

# SKINNEY<sup>®</sup>

medspa + wellness  
laser spa

#1

 **coolsculpting<sup>®</sup>**  
provider worldwide

flatiron flagship 125 5th ave + shops at the plaza hotel 1 w.58th st  
saks at brookfield place 225 liberty st + saks fifth avenue beauty 2.0 611 5th ave  
skinneymedspa.com + 212.754.6639



*FEAR NO MIRROR®*

**Consultation Guide**

Eliminate stubborn fat without surgery or downtime and feel great from every angle.



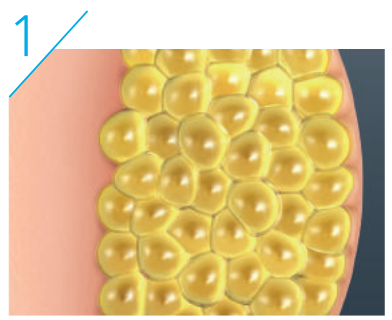
## NOT ALL DEVICES ARE CREATED EQUAL

Only CoolSculpting treatments offer patented Freeze Detect® technology that ensures superior safety.

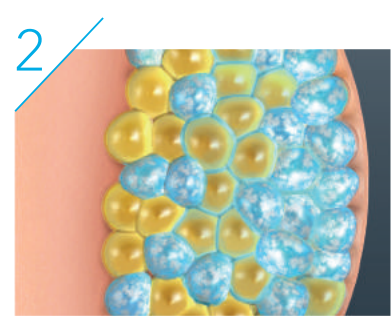
CE Mark Class IIa and FDA cleared, safe and effective.

Get the Skinny

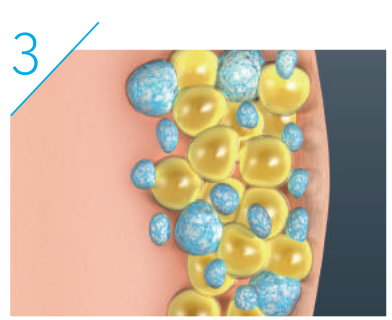
# SCIENCE THAT LOOKS GOOD, TOO



1 Many of us have stubborn fat despite diet and exercise.



2 CoolSculpting® technology uses controlled cooling to target and kill only these fat cells.



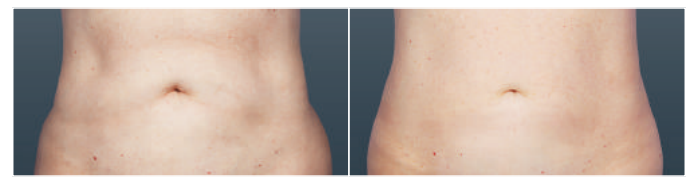
3 In the weeks to follow, the body naturally processes the fat and eliminates these dead cells.



4 CoolSculpting results are long-term,<sup>1</sup> as treated fat cells are gone for good.

**Before**  
Abdomen and Flank

**After**  
Abdomen and Flank



12 WEEKS AFTER SECOND SESSION  
Photos courtesy of Dr. Grant Stevens

Results and patient experience may vary.

How CoolSculpting® Works

# HOW YOUR BODY PROCESSES FAT FROM FOOD



The fat you eat in food travels through your digestive system and to your liver.

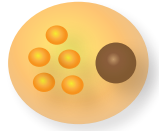


The processed fat is used as an energy source for your body.

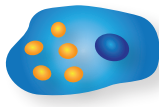


Excess fat is stored in your adipocytes (fat cells).

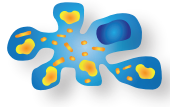
# HOW YOUR BODY PROCESSES TREATED FAT CELLS



A normal fat cell.



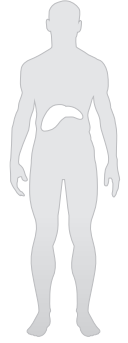
Cooling is applied causing the fat cell to undergo apoptosis.



The fat cells die by apoptosis and begin to collapse.



Macrophages digest and consume the dead fat cells and lipids within the cells.



