images illustrate the dramatic fat reduction that is possible with this treatment. Individuals treated achieve noticeable inner and outer thigh fat reduction after their fat freezing treatment. As with any cosmetic treatment, results may vary per individual.*



BEFORE 8 WEEKS AFTER CoolSculpting® Session
Photos courtesy of Grant Stevens, MD, FACS

[See more patient results >>](#)

How Many CoolSculpting Inner Thighs Sessions Do I Need?

Most people only need one session to see significant results in the inner thighs. CoolSculpting inner thighs typically take about 30-35 minutes per thigh. This means the entire session, treating both thighs, should take about an hour in total.

Results may vary depending on the individual. Some patients may require additional sessions to achieve their desired outcome. But in most cases, one treatment delivers incredible thigh-shaping results.

Unlike invasive alternatives like liposuction, CoolSculpting results take a few weeks to appear. They'll continue to get better over three months. After that, the results can be long-lasting if you maintain a healthy diet and exercise regularly.

How Many Coolsculpting Outer Thighs Treatments Do I Need?

Most of our clients get the best outer thigh contouring experience with two to three CoolSculpting treatments. This allows for the greatest fat reduction and the most dramatic improvement.

These two to three sessions take place a few weeks apart to allow the body to process and eliminate the frozen fat cells. Each CoolSculpting outer thighs session takes 35-60 minutes. It's non-invasive and painless, with minimal to no downtime. On average, people can lose up to 25% of their fat cells in the treated area.

While CoolSculpting outer thighs results aren't immediate, you may notice some positive changes after a week or two. Results can take two to three months to manifest. Having realistic expectations will lead to a better CoolSculpting experience.

How Much Does CoolSculpting Cost in Strongsville?

CoolSculpting cost in Strongsville, OH can vary depending on several factors:

- Treatment area(s)
- Number of sessions needed
- Provider's promotions and specials

If you plan to treat both your inner and outer thighs, the treatment program's final cost will be greater than if you only treat one or the other. Depending on your current body shape, you may need more or fewer sessions.

The best way to find out how much CoolSculpting will cost you is to schedule a consultation with Döceré Medical Spa and Laser Center. Our team will assess your body and determine how many sessions you'll need to achieve desired results. Together, we can create a treatment plan that will meet your needs within budget.

When considering CoolSculpting, remember that cost shouldn't be the only determining factor. Cosmetic procedures like Cryolipolysis are skill sensitive. So, it's imperative to select a reputable, qualified, and experienced provider.

How Do CoolSculpting Thighs Compare to Lipo?

Many prospective patients compare CoolSculpting thighs to lipo—how do they differ, and which is better? CoolSculpting thighs and liposuction are both popular body contouring procedures in Strongsville. Both reduce stubborn fat pockets on the thighs but have several key differences.

[CoolSculpting uses Cryolipolysis to freeze and banish fat cells](#), while liposuction involves surgically removing fat through an incision. Liposuction is a more invasive procedure and requires general anesthesia. The pain and recovery time is a turn-off for many, which is why people prefer CoolSculpting if they're a good candidate.

Will CoolSculpting Fix Sagging Thighs?

CoolSculpting is most effective at reducing localized fat pockets. It may improve the appearance of your thighs by making them look slimmer and more toned. But it won't fix sagging skin because the procedure doesn't address skin elasticity or the supporting muscle.

Is CoolSculpting Thighs Right for Me?

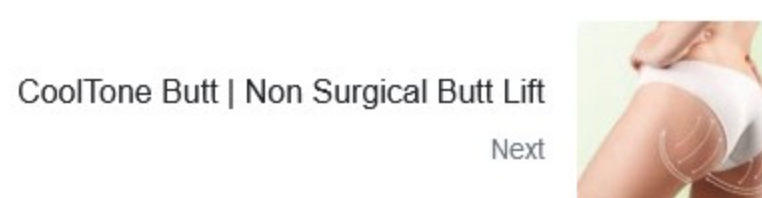
Unfortunately, CoolSculpting thigh treatments are not for everyone. The best way to determine your treatment candidacy is to schedule a complimentary consultation. During your consultation, you are evaluated by a trained technician. If they decide this treatment is right for you, they develop a unique plan that helps you achieve slim, sexy thighs.

