

# CoolSculpting Marketing Services

## KP Aesthetics Co-Op Q3 + Q4 2022

### Total Marketing Expenses

(07/01/2022 - 12/31/2022)

**Total Google Ads: \$15,318.64**  
**Total Marketing Service Fees: \$18,200.00**  
**Total CoolSculpting Marketing Cost: \$33,518.64**

Google Ads | Chris Zelig > KP Aesthetics 149-784-9225 | All campaigns

Search Reports Tools and settings Refresh Help Notifications 259-215-0574 Chris Zelig christopherzelig@gmail.com

Overview Campaigns Recommendations Insights Campaigns Campaigns Auction insights Ad groups Ad assets Landing pages Keywords Audiences Settings Change history Show less Dynamic ad targets Locations Ad schedule Devices Advanced bid adj. Get the Google Ads mobile app

Campaigns Custom Jul 1 - Dec 27, 2022 Show last 30 days

Campaign status: All Campaign name contains cool X Add filter

Campaign	Budget	Bid strategy type	Status	Clicks	CTR	Cost
search   coolsculpting	\$85.23/day	Maximize conversions	All ads limited by policy	1,755	5.90%	\$15,318.64
search   beta   coolsculpting   exp reach	\$39.66/day	Maximize conversions	Paused All ads limited by policy	0	-	\$0.00
<b>Total: Filtered campaigns</b>				<b>1,755</b>	<b>5.90%</b>	<b>\$15,318.64</b>
<b>Total: Account</b>	<b>\$121.36/day</b>			<b>3,086</b>	<b>5.91%</b>	<b>\$21,702.06</b>

Reporting is not real-time. Time zone for all dates and times: (GMT-06:00) Central Time. Learn more  
 Some inventory may be provided through third party intermediaries. You'll see Media Rating Council (MRC) accreditation noted in the column header's hover text for accredited metrics.  
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Google Ads | Chris Zelig > KP Aesthetics 149-784-9225 | search | coolsculpting

Search Reports Tools and settings Refresh Help Notifications 259-215-0574 Chris Zelig christopherzelig@gmail.com

Overview Enabled Status: All ads limited by policy Type: Search Budget: \$85.23/day Optimization score: 100% More details

Ads Custom Jul 1 - Dec 27, 2022 Show last 30 days

Ad status: All Add filter

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current workspace					
(Keyword: KP Aesthetics)   CoolSculpting in (LOCATION/City)   Freeze Away Body Fat +12 more kpaesthetics.com/coolsculpting/newtown_square CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Expert, Safe Fat Loss With Quick... View assets details	0. coolsculpting - general	Eligible (Limited) Policy (Restricted medical content +1 more)	391	8.73%	\$5,068.96
KP Aesthetics   Fat Reduction   Newtown Square   Non-Surgical Fat Reduction +11 more kpaesthetics.com/coolsculpting/newtown_square Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. Best Prices. FDA-Cleared. Clinically... View assets details	3. lipo	Eligible (Limited) Policy (Restricted medical content +1 more)	662	6.91%	\$4,879.90
KP Aesthetics   Fat Reduction   Newtown Square   Non-Surgical Fat Reduction +11 more kpaesthetics.com/coolsculpting/newtown_square Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. Best Prices. FDA-Cleared. Clinically... View assets details	x. Expanded Reach Test	Eligible (Limited) Policy (Restricted medical content +1 more)	458	3.77%	\$3,359.25
(Keyword: KP Aesthetics)   CoolSculpting in (LOCATION/City)   Freeze Away Body Fat +12 more kpaesthetics.com/coolsculpting/newtown_square CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Expert, Safe Fat Loss With Quick... View assets details	1. coolsculpting - price	Eligible (Limited) Policy (Restricted medical content +1 more)	100	14.37%	\$880.96
CoolSculpting® Newtown Square   Freeze Away Body Fat   Our Biggest Discount Ever kpaesthetics.com/coolsculpting/newtown_square Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great. Don't Miss Our Biggest Promo Yet. Book a Free Consultation and Lock In Your Discount Today	0. coolsculpting - general	Removed Policy (Restricted medical content +1 more)	41	7.04%	\$345.27
CoolSculpting® Newtown Square   Freeze Away Body Fat   Our Biggest Discount Ever kpaesthetics.com/coolsculpting/newtown_square Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Newtown Square, PA. How Much Does CoolSculpting Cost? Less Than You Might Think. Book A Free Consultation Now	0. coolsculpting - general	Removed Policy (Restricted medical content +1 more)	21	9.09%	\$185.21

Google Ads | Chris Zelig > KP Aesthetics 149-784-9225 | search | coolsculpting

Search Reports Tools and settings Refresh Help Notifications 259-215-0574 Chris Zelig christopherzelig@gmail.com

Overview Enabled Status: All ads limited by policy Type: Search Budget: \$85.23/day Optimization score: 100% More details

Ads Custom Jul 1 - Dec 27, 2022 Show last 30 days

Ad status: All Add filter

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current workspace					
CoolSculpting® Newtown Square   Freeze Away Body Fat   Our Biggest Discount Ever kpaesthetics.com/coolsculpting/newtown_square Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great. Don't Miss Our Biggest Promo Yet. Book a Free Consultation and Lock In Your Discount Today	1. coolsculpting - price	Removed	14	8.48%	\$130.37
CoolSculpting® Fat Reduction   Freeze Away Body Fat   Offering 50% Off 8+ Treatments kpaesthetics.com/coolsculpting/newtown_square Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great. Don't Miss Our Biggest Promo Yet. Book a Free Consultation and Lock In Your Discount Today	0. coolsculpting - general	Removed Policy (Restricted medical content +1 more)	16	15.09%	\$125.54
Fat Reduction   Newtown Square   Freeze Away Body Fat   Get Rid of Unwanted Fat kpaesthetics.com/coolsculpting/newtown_square Best Prices. FDA-Cleared. Clinically Proven Fat Removal. No Surgery. Minimal Downtime. Our Biggest CoolSculpting Discount Ever. Up to 50% Off of CoolSculpting® on 8+ Treatments.	x. Expanded Reach Test	Removed Policy (Restricted medical content +1 more)	21	2.30%	\$118.60
[Dynamically generated headline] [Dynamically generated display URL] Best Prices. FDA-Cleared. Clinically Proven Fat Removal. No Surgery. Minimal Downtime. Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	x. dynamic	Eligible (Limited) Policy (Restricted medical content +1 more)	11	4.55%	\$98.14
KP Aesthetics   CoolSculpting in (LOCATION/City)   Freeze Away Body Fat +12 more kpaesthetics.com/coolsculpting/newtown_square CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More. Expert, Safe Fat Loss With Quick... View assets details	x. non-service medspa	Eligible (Limited) Policy (Restricted drug terms +1 more)	7	4.93%	\$53.06
(Keyword: KP Aesthetics)   CoolSculpting® Elite   Fat Reduction Treatment +9 more kpaesthetics.com/coolsculpting/elite Leading CoolSculpting® Elite Provider in Newtown Square, PA. Schedule a Free Consultation. CoolSculpting® Elite Treats Fat in ... View assets details	2. coolsculpting elite	Eligible (Limited) Policy (Restricted medical content +1 more)	3	25.00%	\$23.29
[Dynamically generated headline] [Dynamically generated display URL] Best CoolSculpting Deal. Freeze Fat. Top Provider in Newtown Square, PA. Free Consult. Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	x. dynamic	Eligible (Limited) Policy (Restricted medical content +1 more)	3	12.50%	\$18.08

Google Ads | Chris Zelig > KP Aesthetics 149-784-9225 | search | coolsculpting

Search Reports Tools and settings Refresh Help Notifications 259-215-0574 Chris Zelig christopherzelig@gmail.com