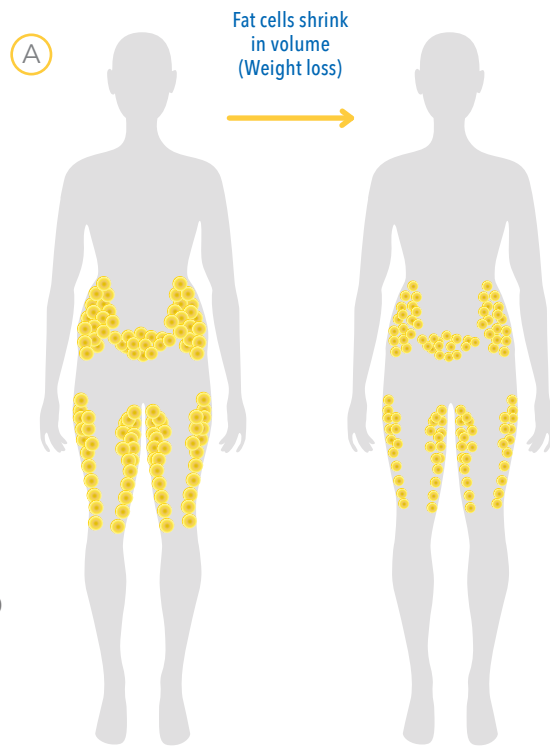
The body naturally processes the fat and eliminates these dead cells.

**Natural Body Process**

# FAT CELLS AFTER WEIGHT LOSS

## A) What happens when you lose (or gain) weight?

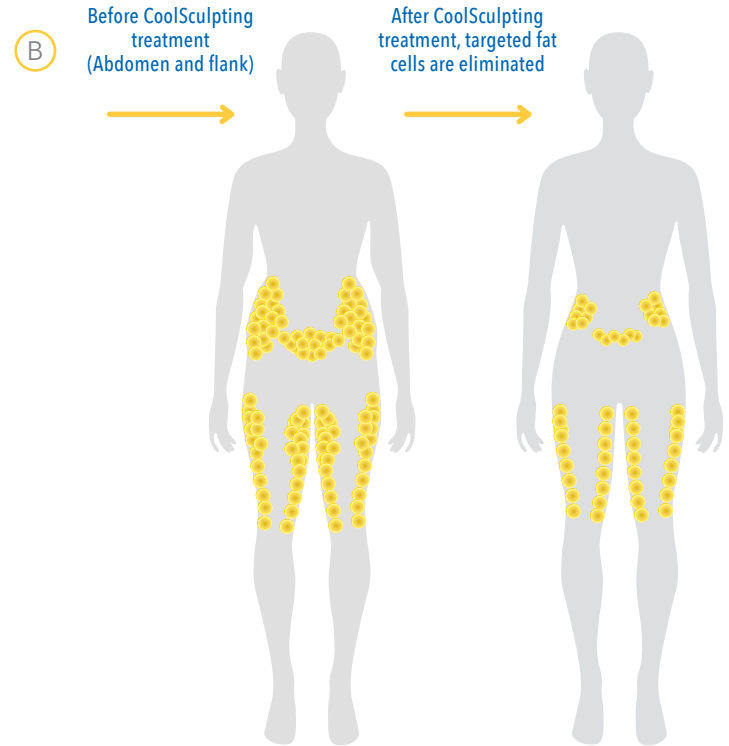
When you lose weight, the volume of your fat cells decreases but the number of fat cells stays the same.



## B) What happens after your CoolSculpting treatment?

After treatment, targeted fat cells are eliminated for good so you will have fewer fat cells in the treated areas. Untreated areas will have no change in fat cell distribution.<sup>1</sup>

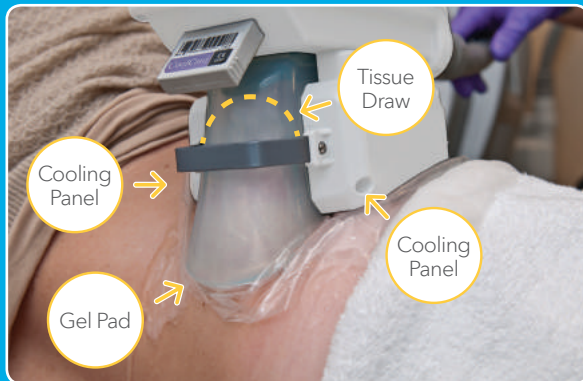
# FAT LOSS AFTER COOLSCULPTING®



Results and patient experience may vary.