CoolSculpting Thighs in Strongsville Ohio

If you are tired of struggling with stubborn thigh fat, [contact Döceré Medical Spa and Laser Center](#). We are a leading provider of CoolSculpting treatments in the Strongsville, OH area. Call us at [440-238-3331](tel:440-238-3331) to schedule your free consultation and discover if CoolSculpting is right for you.

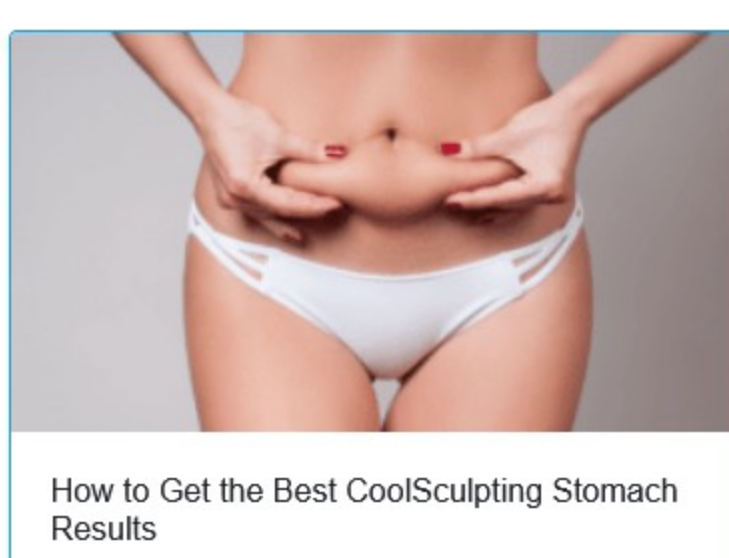
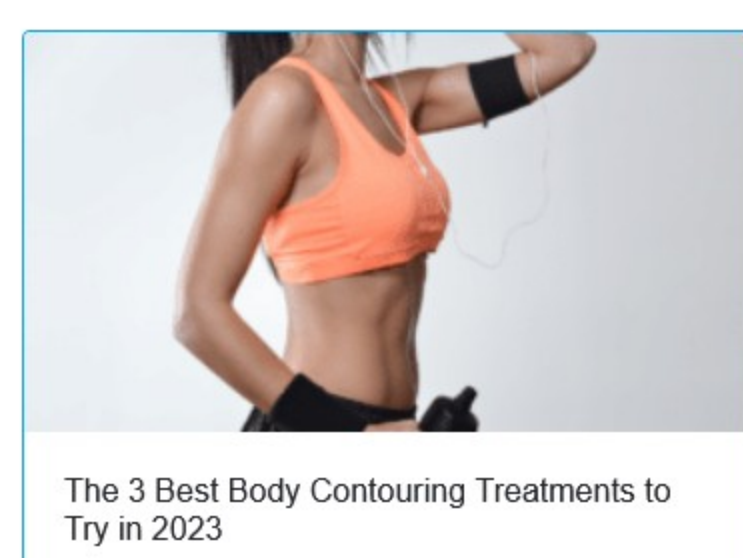
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[coolsculpting](#) [CoolSculpting Thighs](#)



Jeffrey Viscomi, MD
Dr. Viscomi received his Bachelor's degree from the University of Dayton. He then went on to graduate from Wright State University School of Medicine in the top 10% of his class. Following residency at the Cleveland Clinic, Dr. Viscomi began his Family Practice in Strongsville and quickly became a nationally recognized leader in primary care for his unique practice model. Dr. Viscomi is a member of the Aesthetics Practice Association and has completed extensive training in the use of laser in aesthetic procedures.