Overview Enabled Status: All ads limited by policy Type: Search Budget: \$85.23/day Optimization score: 100% More details

Ads Custom Jul 1 - Dec 27, 2022 Show last 30 days

Ad status: All Add filter

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current workspace					
Fat Reduction   Newtown Square   Freeze Away Body Fat   Get Rid of Unwanted Fat kpaesthetics.com/coolsculpting/newtown_square CoolSculpting® Reduces Fat. No Surgery & Minimal Downtime. Learn More About Freezing Fat. Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great.	3. lipo	Removed	2	1.02%	\$10.77
Best CoolSculpting Deal Ever   Freeze Away Body Fat   Offering 50% Off 8+ Treatments kpaesthetics.com/coolsculpting/newtown_square Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Newtown Square, PA. How Much Does CoolSculpting Cost? Less Than You Might Think. Book A Free Consultation Now	1. coolsculpting - price	Removed	1	8.33%	\$9.92
Non-Surgical Fat Reduction   Freezing Fat Really Works   Get Rid of Unwanted Fat kpaesthetics.com/coolsculpting/newtown_square CoolSculpting® Reduces Fat. No Surgery & Minimal Downtime. Learn More About Freezing Fat. Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great.	x. Expanded Reach Test	Removed Policy (Restricted medical content +1 more)	2	2.67%	\$5.69
KP Aesthetics   Freeze Away Body Fat   Get Rid of Unwanted Fat kpaesthetics.com/coolsculpting/newtown_square CoolSculpting® Reduces Fat. No Surgery & Minimal Downtime. Learn More About Freezing Fat. Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great.	x. Expanded Reach Test	Removed Policy (Restricted medical content +1 more)	1	4.55%	\$4.72
Fat Reduction   Newtown Square   Eliminate Fat & Feel Great   Offering 50% Off 8+ Treatments kpaesthetics.com/coolsculpting/newtown_square CoolSculpting® Reduces Fat. No Surgery & Minimal Downtime. Learn More About Freezing Fat. Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great.	3. lipo	Removed	1	3.85%	\$0.91
#1 Cool Sculpting Deal 25% off   25% Off Cool Sculpting in PA   CoolSculpting Newtown Square +3 more kpaesthetics.com/coolsculpting/newtown_square #1 CoolSculpting Deal. 25% off. Freeze Fat. Top provider in Newtown Square, PA. #1 FDA-Cleared, non-surgical fat reduction... View assets details	2. body sculpting	Removed Policy (Restricted medical content +1 more), Ad group paused	0	-	\$0.00
What is Cool Sculpting?   Safe & Effective Fat Reduction   Freeze Away Stubborn Fat www.kpaesthetics.com/coolsculpting 25% off CoolSculpting. #1 FDA-Cleared, non-surgical fat reduction treatment. #1 CoolSculpting Deal. 25% off. Freeze Fat. Top	2. body sculpting	Removed Policy (Restricted medical content +1 more), Ad group paused	0	-	\$0.00

Google Ads | KP Aesthetics | search | coolsculpting | Budget: \$85.23/day | Optimization score: 100%

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current workspace					
in Newtown Square, PA. How Much Does CoolSculpting Cost? Less Than You Might Think. Book A Free Consultation Now					
Removed	1. coolsculpting - price	Policy (Restricted medical content +1 more)	0	-	\$0.00
Removed	1. coolsculpting - price	Policy (Restricted medical content +1 more)	0	-	\$0.00
Removed	1. coolsculpting - price	Policy (Restricted medical content +1 more)	0	-	\$0.00
Removed	1. coolsculpting - price	Policy (Restricted medical content +1 more)	0	-	\$0.00
Total: Ads in your current workspace					
Total: Campaign					

Reporting is not real-time. Time zone for all dates and times: (GMT-06:00) Central Time. [Learn more](#)

Google Ads | KP Aesthetics | search | coolsculpting | Budget: \$85.23/day | Optimization score: 100%

### Responsive search ad

Ad strength: Excellent

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 medical content](#), [Restricted drug terms](#)

Asset	Status	Asset type	Position pinning	Impr.	Asset source
Schedule a Free Consultation	Approved (limited)	Headline	None	36	Advertiser
Affordable & Quick Treatments	Approved (limited)	Headline	None	94	Advertiser
(Keyword) KP Aesthetics	Approved (limited)	Headline	None	1,648	Advertiser
Fat Reduction Treatment	Approved (limited)	Headline	None	35	Advertiser
Freeze Your Fat Away Today	Approved (limited)	Headline	None	30	Advertiser
Top Provider in Newtown Square	Approved (limited)	Headline	None	290	Advertiser
CoolSculpting Near Me	Approved (limited)	Headline	None	32	Advertiser
Non-Surgical Fat Reduction	Approved (limited)	Headline	None	399	Advertiser
Huge CoolSculpting Promotion	Approved (limited)	Headline	None	761	Advertiser

Google Ads | KP Aesthetics | search | coolsculpting | Budget: \$85.23/day | Optimization score: 100%

### Responsive search ad

Ad strength: Excellent

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

Asset	Status	Asset type	Position pinning	Impr.	Asset source
CoolSculpting® Elite	Approved (limited)	Headline	None	203	Advertiser
Next-Generation Fat Reduction	Approved (limited)	Headline	None	17	Advertiser
Freeze Stubborn Fat 2x Faster	Approved (limited)	Headline	None	51	Advertiser
Safe + Effective Fat Reduction	-	Headline	None	0	Advertiser
Freeze Away Body Fat	Approved (limited)	Headline	None	967	Advertiser
CoolSculpting in (LOCATION)(City)	Approved (limited)	Headline	None	3,641	Advertiser
Book Now for Up to 50% Off	-	Headline	None	0	Advertiser
Save 50% On 8+ Treatments	-	Headline	None	47	Advertiser
50% Off 8+ Treatments	Approved (limited)	Headline	None	709	Advertiser
50% off 8+ treatments	-	Headline	None	0	Advertiser
Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great.	Approved (limited)	Description	None	73	Advertiser

Google Ads | KP Aesthetics | search | coolsculpting | Budget: \$85.23/day | Optimization score: 100%

### Responsive search ad

Ad strength: Excellent

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

Asset	Status	Asset type	Position pinning	Impr.	Asset source
How Much Does CoolSculpting Cost? Less Than You Might Think. Book A Free Consultation Now	-	Description	None	0	Advertiser
Target, Freeze, & Eliminate Fat in Half the Time. Improved Comfort. Larger Cooling Area.	-	Description	None	12	Advertiser
CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Butt & More	-	Description	None	0	Advertiser
Don't Miss Our Biggest Promo Yet. Book a Free Consultation and Lock In Your Discount Today	Approved (limited)	Description	None	4,335	Advertiser
Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Newtown Square, PA	-	Description	None	0	Advertiser
CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More	Approved (limited)	Description	None	374	Advertiser
Our Biggest CoolSculpting Discount Ever. Save 50% Off 8+ Treatments of CoolSculpting.	-	Description	2nd position	224	Advertiser
Our Biggest CoolSculpting Discount Ever. Save Up to 50% Off 8+ CoolSculpting Treatments	-	Description	2nd position	256	Advertiser
Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	Approved (limited)	Description	2nd position	3,146	Advertiser

Google Ads | KP Aesthetics | search | coolsculpting | Budget: \$85.23/day | Optimization score: 100%