# YOUR TREATMENT DAY

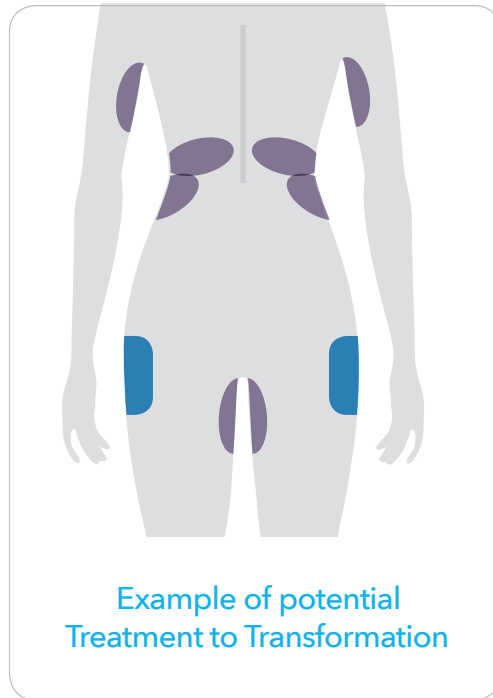
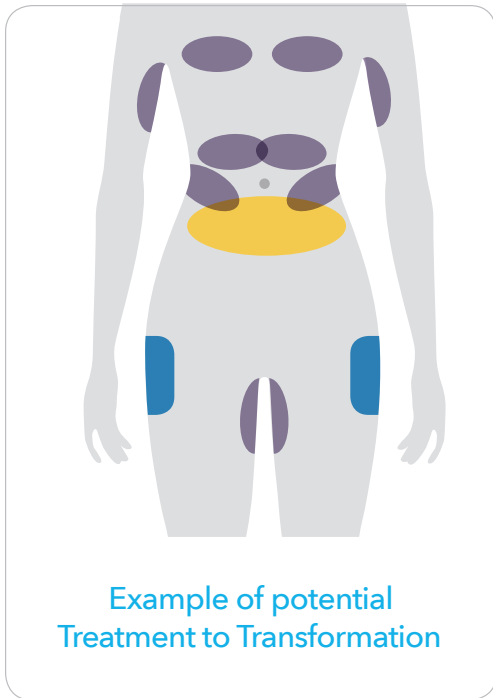
- » Your body and your needs are unique so a customized treatment plan will be developed during your consultation to address your specific areas of concern.
- » This treatment plan may require multiple sessions (or visits).
- » During your treatment, a gel pad and applicator are applied to the targeted area.
  - Vacuum applicators draw the tissue into the applicator cup
  - Surface applicators are secured to the treatment area
- » All applicators deliver controlled cooling to the targeted fat.



What You Can Expect

# TREATMENT TO TRANSFORMATION™

Treatment to Transformation is the holistic CoolSculpting® treatment approach that applies the ideal number of treatments and sessions to the areas of your body you wish to change. The result? The sculpted shape you want.



- » **Comprehensive 360 degree approach** designed to optimize your CoolSculpting results
- » **Customized plan** based on your individualized needs, shape and goals
- » **Clinical recommendation** of which areas should be treated and how many times

Placements shown are approximate.

# AFTER YOUR TREATMENT

- » Most patients can return to their normal activities immediately after the CoolSculpting® procedure.
- » Changes may be seen as early as three weeks after your treatment with the most dramatic results after one to three months.
- » Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your CoolSculpting procedure can help prevent this.
- » Your provider will schedule a follow up appointment to evaluate your results, take photos and discuss additional sessions, if needed.



After Your Treatment

# A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

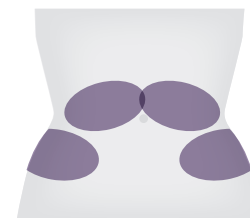


BEFORE

8 WEEKS AFTER FIRST SESSION

9 WEEKS AFTER SECOND SESSION

Photos courtesy of Dr. Edward Becker



Placements shown are approximate.

One-of-a-Kind Results

# A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

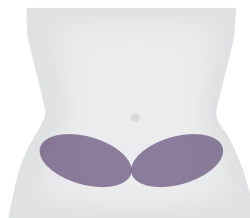


BEFORE

12 WEEKS AFTER FIRST SESSION

12 WEEKS AFTER SECOND SESSION

Photos courtesy of Dr. Flor A. Mayoral



Placements shown are approximate.