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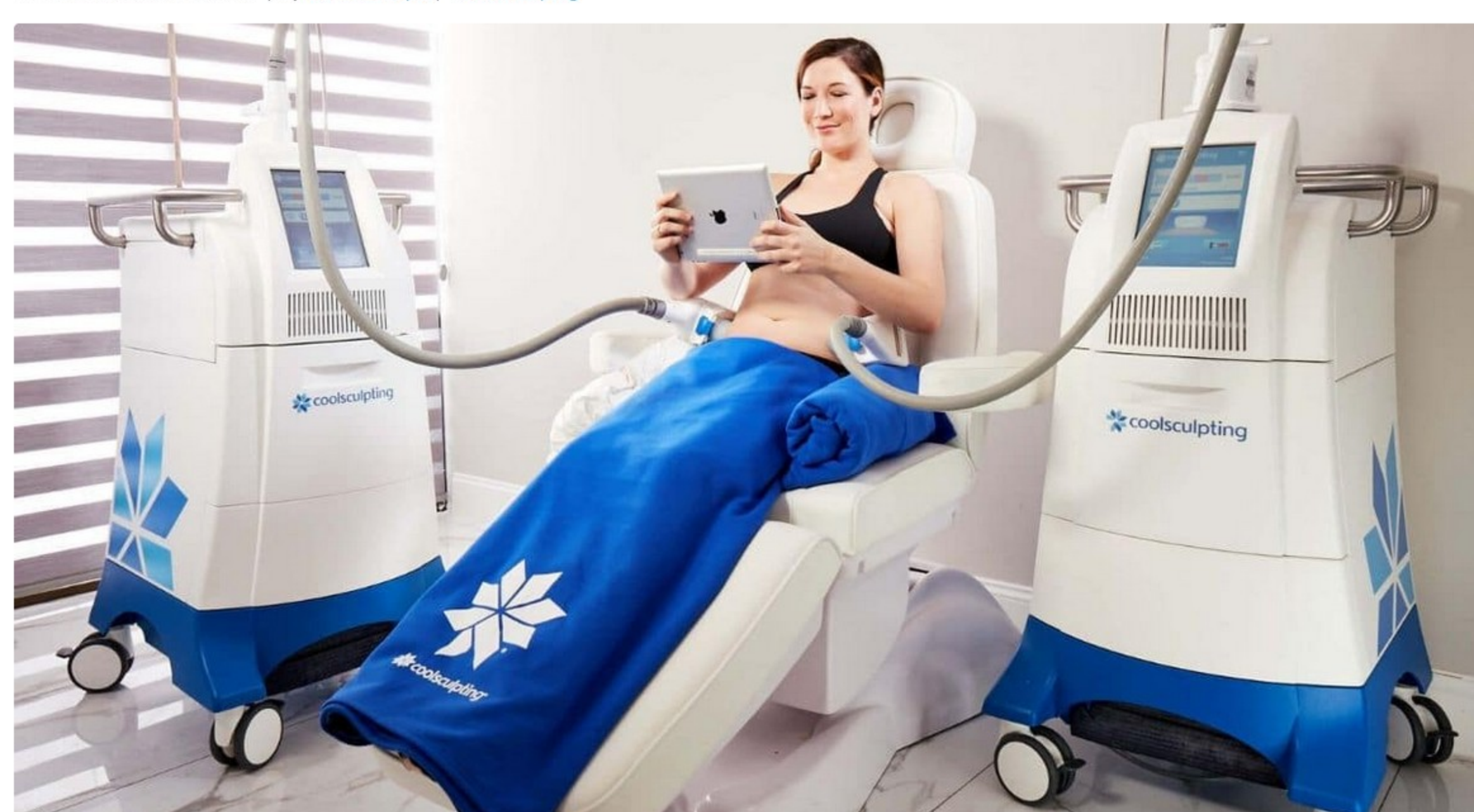


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Home / CoolSculpting / Cryolipolysis: The Science Behind CoolSculpting

Posted on November 30, 2019 | By doceremedspa | In CoolSculpting



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Cryolipolysis: The Science Behind CoolSculpting

Cryolipolysis is the science behind CoolSculpting. The fat reduction phenomena was first discovered by Harvard scientists that noticed fat chills at a higher temperature than water. From that discovery, CoolSculpting was developed. Also known as freezing fat, CoolSculpting eliminates fat cells by freezing them to death. Powered by cryolipolysis, CoolSculpting reduces fat without surgery and little to no downtime. This makes it a great non-surgical alternative to liposuction. Read on to learn more about Cryolipolysis and how it reduces fat non-invasively.

What is Cryolipolysis?

Cryolipolysis is a medical term for a treatment that applies cold temperatures (cryo) to fat cells (lipo) in order to break down (lysis) those cells. Unlike liposuction, the great thing about freezing fat is that it reduces bulges without involving a general anesthetic, incisions, scarring, or lengthy recover times.

What Does Cryolipolysis Actually Do?

By applying a very specific low-temperature range to a stubborn bulge, underlying fat cells freeze. Because fat solidifies at a higher temperature than water, the procedure avoids damaging skin and muscle tissue, which is predominantly made of water.