### Assets

Table view: Associations

Asset status: All | Asset type: All

Asset	Asset type	Level	Status	Source	Clicks	Impr.	CTR	Avg. CPC	Cost
5 Star Reviews See Why KP Aesthetics is #1 Read Real Client Reviews	Sitelink	Account	Eligible (Limited) Policy (Restricted medical content)	Advertiser	790	12,717	6.21%	\$9.83	\$7,765.95
Why Choose KP Aesthetics? Read About What Sets Us Apart from Other Medspas in Newtown Square	Sitelink	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	645	11,579	5.57%	\$9.66	\$6,228.24
About Us Learn More About Our Team, Location and Available Beauty Treatments	Sitelink	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	619	11,276	5.49%	\$9.00	\$5,572.91
Book a Free Consultation Book a Consultation With #1 Provider in Newtown Square.	Sitelink	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	541	9,607	5.63%	\$10.24	\$5,540.00
(484) 246-7165	Call	Account	Eligible	Advertiser	72	1,891	3.81%	\$11.90	\$856.48
5-Star Rated Medspa	Callout	Account	Eligible	Advertiser	1	26	3.85%	\$6.74	\$6.74
Book An Appointment	Callout	Account	Eligible	Advertiser	1	23	4.35%	\$6.74	\$6.74
(484) 246-7165	Call	Account	Removed	Advertiser	0	0	-	-	\$0.00

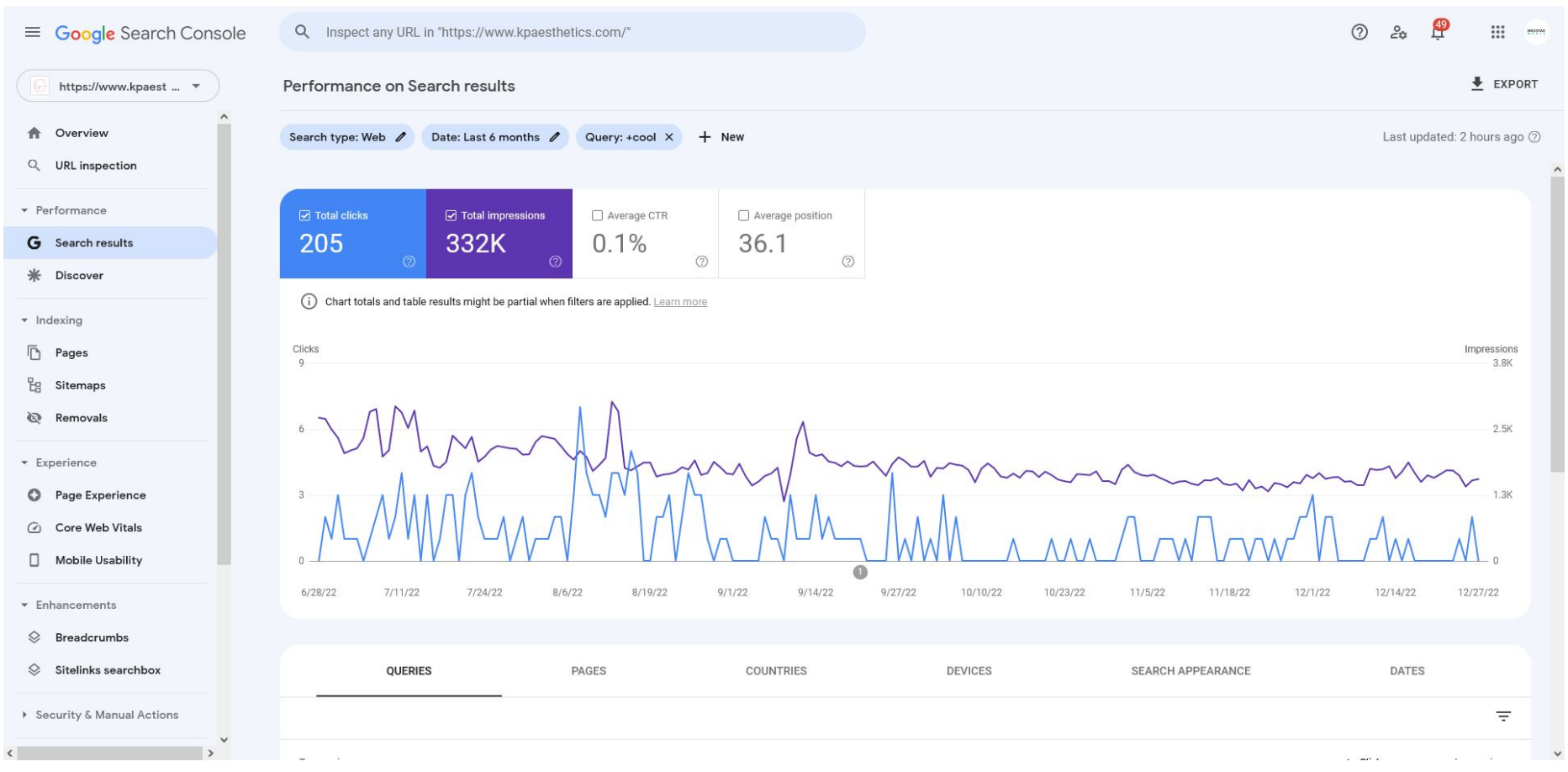
Google Ads | KP Aesthetics | search | coolsculpting | Budget: \$85.23/day | Optimization score: 100%

Asset	Asset type	Level	Status	Source	Clicks	Impr.	CTR	Avg. CPC	Cost
CoolSculpting CoolSculpting: The Top Non-Surgical Fat Reduction Treatment. Learn More	Sitelink	Campaign	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	891	14,022	6.35%	\$9.99	\$8,901.30
Fall Sale - Up to 50% off 8+ Treatments	Promotion	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	546	8,124	6.72%	\$10.60	\$5,790.14
Summer Sale - Up to 50% off 8+ Treatments	Promotion	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	468	6,764	6.92%	\$7.21	\$3,372.57
FDA Cleared	Callout	Campaign	Eligible	Advertiser	188	2,653	7.09%	\$10.17	\$1,912.17
Freeze Your Fat	Callout	Campaign	Eligible	Advertiser	169	2,533	6.67%	\$9.97	\$1,684.92
Highlights: No Surgery	Callout	Campaign	Eligible	Advertiser	148	2,234	6.62%	\$10.66	\$1,577.43
Liposuction Alternative	Callout	Campaign	Eligible	Advertiser	155	2,200	7.05%	\$9.97	\$1,545.28
Nonsurgical Fat Reduction	Callout	Campaign	Eligible	Advertiser	148	2,136	6.93%	\$10.34	\$1,530.49
Winter Sale - Up to 50% off 8+ Treatments	Promotion	Campaign	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	138	1,937	7.12%	\$11.44	\$1,579.15
Up to 50% Off	Callout	Campaign	Removed	Advertiser	30	400	7.50%	\$6.30	\$188.95
Service catalog: CoolSculpting, Non-Surgical Liposuction, Cellulite...	Structured snippet	Campaign	Eligible	Advertiser	19	209	9.09%	\$9.35	\$177.58
Winter Sale - 50% off 8+ Treatments	Promotion	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00

Google Ads | KP Aesthetics | search | coolsculpting | Budget: \$85.23/day | Optimization score: 100%

Asset	Asset type	Level	Status	Source	Clicks	Impr.	CTR	Avg. CPC	Cost
Nonsurgical Fat Reduction	Callout	Campaign	Eligible	Advertiser	148	2,136	6.93%	\$10.34	\$1,530.49
Winter Sale - Up to 50% off 8+ Treatments	Promotion	Campaign	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	138	1,937	7.12%	\$11.44	\$1,579.15
Up to 50% Off	Callout	Campaign	Removed	Advertiser	30	400	7.50%	\$6.30	\$188.95
Service catalog: CoolSculpting, Non-Surgical Liposuction, Cellulite...	Structured snippet	Campaign	Eligible	Advertiser	19	209	9.09%	\$9.35	\$177.58
Winter Sale - 50% off 8+ Treatments	Promotion	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00
Spring Sale - 50% off 8+ Treatments	Promotion	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00
Total: Sitelinks					896	14,135	6.34%	\$9.97	\$8,932.26
Total: Callouts					378	5,706	6.62%	\$9.75	\$3,685.07
Total: Structured snippets					19	209	9.09%	\$9.35	\$177.58
Total: Calls					72	1,891	3.81%	\$11.90	\$856.48
Total: Promotions					1,152	16,825	6.85%	\$9.32	\$10,741.86