# A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

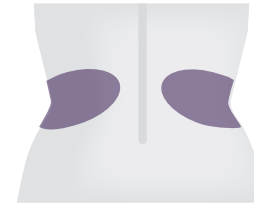
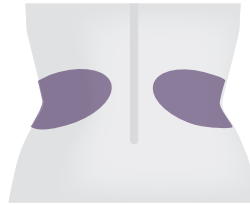


BEFORE

8 WEEKS AFTER FIRST SESSION

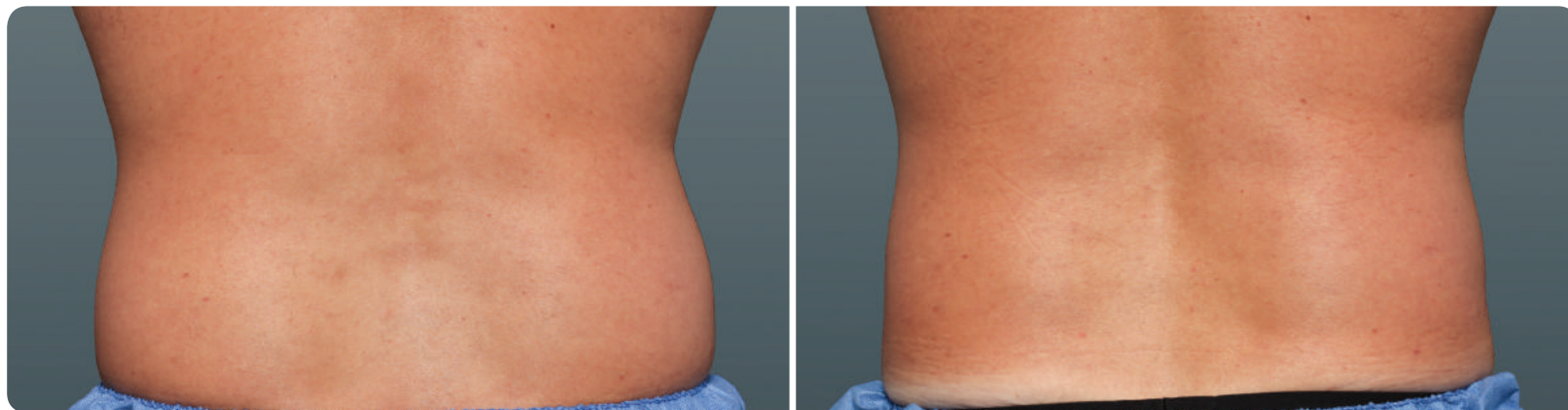
4 WEEKS AFTER SECOND SESSION

Photos courtesy of Dr. Daniel Behroozan



Placements shown are approximate.

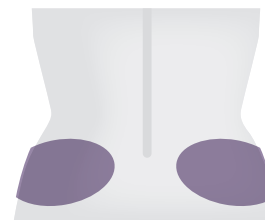
# A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS



BEFORE

8 WEEKS AFTER SESSION

Photos courtesy of Dr. Leyda E. Bowes



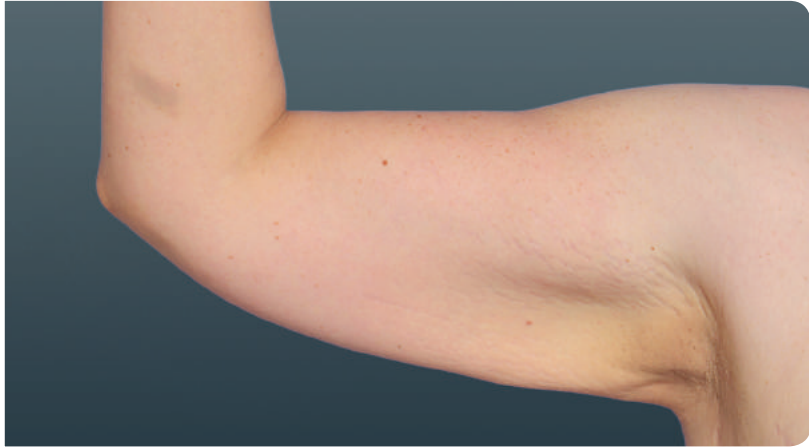
Placements shown are approximate.