When fat freezes, the cell structure breaks down, and is fatally damaged.¹ The lymphatic system which gathers and metabolizes all sorts of dead or damaged cells from the body goes to work on the frozen fat cells. Over the span of several weeks, the fat cells are gathered up by white blood cells and then discarded as waste.

What Areas Can Be Treated with Cryolipolysis

Coolsculpting using Cryolipolysis was FDA-cleared to treat common problem areas including:

- Abdomen or belly fat
- Love handles or flanks
- Inner and outer thighs
- Back fat
- Banana rolls under the buttocks
- Armpit fat
- Upper arm fat
- Double chin and neck fat
- Knee fat

Notable Benefits of Cryolipolysis and CoolSculpting

Millions of people around the world commit to CoolSculpting with Cryolipolysis every day. The benefits including but are not limited to:

- Impressive fat reduction
- Non-surgical body contouring option
- Minimal to no downtime
- FDA-cleared as safe and effective
- Backed by countless clinical studies and trials

Cryolipolysis vs. Liposuction

Both CoolSculpting with Cryolipolysis and Liposuction are fat-reduction procedures. However, there is one very notable difference: one is a serious surgery, and the other is a non-surgical treatment.

For many years, Liposuction was the only treatment capable of removing excessive amounts of fat from the body in areas like the stomach and thighs. While it is a successful and popular surgery for removing fat, it has many drawbacks, including incisions, anesthesia, and complicated recovery.

Now, the science of Cryolipolysis makes it possible for CoolSculpting treatments to target stubborn fat cells and remove them from the body without surgery. CoolSculpting treatments are entirely non-surgical and non-invasive. They involve no surgery, incision, or recovery period aside from minimal downtime. This is why the introduction of CoolSculpting treatments back in 2012 shook up the aesthetic industry. Now people who meet the guidelines of cool sculpting with Cryolipolysis can enjoy natural-looking fat reduction without committing to an expensive and painful surgery like lipo to get the body they have always wanted.

Cryolipolysis in Clinical Studies

There are hundreds of CoolSculpting reviews in peer-reviewed medical journals and studies. Each further proves that Cryolipolysis works. The authors of "Cryolipolysis for Noninvasive Body Contouring," published in the Journal of *Clinical, Cosmetic and Investigational Dermatology*, reported, "In clinical studies, cryolipolysis was shown to reduce subcutaneous fat at the treatment site by up to 25% after one treatment" with "improvements...seen in 86% of treated subjects." This led researchers to summarize, "Cryolipolysis has been proven to be a very safe method for body contouring and is accomplished with only minimal discomfort" and conclude, "cryolipolysis is considered to be both safe and efficient with a high patient satisfaction rate."¹

Such positive results show how CoolSculpting is a safe and effective alternative to lipo. More positive findings were seen in another study, "Safety, tolerance, and patient satisfaction with noninvasive cryolipolysis," the CoolSculpting review found in the journal of *Dermatological Surgery* analyzed the results of 518 Cool Sculpting patients. The researchers summarized their findings: "No significant side effects or adverse events were reported. The procedure was well-tolerated, with 89% of respondents reporting a positive perception of treatment duration and 96% reporting minimal to tolerable discomfort. Survey results demonstrated 73% patient satisfaction and 82% of patients would recommend the cryolipolysis procedure to a friend."²

CoolSculpting reduces fat without surgery and little to no downtime.

Discover if fat freezing is right for you, see before and after pics, find out about CoolSculpting cost and more.

Learn more about CoolSculpting

Could CoolSculpting Be a Solution for You?

The important thing to understand is that CoolSculpting is not a solution that was designed to deal with obesity issues. Instead, the aim is to apply it in very targeted areas where people have generally found it difficult to reduce stubborn fat deposits. These stubborn bulges commonly include love handles around the belly and hips, excess fat on thighs, and even a dreaded double chin.

While every patient is individually assessed by our team of body contouring professionals, it should be noted that you need to be in good health, have a reasonable level of physical activity, as well as a balanced diet to be an ideal candidate for Cryolipolysis. Combining Cryolipolysis with a Healthy Lifestyle

Combining Cryolipolysis with a Healthy Lifestyle

The powerful Cryolipolysis of CoolSculpting effectively targets and destroys fat cells in the treatment area. However, once those cells are removed from the body, they can never return or grow. This means it is true that CoolSculpting results are long-lasting. Unfortunately, gaining weight can obscure your CoolSculpting results and ruin your investment in Cryolipolysis. This is why many people commit to a healthier lifestyle after their cooling sessions.