Showing 1 - 21 of 21 rows



Google Search Console | Performance on Search results | Query: +cool

Search type: Web | Date: Last 6 months | Query: +cool

Top queries	Clicks	Impressions
coolsculpting for men	29	4,999
coolsculpting near me	23	27,171
best coolsculpting near me	14	5,302
cool sculpting for men	11	457
does coolsculpting work	10	19,024
coolsculpting for men's belly fat	10	176
coolsculpting reviews	5	9,984
coolsculpting men	5	2,689
coolsculpting mens stomach	4	267
cooltone near me	3	3,741

Rows per page: 10 | 1-10 of 1000



### Schedule a Free Consultation

name

email

phone

**SUBMIT**

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

## How to Get Rid of Belly Fat in Newtown Square

Nearly every person in the world struggles with resistant belly fat or excess fat in the stomach that will not go away. Unfortunately, "spot reducing" fat is a myth. No specific exercise or diet can target fat cells in the belly specifically. Instead, there are different things you can do to get rid of belly fat and enjoy a lean midsection. Read on to learn more.

[What is CoolSculpting? Learn more>>](#)

## What Causes Belly Fat?

Before we get into the methods that help reduce fat in the belly, it helps to understand what causes belly fat. First, the fat that gathers in the lower abdomen is challenging to reduce manually. This is because fat here is directly influenced by factors like hormones, gender, and age. In addition, due to the biology of the stomach fat cells, they can be tough to lose, but thankfully there are steps you can take to start you on the right path to a trimmer and leaner waistline.

## How to Get Rid of Belly Fat with Dieting

As previously mentioned, there is no exact diet that explicitly eliminates fat in the stomach. However, you can adopt plenty of healthy habits that help reduce fat in this region. These include:

- Increasing water consumption
- Eating more leafy greens
- Avoiding processed foods and refined sugars
- Focusing on eating whole foods
- Incorporate more plant-based products and vegetables

## How to Get Rid of Belly Fat with Exercise

The same is true for exercise; no exercise reduces the fat cells in the belly. However, you can do different physical activities that will help make shedding fat on the body easier, thus helping lose some belly fat along the way. These exercises include:

- Jogging or walking
- Yoga
- Strength training circuits
- Core focused HITT routines

## How to Get Rid of Belly Fat with CoolSculpting

If you improve your eating and increase your physical activity but still struggle with belly fat, a non-invasive body contouring solution may help! CoolSculpting stomach treatments target belly fat, inducing lipolysis or fat cell death.

[Learn about CoolSculpting technology>>](#)

Treatments use a cooling technology that penetrate the skin, specifically targeting subcutaneous fat cells in the stomach. This cold temperature causes the fat cell's membrane to crystallize and rupture, inducing cell death. Weeks after treatment, the body naturally gathers and removes the dead cells as a form of waste. Once those fat cells leave the body, they never return or grow back. CoolSculpting stomach treatments provide sustainable, long-term fat reduction.

Best of all, treatments are convenient, virtually painless, non-surgical, and require minimal downtime.

## CoolSculpting Near Me

If you are constantly struggling with stomach fat that just will not go away no matter how much you diet or exercise, CoolSculpting may help. Call KP Aesthetics to learn more about the revolutionary fat-freezing treatment that reduces fat cells in the belly. Call us at [484-420-4094](tel:484-420-4094) or reach out to us online to learn more.

### Schedule a Free Consultation

name

email

phone

**SUBMIT**

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

#### Sources

[Cryolipolysis for Noninvasive Body Contouring: Clinical Efficiency and Patient Satisfaction](#). Clinical, Cosmetic and Investigational Dermatology.  
[Safety, tolerance, and patient satisfaction with noninvasive cryolipolysis](#). Dermatological Surgery.



### Kimberly Costalas, RN

Nurse Injector for Cosmetic Medicine and Certified CoolSculpting Specialist

Kim has over 10 years of patient care experience and has been performing aesthetic services since 2011. She trained with the American Academy of Facial Esthetics and has had many private, one-on-one sessions and instruction from Merz Pharmaceutical. She has had extensive, individual training by Zeltiq (the maker of CoolSculpting) representatives and attended CoolSculpting University for further instruction.

#### CONTACT INFORMATION

4521 West Chester Pike Newtown Square, PA 19073  
 484-420-4094  
[info@kpaesthetics.com](mailto:info@kpaesthetics.com)



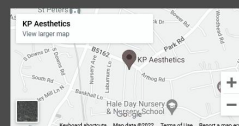
#### HOURS OF OPERATION

Monday, Tuesday, Thursday: 9am – 8pm  
 Wednesday: 9am – 8pm  
 Friday, Saturday: 9am – 3pm  
 Sunday: Closed

#### QUICK LINKS

- Sitemap
- Terms of Use
- HIPAA Privacy Policy
- Privacy Policy
- Cherry Financing

#### OUR LOCATION





### Schedule a Free Consultation

name

email

phone

**SUBMIT**

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

## Cold Sculpting | CoolSculpting in Newtown Square

Cold Sculpting is a revolutionary way to reduce stubborn fat in problem zones using CoolSculpting. Thanks to Cryolipolysis, an advanced cooling technology, CoolSculpting makes it easy and simple to cold sculpt fat from areas like the belly, thighs, back, and more. Read on to learn more about Cold Sculpting and how it can drastically alter your physique without surgery or recovery.

### Why Millions of People Cold Sculpt with CoolSculpting

- A non-surgical alternative to liposuction
- Scientifically proven as safe and effective
- Long-lasting results
- Sculpts attractive contours
- Minimal downtime
- Convenient 35-minute treatments
- #1 non-invasive fat reduction option

### Cold Sculpting Before and After\*

Cold Sculpting before and after pictures show the results possible with CoolSculpting. As with any non-invasive body contouring treatment, results will vary per person.\* However, each patient receives typical CoolSculpting results like a noticeable fat reduction, a lean physique, and more attractive body curves.

It is important to note that cold sculpting is technique dependent. Therefore, to receive safe and efficient results, you must select a professional provider in your area.



[Learn more about CoolSculpting before and after results >](#)

### The Science of Cold Sculpting

Cold Sculpting refers to the CoolSculpting treatment. The popular fat freezing procedure reduces fat via Cryolipolysis. Broken down, "cryo" + "lipo" translates to cold-induced fat cell death and removal. Cold Sculpt is possible because fat cells cannot tolerate cold temperatures, unlike skin cells.

### How Does Cold Sculpt Work?

When you cold sculpt, an isolated fat deposit is exposed to a calibrated cooling using an applicator. This applicator suction itself over an area of unwanted fat. For freezing the fat, the CoolSculpting machine uses the science of Cryolipolysis. In just 35-minutes, the underlying fat cells freeze, while surrounding skin cells are unaffected. In contrast, the frozen cells rupture, disabling them from storing fat.

After this occurs, the cell is useless and naturally processes out of the body over a period of time after your cooling cycles. CoolSculpting leads to reliable, long-lasting fat reduction because once those fat cells leave the body, they never regrow.

[Learn about CoolSculpting applicators >](#)

### Cold Sculpt Treatment Areas

Cold Sculpting works on nearly any area of the body. The most popular locations include belly fat, love handles and hips, back fat, arm pit fat, upper arm fat, thigh fat, neck and chin fat, and more. The Cold Sculpting procedure is a fat reduction treatment, not a weight loss solution. It should never be used to treat obesity. Rather, the treatment is for healthy adults struggling with resistant fat.

