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Body Sculpting | Is Fat Reduction Treatments Right for You?

coolsculpting



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Body Sculpting, also known as body shaping or body contouring, refers to professional treatments that reshape and contour the physique. The most popular type of body sculpting is [fat reduction treatment](#). However, other body shaping treatments may include skin rejuvenation and muscle building procedures.

Read on to learn more about body sculpting treatments. Discover the different options for reducing fat. And determine if professional fat reduction is right for you.

FAT REDUCTION TREATMENTS

Fat reduction, the most popular type of body sculpting, can be broken down into two main categories: surgical fat reduction and non-surgical fat reduction. Liposuction is the primary type of surgical fat reduction. It involves a surgeon making an incision and then sticking a sharp, hollow tube through that incision into a targeted fat deposit. The surgeon uses the tube to stab at the fat and break it up into smaller pieces that can be suctioned through the tube and out of the body.

For non-surgical fat reduction, there are several body sculpting options. These options destroy fat cells using specific energies, like cold energy, heat energy, acoustic energy, or radiofrequency.

The most popular [non-surgical fat reduction treatment](#) is CoolSculpting.

BODY SCULPTING WITH COOLSCULPTING

Also known as fat freezing, CoolSculpting reduces fat and contours the body using cold energy. During treatment, stubborn bulges are exposed to precisely controlled cooling. The cooling [freezes underlying fat cells](#), causing the cell's membrane to burst. The frozen fat cell can no longer store fat. It is now useless to the body. As a result, the destroyed fat cells are collected by the lymphatic system and eliminated from the body in the form of waste.

CoolSculpting is the ideal body sculpting treatment for individuals who suffer from [stubborn bulges of isolated fat](#). It is a particularly popular option for men and women who want to reduce fat without the surgery or downtime that is associated with liposuction.

WEIGHT LOSS VS. FAT REDUCTION

Fat reduction is not the same as weight loss. [Weight loss treatments](#) can be hugely beneficial for individuals seeking to attain a healthy weight and maintain a healthy lifestyle. But they should not be confused with fat reduction treatments, which are cosmetic and lack the health benefits of weight loss treatments.

Weight loss treatments shrink fat cells by melting the fat contained in the fat cell. When you shrink a fat cell, the cell is not destroyed. It is just smaller. It can grow bigger to store additional fat if the person gains the weight back.

Fat reduction treatments eliminate fat cells. These fat cells literally leave the body. Once fat cells are gone, they cannot grow back. Even more, the body cannot create new cells to replace the eliminated fat cells. This means that fat reduction leads to [long lasting results](#).

[Learn more about the difference between weight loss treatments and fat reduction >>](#)

BODY SCULPTING NEAR ME

The best way to discover whether weight loss or fat reduction is right for you is to schedule a FREE consultation with body sculpting expert Dr. Natalya Chalik. Contact Dr. Chalik online by filling out the form below or call (718) 448-3800.

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