Most CoolSculpting professionals will encourage you to adopt healthy lifestyles, including:

- Eating a clean diet
- Avoiding overeating
- Limiting carbohydrates
- Avoiding sugary drinks and foods
- Drinking plenty of water
- Getting daily physical exercise

Experience Cryolipolysis in Ohio

If you are ready to commit to a healthier life and invest in Cryolipolysis, contact us now! As one of the leading CoolSculpting providers in Strongsville, OH, [Docere Medical Spa and Laser Center](#) has all the training and experience necessary to provide you with a full assessment of whether cryolipolysis is a suitable option for you.

Contact us online or call (440) 238-3331 today to arrange a free consultation.

SCHEDULE A COMPLIMENTARY COOLSCULPTING CONSULTATION

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Enter Name...

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Sources:

1. [Cryolipolysis for Noninvasive Body Contouring: Clinical Efficiency and Patient Satisfaction](#). *Clinical, Cosmetic and Investigational Dermatology*.
 2. [Safety, tolerance, and patient satisfaction with noninvasive cryolipolysis](#). *Dermatological Surgery*.
- * [Long-term efficacy follow-up on two cryolipolysis case studies: 6 and 9 years post-treatment](#). *Journal of Cosmetic Dermatology*.

cryolipolysis



CoolSculpting Cost: What Determines the Price?

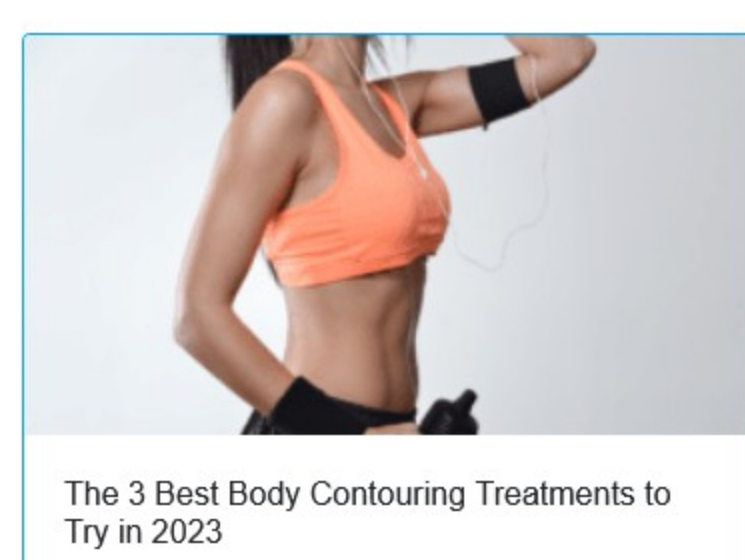
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DIY CoolSculpting: It doesn't work, and it's dangerous

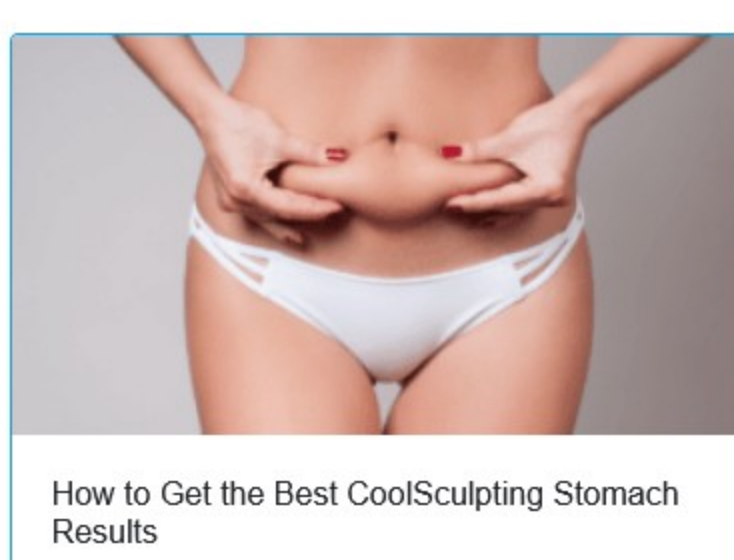


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The 3 Best Body Contouring Treatments to Try in 2023



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Jeffrey Viscomi, MD December 18, 2022

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The 3 Best Body Contouring Treatments to Try in 2023

Your body is your home. You should feel comfortable and confident in your skin, anywhere you go. Sometimes, even the most dedication to healthy eating and staying active can't quite bring results. But that doesn't mean you're stuck.