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# A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS



BEFORE



20 WEEKS AFTER SESSION

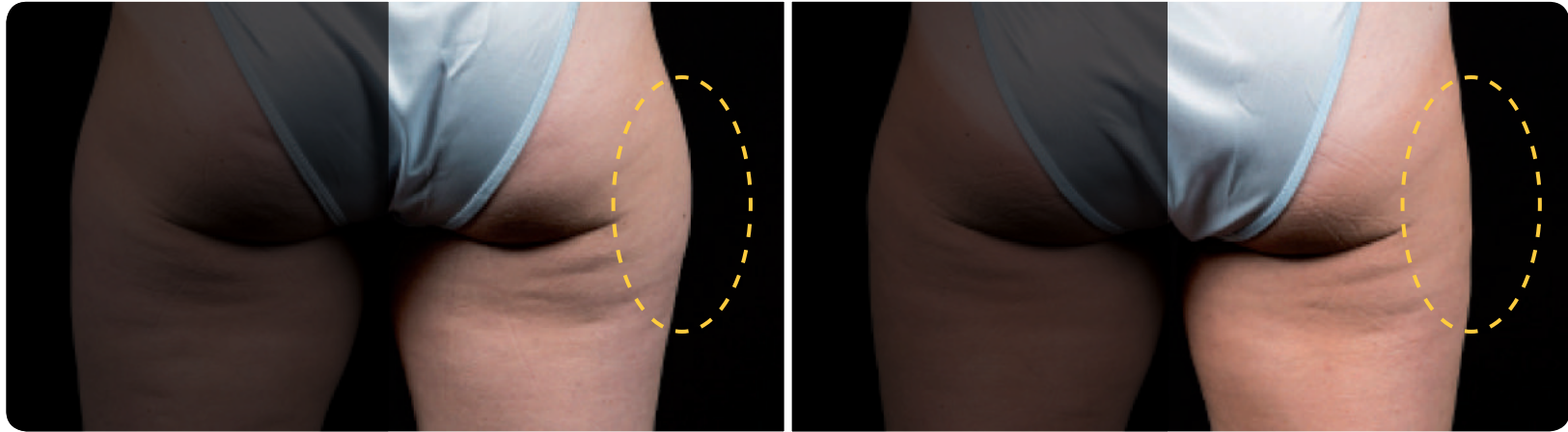
Photos courtesy of Dr. Mark Magnusson



Placements shown are approximate.

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# A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS



BEFORE

16 WEEKS AFTER SESSION

(Single side treatment)

Photos courtesy of Dr. Eric Bachelor



Placements shown are approximate.

# A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS



BEFORE

5 WEEKS AFTER SESSION

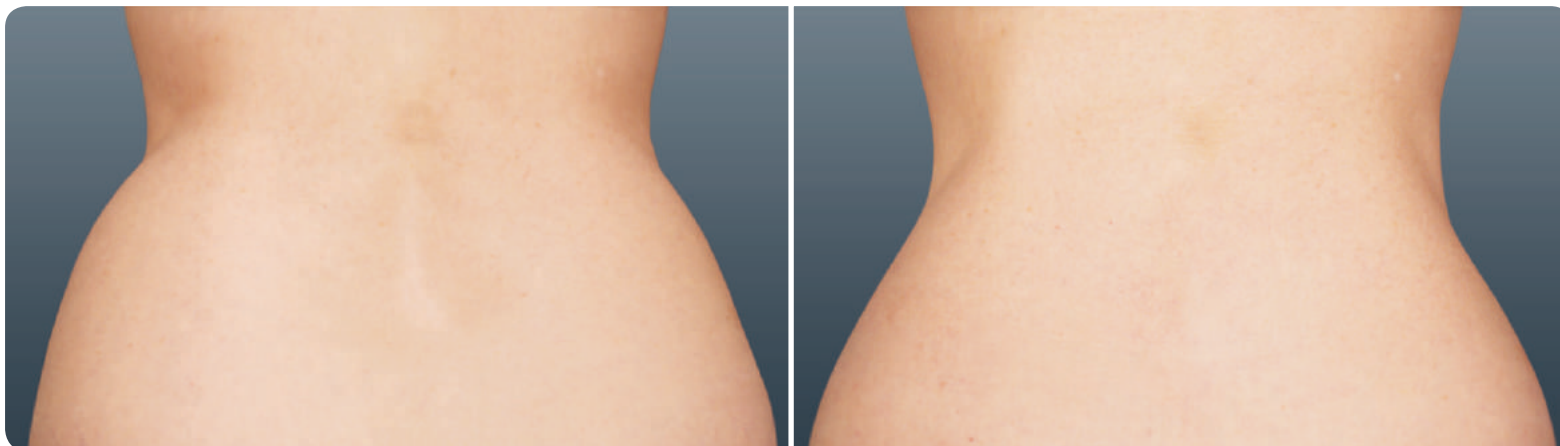
Photos courtesy of Dr. Tracy Mountford



Placements shown are approximate.