### Cold Sculpting Near Me

The Surface CoolSculpting Elite Applicator, or S 150, is best for coAre you ready to cold sculpt your body? Learn more about CoolSculpting and its innovative cooling technology by scheduling a consultation today with KP Aesthetics. We are the leading provider of CoolSculpting in area. Call us at [484-420-4094](tel:484-420-4094) to schedule your appointment now or reach out to us online.

### Schedule a Free Consultation

name

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phone

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#### Sources

- <sup>1</sup> [Cryolipolysis For Noninvasive Body Contouring](#). Clinical, Cosmetic, and Investigational Dermatology. 2014.
- <sup>2</sup> [Safety, Tolerance, And Patient Satisfaction With Noninvasive Cryolipolysis](#). Dermatologic Surgery. 2013.



#### Kimberly Costalas, RN

Nurse Injector for Cosmetic Medicine and Certified CoolSculpting Specialist  
Kim has over 10 years of patient care experience and has been performing aesthetic services since 2011. She trained with the American Academy of Facial Esthetics and has had many private, one-on-one sessions and instruction from Merz Pharmaceutical. She has had extensive, individual training by Zeltiq (the maker of CoolSculpting) representatives and attended CoolSculpting University for further instruction.

#### CONTACT INFORMATION

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484-420-4094  
[info@kp-aesthetics.com](mailto:info@kp-aesthetics.com)



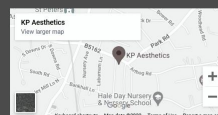
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## Does CoolSculpting Elite Tighten Skin?

Does [CoolSculpting Elite](#) tighten skin? This is a common question that providers get from potential clients. People want to know whether this fat-freezing treatment will firm up their skin. It is a concern for many that they may end up with sagging or loose skin after getting CoolSculpting Elite. Invasive surgeries like liposuction are effective at reducing fat but leave patients with unsightly excess skin. The good news is that with CoolSculpting Elite, men and women can enjoy excellent fat reduction results and tightened skin.

CoolSculpting is FDA-cleared to improve the look of the submental region's lax tissue. This means that patients get a solution for both their chin and neck fat. Continue reading to find out how CoolSculpting Elite can tighten the skin.

## What is CoolSculpting Elite?

CoolSculpting Elite is the new and improved version of the original CoolSculpting procedure. Both are effective at freezing fat, but this revolutionary body contouring system is better because it uses two applicators to cover more skin surfaces. This means that patients can treat more fat cells in the same amount of time.

CoolSculpting Elite relies on a calibrated cooling technology to target subcutaneous fat cells under the skin. Exposure to extreme cooling causes the fat cells to rupture and die. Once the fat cells rupture, the body removes them as waste. If you maintain a healthy lifestyle, CoolSculpting results can be long-lasting. In addition to incredible fat reduction outcomes,

CoolSculpting Elite improves skin laxity for a stunning skin tightening effect.

[Related Article: CoolSculpting before and after](#)

## CoolSculpting Elite is FDA-Cleared for Skin Tightening

Recent clinical studies show CoolSculpting is FDA-cleared for tightening skin in the submental area. In addition, the makers of the CoolSculpting machine, Allergan, indicate that this fat-freezing technology is the first non-surgical treatment to get FDA clearance for improving lax tissue in double chins.

Many adults feel self-conscious about sagging skin. This is why they turn to aesthetic treatments like CoolSculpting Elite or liposuction. Skin tightening surgeries like tummy tucks and neck lifts are common after weight loss surgery. But excessive surgeries take a toll on the body, come with more side effects and risks, and involve a lengthy recovery. CoolSculpting Elite changes the game because it is non-invasive but effectively improves the appearance of loose skin.

[CoolSculpting Elite vs CoolSculpting: Learn the Differences>>>](#)

## CoolSculpting Elite in the Submental Region

Every day, men and women struggle with the insecurity that comes with having double chins, turkey necks, and jowls. Before CoolSculpting came about in 2010, people had to undergo liposuction surgery to achieve a sculpted chin and attractive neck. Today, patients can turn to CoolSculpting Elite to improve their look while tightening their skin in the treatment area(s). Gone are the days of going under the knife to look and feel amazing.

## CoolSculpting Elite Near Me in Newtown Square

Are you curious about CoolSculpting Elite and how it can firm up your skin? Contact [KP Aesthetics](#) to learn more. We are the top provider of fat-freezing treatments in Newtown Square, Westchester, and Glen Mills, PA. Call us at [484-420-4094](tel:484-420-4094) to book a free consultation. Reduce fat while tightening your skin for an all-new beautiful you.

### Schedule a Free Consultation

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#### Kimberly Costalas, RN

**Nurse Injector for Cosmetic Medicine and Certified CoolSculpting Specialist**

Kim has over 10 years of patient care experience and has been performing aesthetic services since 2011. She trained with the American Academy of Facial Esthetics and has had many private, one-on-one sessions and instruction from Merz Pharmaceutical. She has had extensive, individual training by Zeltiq (the maker of CoolSculpting) representatives and attended CoolSculpting University for further instruction.

#### CONTACT INFORMATION

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[info@kpaesthetics.com](mailto:info@kpaesthetics.com)



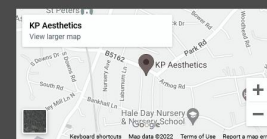
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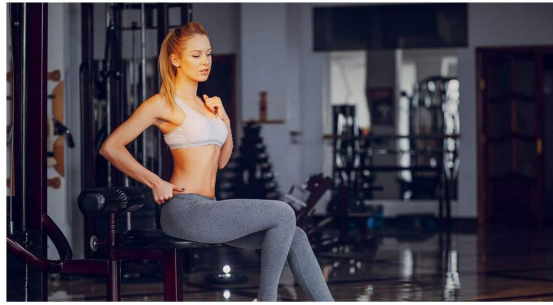
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## How to Get Rid of Side Fat | Tips for Shedding Excess Fat

If you find yourself searching "how to get rid of side fat" on the internet, you are not alone. Banishing stubborn love handles, muffin tops, and saddlebags is no easy feat. But rest assured that it is common among even healthy adults. Different factors like genetics, diet, and hormones can contribute to unwanted side fat. It is natural to feel self-conscious about excess fat in the midsection. Read on to learn more about why stubborn fat exists and how to prevent and reduce it.

### What is Stubborn Fat?

Stubborn fat does not budge even when you eat right and have an active lifestyle. Often, stubborn fat is out of people's control. Why? The distribution of fat cells becomes fixed when individuals reach adulthood. Women typically notice fat accumulating in the hips, thighs, and butt. Men see it on their chest and stomach areas.

[Learn about Non-Invasive Fat Reduction Treatments >>](#)

### Exercises for Targeting Side Fat

"Spot treating" fat is not sustainable in the long run. The best way to reduce side fat is to focus on losing weight all over your body. Not sure where to start? Begin with cardio. Examples of cardio exercises include:

- Biking
- Running
- Brisk walking
- Dancing
- Boxing
- Kickboxing
- Aerobics

Not only will cardio help you shed those extra pounds, but it will help you tone up.

Ready to take your exercise regime a step further? Target the midsection with these exercises:

- Russian twists
- Mountain climbers
- Planks
- Side planks
- Ab scissors
- Woodchoppers

Be sure to practice proper form when doing these. This is imperative for avoiding injury.

### Healthy Eating to Reduce Side Fat

Once you nail down a workout routine that works for you, it is time to make some dietary changes. Regular exercise can only go so far if you are not eating healthy foods. A nutritious diet and consistent exercise increase your chances of reducing side fat and tightening your muscles.