Body contouring can help you get to where you want to be. Body contouring is an umbrella term for any non-invasive procedure that reduces fat throughout the body. It's been around for decades and has become increasingly popular in recent years. People realize how effective it is at eliminating stubborn fat and sculpting their dream bodies. Plus, technological advances only make body contouring machines more effective.

Is more self-love on your new year's resolution list? Get rid of insecurities with the top three body contouring treatments.

The Best Body Contouring Treatments

The three best body contouring solutions include CoolSculpting Elite, CoolTone, and Emsculpt NEO. Let's investigate each and how they can improve your body's appearance in unique ways.

1. CoolSculpting Elite

CoolSculpting freezes fat cells to [reduce unwanted fat bulges](#). The device uses controlled cooling to eliminate fat cells and help you achieve stunning contours. The process takes about 30 minutes and is painless. You can return to work after the treatment, though you may experience mild swelling, tingling, or numbness at the treatment site(s). These side effects subside within 2-3 days without intervention. Of course, if you have concerns after a session, be sure to reach out to your provider.

CoolSculpting Candidates

If you're tired of looking at the fat that you can't get rid of and are generally in good health, you are likely a good candidate for CoolSculpting. There should be at least enough fat to pinch and hold onto. However, more than three inches of fat to pinch might make you a better candidate for liposuction. If you are uninterested in lipo and are not pregnant or planning to become pregnant, schedule a consultation. Your healthcare provider will evaluate and determine whether this is a good treatment for you.

CoolSculpting Treatment Areas

With different applicators, CoolSculpting is incredibly versatile—you can target the chin, love handles, "pooch" around the abdomen, back rolls near the bra line, and even your inner thighs! Once treated, you'll notice smoother skin within 2-3 weeks. But, of course, as with any cosmetic procedure, each person's experience with CoolSculpting varies.

CoolSculpting Process

During your CoolSculpting appointment, a specialist places the cooling panel on your treatment area, which will reduce fat cells beneath your skin via Cryolipolysis. After a few months, your body metabolizes the dead fat cells and processes them as waste. As a result, you'll notice a slimmer, more attractive figure as the dead cells are removed from your system.

Contrary to what some might think, CoolSculpting is not a weight loss solution. With that said, it's great for people close to their ideal weight but who want an alternative way of contouring their bodies without surgical procedures.

CoolSculpting Elite Before and After*



BEFORE

4 WEEKS AFTER
CoolSculpting® Session
Photos courtesy of Kyle Farr, DNP, NP-C



*Results may vary depending on the number of sessions, treatment intensity, and individual body composition.