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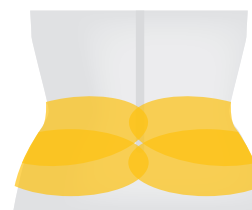
# A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS



BEFORE

10 WEEKS AFTER SESSION

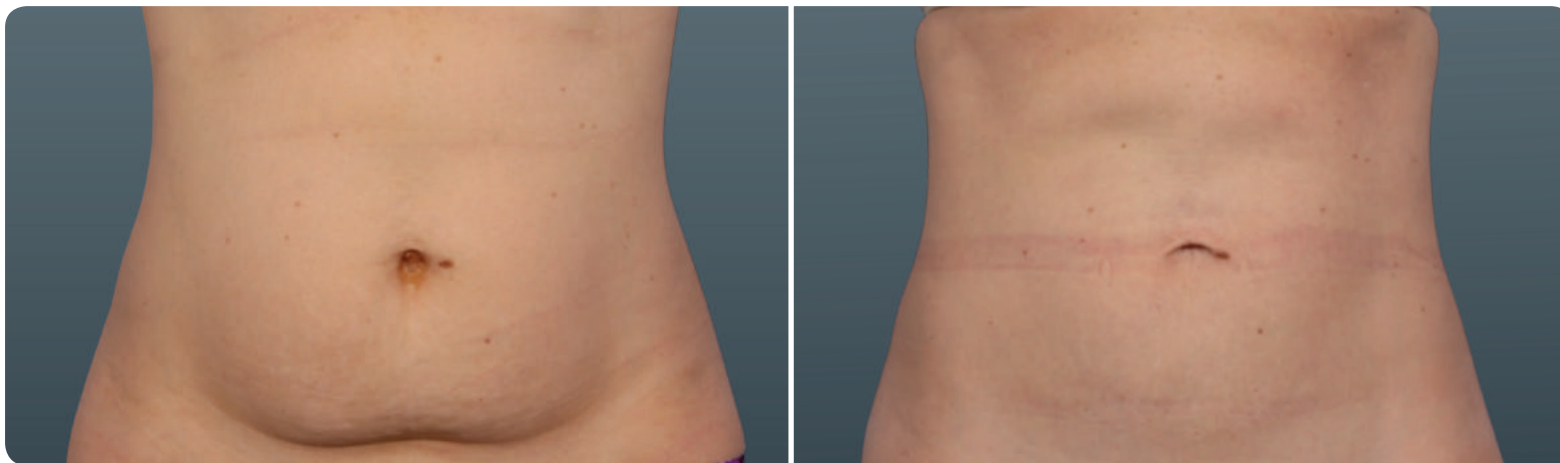
Photos courtesy of Dr. Suzanne Bruce



Placements shown are approximate.

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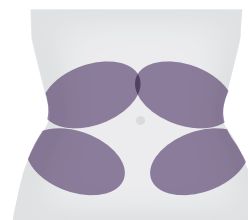
# A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS



BEFORE

16 WEEKS AFTER SECOND SESSION

Photos courtesy of Dr. Grant Stevens



Placements shown are approximate.

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# A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

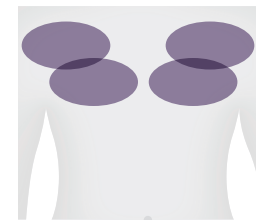


BEFORE



9 WEEKS AFTER SESSION

Photos courtesy of Dr. Farid Kazem



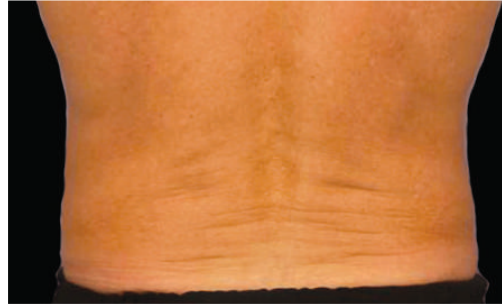
Placements shown are approximate.