- Eat plant-based (more fruits and vegetables) whenever you can
- Stay away from refined carbohydrates and sugary drinks and food
- Avoid unhealthy fats and processed meals

### Eliminate Side Fat with CoolSculpting

If you still struggle with side fat even after challenging yourself at the gym and eating clean, CoolSculpting may help. It is a revolutionary non-invasive fat reduction treatment that uses controlled cooling to freeze stubborn fat cells. The body naturally expels the dead cells. This means that results can be long-lasting if you maintain a healthy lifestyle.

CoolSculpting is a popular procedure because it is convenient, painless, and delivers stunning results. Long gone are the days people have to go under the knife and endure a rough recovery to look their best.

[Read more about CoolSculpting Side Fat >>](#)

### How to Get Rid of Side Fat Near Me

Say goodbye to side fat with CoolSculpting. KP Aesthetics is the top provider of this fat-freezing treatment for love handles in Newtown Square, PA. We help people in Westchester and the Glen Mills area reduce stubborn fat and get their dream bodies. Schedule a free consultation with us by calling [484-490-4994](tel:484-490-4994).

### Schedule a Free Consultation

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#### Kimberly Costalas, RN

Nurse Injector for Cosmetic Medicine and Certified CoolSculpting Specialist. Kim has over 10 years of patient care experience and has been performing aesthetic services since 2011. She trained with the American Academy of Facial Esthetics and has had many private, one-on-one sessions and instruction from Merz Pharmaceutical. She has had extensive, individual training by Zeltiq (the maker of CoolSculpting) representatives and attended CoolSculpting University for further instruction.



At KP Aesthetics, we're not like other medical spas. We're not only here to improve the way you look—we're here to make sure you leave feeling good about yourself and more confident than ever.

#### CONTACT INFORMATION

4601 West Chester Pike Newtown Square, PA 19073  
484-490-4994  
info@kp-aesthetics.com



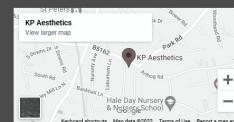
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## How to Get the Best CoolSculpting Stomach Results

CoolSculpting is a great non-surgical solution for people wanting to sculpt their bodies. It targets stubborn fat in places like the stomach and love handles. This fat reduction procedure works by destroying unwanted fat cells via controlled cooling. It should be painless if you select a skilled specialist.

KP Aesthetics is a premier provider of CoolSculpting stomach treatments in Newtown Square, PA. Call 484-420-4094 to book a complimentary consultation. Read on for tips on how to get impressive body contouring results.

### What Are the 3 Tips for Getting Top CoolSculpting Stomach Results?

To get the best outcome from CoolSculpting on the stomach, you must understand what to expect and how to optimize your results. Be clear about your expectations, so your provider can devise an appropriate treatment plan.

In addition to communicating with your doctor, here are three tips for getting optimal CoolSculpting stomach results:

#### 1. Have Realistic Expectations

CoolSculpting is no miracle cure, so having reasonable expectations is key. Contrary to what some might think, it is not a quick fix for excess fat and weight. In fact, it is not a weight loss solution. Therefore, if you have a lot of weight to lose, it's best to focus on bringing the number on the scale down first.

Unlike invasive alternatives like liposuction, CoolSculpting results are not always immediate. Some may see improvement after the first session, but you should not expect drastic results right away. Full results can take up to three months to manifest.

#### 2. Don't See It As a Replacement for a Healthy Lifestyle

This fat-freezing procedure can help you shed fat, but you still need to make changes in your lifestyle. For example, you should:

- Eat plenty of fresh vegetables and fruits
- Get plenty of sleep each night
- Stay hydrated
- Exercise for 30 minutes every day
- Avoid smoking
- Limit alcohol consumption

Treat it as an addition rather than a replacement for your fitness routine. CoolSculpting on your stomach will help you make greater progress with a solid health regimen.

#### 3. Follow Your Doctor's Aftercare Instructions

Fortunately, CoolSculpting does not involve a painful recovery since no incisions or sutures are involved. Patients resume normal daily activities following their sessions. But depending on your unique circumstances, your provider may give specific instructions for you to follow after the procedure. Be sure to follow them and stick to your treatment plan for excellent CoolSculpting stomach results.

### How Many Sessions Do I Need for the Best Outcome?

Everyone needs a different number of CoolSculpting stomach sessions to achieve their desired outcome. It typically ranges from three to six sessions. Some patients may see results quicker if they do not have a lot of body fat. While the number of CoolSculpting sessions varies per person, one thing remains true: the more you get, the better the outcome will be.

Discover the exact number of CoolSculpting sessions you need by booking an initial consultation. A body-shaping professional at KP Aesthetics can evaluate your body and tell you if CoolSculpting is the right solution.

### CoolSculpting Stomach in Newtown Square, PA

KP Aesthetics is a top-rated medical spa specializing in CoolSculpting stomach treatments. Newtown Square, PA, residents trust us with their body sculpting treatments. We use innovative technology to deliver remarkable results, no matter your body type. Call 484-420-4094 to begin your journey to a flat, attractive tummy.

### Schedule a Free Consultation

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**SOURCES:**

[Cryolipolysis for Noninvasive Body Contouring: Clinical Efficiency and Patient Satisfaction](#). Clinical, Cosmetic and Investigational Dermatology.



#### Kimberly Costalas, RN

Nurse Injector for Cosmetic Medicine and Certified CoolSculpting Specialist. Kim has over 10 years of patient care experience and has been performing aesthetic services since 2011. She trained with the American Academy of Facial Esthetics and has had many private, one-on-one sessions and instruction from Merz Pharmaceutical. She has had extensive, individual training by Zeltiq (the maker of CoolSculpting) representatives and attended CoolSculpting University for further instruction.

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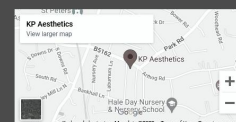
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## CoolSculpting Chin vs. Chin Lipo: The Pros and Cons

Are you looking to get more definition or reduce stubborn fat under your chin? CoolSculpting and chin liposuction are popular options for getting the facial profile you want. Let's explore how CoolSculpting chin treatments and liposuction differ and the pros and cons to consider when deciding between them.

### What Is CoolSculpting?

CoolSculpting has primarily treated areas like the cheek, abdomen, and thighs for years. But recently, it's become popular for treating the chin as well. It is an FDA-cleared non-invasive procedure that freezes fat cells in the chin and neck area. Once the fat cells freeze, they can't store more energy or nutrients. As a result, they eventually die and come out of the body via natural metabolic processes. As these fat cells leave the body, patients observe a gradual reduction of fat.

CoolSculpting's process involves placing a cooling panel on the skin. The targeted cooling freezes and eliminates stubborn fat in the chin without damaging surrounding tissues. Enjoy youthful-looking contours without invasive surgery. Sit back, relax, and let the machine do its thing.

### Pros of CoolSculpting

- ⊖ Quick and easy cooling sessions
- ⊖ Uses revolutionary Cryolipolysis technology to reduce fat cells
- ⊖ Non-surgical
- ⊖ Does not require anesthesia
- ⊖ Minimal downtime
- ⊖ FDA-cleared to reduce submental fat
- ⊖ Includes long-lasting results

### Cons of CoolSculpting

- ⊖ May require several treatments to achieve your desired outcome
- ⊖ Doesn't produce instant, drastic results like liposuction

Read [CoolSculpting reviews](#) from previous clients.

### How Does Chin Lipo Differ from CoolSculpting?

Liposuction is a surgical procedure that removes fat with a suctioning tool. Most people prefer CoolSculpting if they're a good fit because it's non-invasive. However, unlike CoolSculpting, which involves minimal downtime, liposuction must endure a lengthy recovery after the surgery. They also risk getting permanent scars in the incision areas.

Since CoolSculpting doesn't require incisions or anesthesia, the discomfort level is much more tolerable than liposuction. The treatment isn't painful. You feel cooling sensation during the treatment. After, you may experience mild redness, numbness, and swelling. But these side effects subside over a few days without interference.