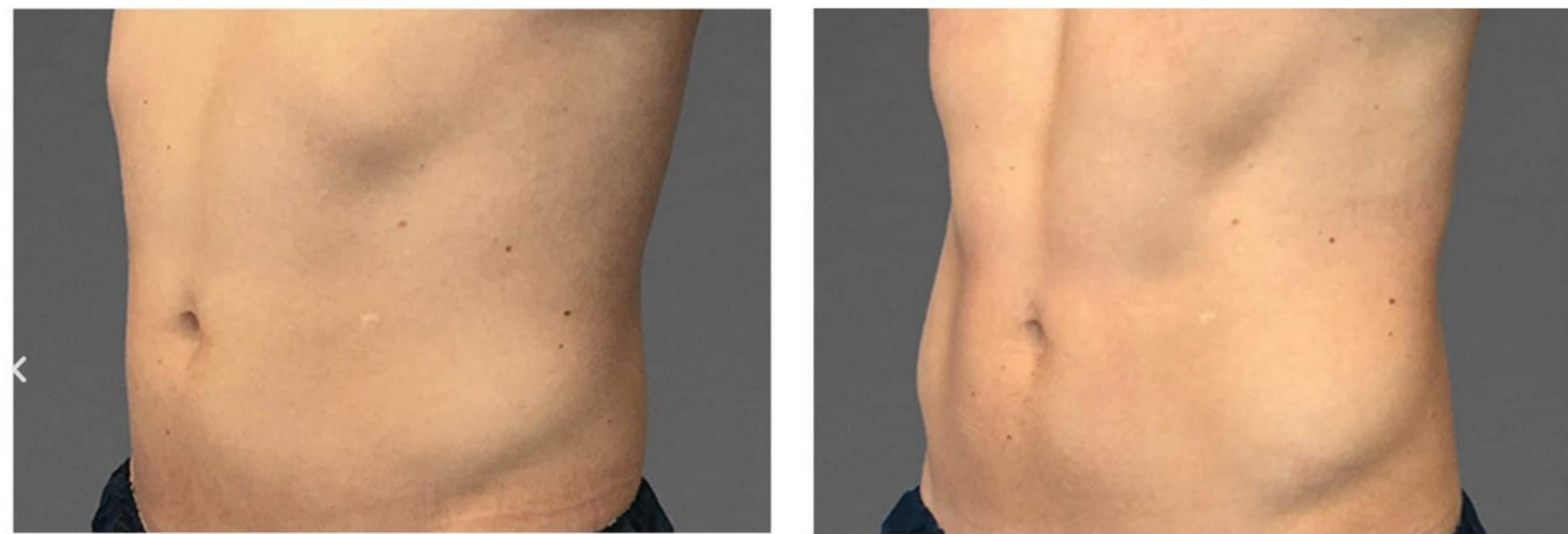
2. CoolTone

Instead of fat-freezing to reduce stubborn fat, [CoolTone](#) targets the muscles, creating powerful contractions to build them up. It works by a process known as magnetic muscle stimulation, which creates the equivalence of 25,000 sit-ups. The results are natural-looking and come with no downtime.

Ideal CoolTone Candidates

If you've hit a plateau on your workout journey, it might be time to consider CoolTone for the boost you need. It's highly effective for use on the abdomen, thighs, and glutes. As an added bonus, using CoolTone on your abdomen means you're strengthening your core muscles. This brings posture improvements and less back pain. Whether you suffer from back discomfort or have specific trouble spots, this procedure offers a solution.

CoolTone Before and After*



BEFORE

individual results may vary

AFTER

4 COOLTONE™ TREATMENTS
Photos courtesy of Columbus Aesthetic and Plastic Surgery



*Results may vary.

CoolTone Results

The CoolTone contractions strengthen the muscle fibers in the treatment site(s). As a result, patients notice a firmer, stronger, and more toned physique. Electromagnetic energy also triggers the body to produce more collagen, thereby tightening the skin.

CoolTone Procedure

The procedure isn't painful, but you can expect to feel a repetitive muscle spasm as the CoolTone machine works. Electromagnetic pulses stimulate muscle contractions, strengthening the muscle fibers and burning some fat. Just like CoolSculpting, the sessions are short. You can schedule 30-minute appointments during your lunch breaks and comfortably return to activities afterward.

3. Emsculpt NEO

Can't choose whether you want to eliminate fat bulges or build muscle? Maybe you want both? Emsculpt NEO distinguishes itself from CoolSculpting and CoolTone by reducing fat and building muscle at the same time. That means you don't have to decide whether you want to treat your muscles, unwanted fat, or skin concerns. You can have it all!

Emsculpt NEO Candidates

It's important to understand that since Emsculpt NEO uses magnetic muscle stimulation, metal cannot be near the treatment area. For example, copper IUDs need removal before a session.

The only other contraindication would be those with a BMI higher than 35.

How Emsculpt NEO Works

Using HIFEM (High-Intensity Electromagnetic Energy) radiofrequency to promote collagen production and muscle growth, Emsculpt NEO tightens skin and melts fat. Depending on the spots you're treating and desired results, one or two applicators will sit on the treatment areas.

HIFEM technology stimulates supramaximal contractions that strengthen the muscles. Radiofrequency technology reduces fat and brings elasticity back. These involuntary contractions can feel a bit strange at first, as with any professional body contouring machine. You will begin at a lower intensity to let your body adjust. Your provider will carefully increase the intensity to maximize results throughout the 30-minute session.

Emsculpt NEO Before and After*

*Results may vary. Your consultation is a good opportunity to learn what your individual results might be.