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# THE RESULTS ARE LONG LASTING.



BEFORE

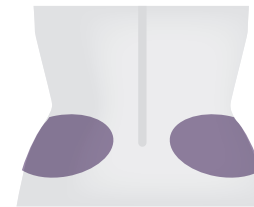
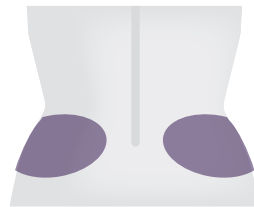


1 YEAR AFTER FIRST SESSION



1 YEAR AFTER SECOND SESSION

Photos courtesy of Dr. Grant Stevens



Placements shown are approximate.



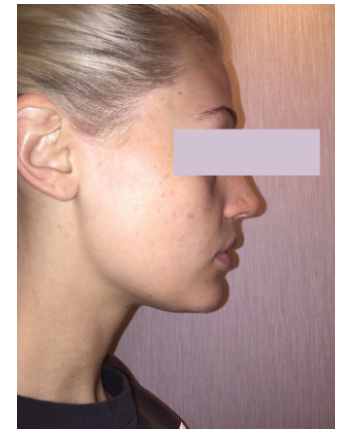
# GOODBYE **DOUBLE CHIN**

with CoolMini™



- ✓ Results in just 1 or 2 visits
- ✓ noninvasive technique
- ✓ Little to no downtime

Love what you see with noninvasive CoolSculpting®? The #1 nonsurgical fat-reduction treatment can now eliminate unwanted fat under the chin and contour the neck.



before

after

# A GLOBAL SENSATION IN THE PRESS



Check out more press coverage at [CoolSculpting.co.uk/in-the-news](http://CoolSculpting.co.uk/in-the-news)

In the Media

# IMPORTANT SAFETY INFORMATION

**The CoolSculpting® procedure is not for you if you have the following:**

- » Cryoglobulinemia
- » Paroxysmal cold hemoglobinuria
- » Pregnancy or lactation

**Use caution before performing localized cooling under the following conditions, the effects of which have not been studied:**

- » Known sensitivity to cold such as cold urticaria or Raynaud's disease
- » Impaired peripheral circulation in the area to be treated
- » Neuropathic disorders such as post-herpetic neuralgia or diabetic neuropathy
- » Impaired skin sensation
- » Open or infected wounds
- » Bleeding disorders or concomitant use of blood thinners
- » Recent surgery or scar tissue in the area to be treated
- » Hernia in or adjacent to the treatment site
- » Skin conditions such as eczema, dermatitis, or rashes in the area to be treated
- » The effect of performing treatments directly over active implanted devices, such as pacemakers and defibrillators, is not known

# COMMON AND RARE SIDE EFFECTS

The following effects can occur in the treatment area during and after a treatment. These effects are temporary and generally resolve within days or weeks.

## During a treatment:

- » Sensations of pulling, tugging, and mild pinching.
- » Intense cold, tingling, stinging, aching, cramping.  
These sensations subside as the area becomes numb.

## Immediately after a treatment:

- » Redness and firmness.
- » Transient blanching and/or mild bruising around the edges of the treatment area.
- » Tingling and stinging.

## One to two weeks after a treatment:

- » Redness, bruising, and swelling.
- » Tenderness, cramping, and aching.
- » Itching, skin sensitivity, tingling, and numbness.
- » Numbness can persist up to several weeks after a treatment.

## Rare side effects:

- » Paradoxical hyperplasia: Visibly enlarged tissue volume within the treatment area, which may develop two to five months after treatment. Surgical intervention may be required.
  - » Late-onset pain with a typical onset several days after a treatment and resolution within several weeks.
  - » Freeze burn: First and second degree freeze burn may occur during treatment. It typically resolves without sequelae with proper care.
  - » Vasovagal symptoms: Dizziness, lightheadedness, nausea, flushing, sweating, or fainting during or immediately after the treatment.
  - » Subcutaneous induration: Generalized hardness and/or discrete nodules within the treatment area, which may develop after the treatment and may present with pain and/or discomfort.
  - » Hyperpigmentation: Hyperpigmentation may occur after treatment. Typically, it resolves spontaneously.
  - » Hernia: Treatment may cause new hernia formation or exacerbate pre-existing hernia, which may require surgical repair.
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