In contrast, liposuction surgery comes with more significant risks (as with any surgical procedure). During recovery, patients can experience infection, inflammation, or other complications that come with incisions.

### Pros of Chin Lipo

- ⊖ Produces dramatic results after one surgery
- ⊖ Removes large pockets of fat

### Cons of Chin Lipo

- ⊖ Invasive and painful procedure
- ⊖ Lengthy recovery
- ⊖ Risk of complications like infection and scarring
- ⊖ Requires anesthesia
- ⊖ Requires extensive downtime

### Is CoolSculpting or Lipo More Effective for a Double Chin?

Generally, the chin has smaller pockets of fat than the rest of the body. CoolSculpting works well to remove these small amounts of fat, while liposuction is suitable for removing larger fat tissues. However, keep in mind that liposuction has more potential complications and side effects because it's an invasive procedure.

CoolSculpting is FDA-cleared for [skin tightening and reducing the submental fat cells](#) in the submental region, neck, and jawline. This treatment may be a good solution you're looking to lighten up and get a more defined facial profile. Liposuction is effective for fat loss but doesn't tighten excess or saggy skin like CoolSculpting.

### Should I Get CoolSculpting or Chin Liposuction?

Before choosing whether to use CoolSculpting chin treatments or liposuction, you must understand the difference between the two procedures. Both treatments reduce fat deposits in the submental region, but they differ in their approach and results.

CoolSculpting is a non-invasive procedure that targets fat with cooling technology instead of surgery. It freezes stubborn fat localized to the treatment site, which means the surrounding nerves and skin cells remain unharmed. You'll experience some discomfort at most, but it shouldn't be noticeable. Resume your daily activities after your session.

Liposuction may deliver better results if you're after a drastic and instant transformation. But due to its non-surgical nature, CoolSculpting is ideal for people who want to reduce submental fat and neck fat without surgery, complications, scarring, or infections. While CoolSculpting results may not be as drastic, you can achieve remarkable improvement with several treatments.

### How Many CoolSculpting Sessions Does My Chin Need?

Most patients see fat reduction and skin tightening in the submental area after two CoolSculpting chin sessions. Three to five treatments will produce a more impressive result. Each patient is different, and your treatment plan will depend on your goals. Consult a professional to find the precise number of CoolSculpting sessions you need.

Compared to chin lipo, CoolSculpting may require more commitment depending on how many treatments your provider says you need. Lipo is a one-and-done deal, but comes with a challenging recovery period. The lack of downtime makes CoolSculpting a more attractive option.

### Is CoolSculpting Painful?

Unlike liposuction, which requires extensive pain management post-procedure, you can expect little to no pain from CoolSculpting chin treatments. After your session, you may experience slight discomfort and sensitivity in the treatment area. But this is normal and will disappear after a day or two.

### Does Chin Fat Come Back After CoolSculpting?

You can get new chin fat cells again after getting rid of it, regardless of if you choose CoolSculpting or liposuction. The key to prolonging the results is proper maintenance.

After CoolSculpting chin treatments, the existing fat cells that die won't come back. But to reap the long-term benefits, we recommend patients follow a clean diet and stay active. New fat cells can reappear—but with a healthy lifestyle, you can enjoy long-lasting CoolSculpting benefits.

### What Are CoolSculpting vs. Chin Lipo Costs Like?

The precise cost of either treatment depends on various factors. CoolSculpting typically requires multiple sessions, but liposuction aims to eliminate all the fat at one time. CoolSculpting's price varies depending on the clinic and your cosmetic goals. Find out how much CoolSculpting will be for you by visiting a reputable provider near you in PA. A skilled specialist will assess your chin and create an appropriate treatment plan.

According to the [American Society of Plastic Surgeons](#), liposuction costs an average of over \$3,500. This doesn't include the cost of anesthesia and other potential post-op expenses.

### CoolSculpting Chin Treatments in Newtown Square, PA

If you're leaning toward the non-invasive approach to treating your double chin, visit KP Aesthetics for CoolSculpting. We are the leading provider of fat freezing treatments in Newtown Square, PA. Also, visit us in Washington and the Glen Mills areas visit us for their cosmetic procedures. Get a matched journey with us by calling [484-404-4044](tel:484-404-4044) to schedule a free consultation.

### Schedule a Free Consultation

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#### SOURCES

- 1 [CoolSculpting For Noninvasive Body Contouring](#)
- 2 [Safety, Tolerability, And Patient Satisfaction With Noninvasive Cryolipolysis](#)
- 3 [Long-Term Effects of Submental Fat Reduction with Cryolipolysis: A Meta-Analysis](#)
- 4 [Liposuction | American Society of Plastic Surgeons](#)



#### Kimberly Costalas, RN

Nurse Injector for Cosmetic Medicine and Certified CoolSculpting Specialist  
Kim has over 10 years of patient care experience and has been performing aesthetic services since 2011. She is a member of the American Academy of Facial Esthetics and has had many projects, seminars, and one-on-one sessions and instruction from Merz Pharmaceutical. She has had extensive, individual training by Julie, the master of CoolSculpting representative and attended CoolSculpting University for further instruction.

<b>Billed To</b> Kimberly Costalas KP Aesthetics 4621 West Chester Pike Newtown Square, Pennsylvania 19073 United States	<b>Date of Issue</b> 07/01/2022  <b>Due Date</b> 07/01/2022	<b>Invoice Number</b> FB2022-209	<b>Amount Due (USD)</b> <b>\$0.00</b>
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Description	Rate	Qty	Line Total
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Subtotal	1,250.00
Tax	0.00
<b>Total</b>	<b>1,250.00</b>
Amount Paid	1,250.00
<b>Amount Due (USD)</b>	<b>\$0.00</b>

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Description	Rate	Qty	Line Total
Digital Marketing Monthly Management Service • Manage & optimize digital marketing campaigns on Google Adwords • Optin technology to increase conversions. • Call tracking & reporting • Monitor budget and adjust bids to gain better ROI • Manage keyword selection and audience targeting • Call tracking and monitoring	\$1,500.00	1	\$1,500.00
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	Tax		0.00
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	Amount Paid		1,500.00
	<b>Amount Due (USD)</b>		<b>\$0.00</b>

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Subtotal	1,250.00
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6466949450  
10808 S. River Front Parkway Suite 3020  
South Jordan, Utah  
84095  
United States

<b>Billed To</b> Kimberly Costalas KP Aesthetics 4621 West Chester Pike Newtown Square, Pennsylvania 19073 United States	<b>Date of Issue</b> 08/01/2022  <b>Due Date</b> 08/01/2022	<b>Invoice Number</b> FB2022-243	<b>Amount Due (USD)</b> <b>\$0.00</b>
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Description	Rate	Qty	Line Total
Digital Marketing Monthly Management Service • Manage & optimize digital marketing campaigns on Google Adwords • Optin technology to increase conversions. • Call tracking & reporting • Monitor budget and adjust bids to gain better ROI • Manage keyword selection and audience targeting • Call tracking and monitoring	\$1,500.00	1	\$1,500.00
	Subtotal		1,500.00
	Tax		0.00
	Total		1,500.00
	Amount Paid		1,500.00
	<b>Amount Due (USD)</b>		<b>\$0.00</b>

Medstar Media, Inc.  
10808 S. River Front Parkway Suite 3020  
South Jordan, Utah 84095  
United States  
6466949450



Kimberly Costalas  
KP Aesthetics  
4621 West Chester Pike  
Newtown Square, Pennsylvania 19073 US

Invoice Number	FB2022-275
Date of Issue	09/01/2022
Due Date	09/01/2022
<hr/>	
Amount Due (USD)	\$0.00