Emsculpt NEO Results

There are three things that Emsculpt NEO enhances:

- Muscle definition:** Not only will you notice a difference in your physical appearance, but you will also find that workouts become easier because you are stronger.
- Fat reduction:** We tend to see about a 30% fat reduction due to the transformational capabilities of radiofrequency.
- Skin tightening:** Radiofrequency is also the reason that this treatment is proven to bring patients tighter skin.

It is also an effective solution for improving rectus muscle diastasis. This is when abdominal muscles separate, commonly after pregnancy.

If you're looking to lose the final bits of stubborn fat on your body while toning up, Emsculpt NEO is a promising option.

Body Contouring in Strongsville, OH

Visit Dōcerē Medical Spa and Laser Center if you're considering body contouring to get your dream body in 2023. We are a top-rated provider of CoolSculpting Elite and CoolTone treatments in Strongsville, OH. Call [\(440\) 238-3331](tel:(440)238-3331) to schedule a complimentary consultation.

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Jeffrey Viscomi, MD

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COOLSCULPTING MARKETING PROPOSAL

Website Design + Digital Marketing

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

6466949450

BILL TO
Docere Medical Spa
Lori Leonard

lori.leonard@cox.net

Invoice Number: WV 2023_004

Invoice Date: January 1, 2023

Payment Due: January 1, 2023

Amount Due (USD): \$0.00

Items	Quantity	Price	Amount
<p>Digital Marketing Monthly Management Service</p> <ul style="list-style-type: none"> • Monthly management of Google Adwords and active Facebook and Instagram campaigns. • Optimize campaigns for conversions monthly • Monitor budget and adjust bids to gain better ROI • Manage keyword selection and audience targeting • Consult Conversion Tools + Lead Nurture Technology 	1	\$1,500.00	\$1,500.00
<p>Content Creation + Search Engine Optimization (SEO)</p> <p>CONTENT: (2) 500+ word article(s) published to the blog each month. Articles include multimedia (i.e., images and videos, etc.). *The article(s) may be substituted for content added to service pages instead of the blog.</p> <p>ON-SITE SEO: Monthly website optimization and management, including improvements to design or development following industry best practices for technical SEO. May include adding more content (i.e., text, images, multimedia) to service pages.</p> <p>LOCAL SEO:</p> <ul style="list-style-type: none"> • Google Business Profile: Creation, management, and monthly updates to the client's Profile. • Listings in online directories. • Management of Google Maps listing. <p>DATA MONITORING AND REPORTING:</p> <ul style="list-style-type: none"> • Set-up and management of Google Search Console • Data monitoring from various SEO tools to ensure optimal performance • Regular SEO reporting to the client 	1	\$1,250.00	\$1,250.00

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Total:	\$2,750.00
Payment on January 1, 2023 using  ending in 3000:	\$2,750.00

Amount Due (USD): **\$0.00**



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Lori Leonard

lori.leonard@cox.net

Invoice Number: WV 2023_035

Invoice Date: February 1, 2023

Payment Due: February 1, 2023

Amount Due (USD): \$0.00

Items	Quantity	Price	Amount
<p>Digital Marketing Monthly Management Service</p> <ul style="list-style-type: none"> • Monthly management of Google Adwords and active Facebook and Instagram campaigns. • Optimize campaigns for conversions monthly • Monitor budget and adjust bids to gain better ROI • Manage keyword selection and audience targeting • Consult Conversion Tools + Lead Nurture Technology 	1	\$1,500.00	\$1,500.00
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Lori Leonard

lori.leonard@cox.net

Invoice Number: WV 2023_067

Invoice Date: March 1, 2023


Payment Due: March 1, 2023

Amount Due (USD): \$0.00

Items	Quantity	Price	Amount
Digital Marketing Monthly Management Service <ul style="list-style-type: none"> • Monthly management of Google Adwords and active Facebook and Instagram campaigns. • Optimize campaigns for conversions monthly • Monitor budget and adjust bids to gain better ROI • Manage keyword selection and audience targeting • Consult Conversion Tools + Lead Nurture Technology 	1	\$1,500.00	\$1,500.00
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Items	Quantity	Price	Amount
Content creation SEO optimized content	1	\$1,000.00	\$1,000.00
Total:			\$3,750.00
Payment on March 1, 2023 using  ending in 3000:			\$3,750.00
Amount Due (USD):			\$0.00

Notes / Terms

Referral Program

Our best clients come from our best clients. Refer a similar business in aesthetics and if they partner with us, get \$500 off your next invoice and your referral \$300 off their first invoice.