Description	Rate	Qty	Line Total
Monthly SEO + Content Creation 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.  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.  LOCAL SEO: · Google Business Profile: Creation, management, and monthly updates to the client's Profile. · Listings in online directories. · Management of Google Maps listing.  DATA MONITORING AND REPORTING: · Set-up and management of Google Search Console · Data monitoring from various SEO tools to ensure optimal performance · Regular SEO reporting to the client	\$1,250.00	1	\$1,250.00

Subtotal	1,250.00
Tax	0.00
<hr/>	
Total	1,250.00
Amount Paid	1,250.00
<hr/>	
Amount Due (USD)	\$0.00

Medstar Media, Inc.  
10808 S. River Front Parkway Suite 3020  
South Jordan, Utah 84095  
United States  
6466949450



**Paid**

Kimberly Costalas  
KP Aesthetics  
4621 West Chester Pike  
Newtown Square, Pennsylvania 19073 US

Invoice Number FB2022-276  
Date of Issue 09/01/2022  
Due Date 09/01/2022  

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Amount Due (USD) \$0.00

Description	Rate	Qty	Line Total
Digital Marketing Monthly Management Service • Manage & optimize digital marketing campaigns on Google Adwords • Optin technology to increase conversions. • Call tracking & reporting • Monitor budget and adjust bids to gain better ROI • Manage keyword selection and audience targeting • Call tracking and monitoring	\$1,500.00	1	\$1,500.00

Subtotal	1,500.00
Tax	0.00
Total	1,500.00
Amount Paid	1,500.00
Amount Due (USD)	\$0.00

Medstar Media, Inc.  
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United States  
6466949450



Kimberly Costalas  
KP Aesthetics  
4621 West Chester Pike  
Newtown Square, Pennsylvania 19073 US

Invoice Number                      FB2022-308  
Date of Issue                        10/01/2022  
Due Date                              10/01/2022  

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

Description	Rate	Qty	Line Total
<b>Monthly SEO + Content Creation</b> 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.  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.  LOCAL SEO: · Google Business Profile: Creation, management, and monthly updates to the client's Profile. · Listings in online directories. · Management of Google Maps listing.  DATA MONITORING AND REPORTING: · Set-up and management of Google Search Console · Data monitoring from various SEO tools to ensure optimal performance · Regular SEO reporting to the client	\$1,250.00	1	\$1,250.00

Subtotal	1,250.00
Tax	0.00
<hr/>	
Total	1,250.00
Amount Paid	1,250.00
<hr/>	
<b>Amount Due (USD)</b>	<b>\$0.00</b>

Medstar Media, Inc.  
10808 S. River Front Parkway Suite 3020  
South Jordan, Utah 84095  
United States  
6466949450



**Paid**

Kimberly Costalas  
KP Aesthetics  
4621 West Chester Pike  
Newtown Square, Pennsylvania 19073 US

Invoice Number FB2022-309  
Date of Issue 10/01/2022  
Due Date 10/01/2022  

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Amount Due (USD) \$0.00

Description	Rate	Qty	Line Total
Digital Marketing Monthly Management Service • Manage & optimize digital marketing campaigns on Google Adwords • Optin technology to increase conversions. • Call tracking & reporting • Monitor budget and adjust bids to gain better ROI • Manage keyword selection and audience targeting • Call tracking and monitoring	\$1,500.00	1	\$1,500.00

Subtotal 1,500.00

Tax 0.00

Total 1,500.00

Amount Paid 1,500.00

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

Medstar Media, Inc.  
10808 S. River Front Parkway Suite 3020  
South Jordan, Utah 84095  
United States  
6466949450



Kimberly Costalas  
KP Aesthetics  
4621 West Chester Pike  
Newtown Square, Pennsylvania 19073 US

Invoice Number                      FB2022-342  
Date of Issue                        11/01/2022  
Due Date                                11/01/2022  

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Amount Due (USD)                      \$0.00

Description	Rate	Qty	Line Total
Monthly SEO + Content Creation 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.  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.  LOCAL SEO: · Google Business Profile: Creation, management, and monthly updates to the client's Profile. · Listings in online directories. · Management of Google Maps listing.  DATA MONITORING AND REPORTING: · Set-up and management of Google Search Console · Data monitoring from various SEO tools to ensure optimal performance · Regular SEO reporting to the client	\$1,250.00	1	\$1,250.00

Subtotal	1,250.00
Tax	0.00
<hr/> Total	1,250.00
Amount Paid	1,250.00
<hr/> <hr/> Amount Due (USD)	\$0.00

Medstar Media, Inc.  
10808 S. River Front Parkway Suite 3020  
South Jordan, Utah 84095  
United States  
6466949450



Kimberly Costalas  
KP Aesthetics  
4621 West Chester Pike  
Newtown Square, Pennsylvania 19073 US

Invoice Number                      FB2022-343  
Date of Issue                        11/01/2022  
Due Date                              11/01/2022  

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

Description	Rate	Qty	Line Total
Digital Marketing Monthly Management Service • Manage & optimize digital marketing campaigns on Google Adwords • Optin technology to increase conversions. • Call tracking & reporting • Monitor budget and adjust bids to gain better ROI • Manage keyword selection and audience targeting • Call tracking and monitoring • Conversion Tools + Lead Nurture Technology	\$1,500.00	1	\$1,500.00

Subtotal                              1,500.00  
Tax                                      0.00

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**Total                                      1,500.00**  
**Amount Paid                              1,500.00**

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

Medstar Media, Inc.  
10808 S. River Front Parkway Suite 3020  
South Jordan, Utah 84095  
United States  
6466949450



Kimberly Costalas  
KP Aesthetics  
4621 West Chester Pike  
Newtown Square, Pennsylvania 19073 US

Invoice Number FB2022-386  
Date of Issue 12/01/2022  
Due Date 12/01/2022  

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Amount Due (USD) \$0.00

Description	Rate	Qty	Line Total
Monthly SEO + Content Creation 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.  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.  LOCAL SEO: · Google Business Profile: Creation, management, and monthly updates to the client's Profile. · Listings in online directories. · Management of Google Maps listing.  DATA MONITORING AND REPORTING: · Set-up and management of Google Search Console · Data monitoring from various SEO tools to ensure optimal performance · Regular SEO reporting to the client	\$1,250.00	1	\$1,250.00

Subtotal	1,250.00
Tax	0.00
<hr/> Total	1,250.00
Amount Paid	1,250.00
<hr/> <hr/> Amount Due (USD)	\$0.00

Medstar Media, Inc.  
10808 S. River Front Parkway Suite 3020  
South Jordan, Utah 84095  
United States  
6466949450



Kimberly Costalas  
KP Aesthetics  
4621 West Chester Pike  
Newtown Square, Pennsylvania 19073 US

Invoice Number FB2022-387  
Date of Issue 12/01/2022  
Due Date 12/01/2022  

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Amount Due (USD) \$0.00

Description	Rate	Qty	Line Total
Digital Marketing Monthly Management Service • Manage & optimize digital marketing campaigns on Google Adwords • Optin technology to increase conversions. • Call tracking & reporting • Monitor budget and adjust bids to gain better ROI • Manage keyword selection and audience targeting • Call tracking and monitoring • Conversion Tools + Lead Nurture Technology	\$1,500.00	1	\$1,500.00
Text Blast Set Up Fee: \$250, 11/15: 2000 contacts sent, text cancelled \$0, 11/25: 10,470 contacts \$750	\$1,000.00	1	\$1,000.00
Web Development 5 Items added to shopping cart, Banner	\$200.00	5.5	\$1,100.00
Credit SEO Client - 2 hrs comped	-\$200.00	2	-\$400.00

Subtotal 3,200.00  
Tax 0.00

Total 3,200.00  
Amount Paid 3,200.00

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Amount Due (USD) \$0.00