

# CoolSculpting Marketing Services KP Aesthetics Co-Op Q4 2023 Total Marketing Expenses (10/1/2023 - 12/31/2023)

**Total Google Ads: \$ 8,191.98**  
**Total Marketing Service Fees: \$ 8,375.00**  
**Total CoolSculpting Marketing Cost: \$16,566.98**

Google Ads | Medstar Media > KP Aesthetics 149-784-9225 | All campaigns > All campaigns (modified)

Filters: Campaign status: All Ad group status: All Campaign name contains cool X Add filter

Overview: Campaigns

Campaign	Budget	Bid strategy type	Status	Clicks	CTR	Cost
MS   search   coolsculpting	\$89.66/day	Maximize conversions	All ads limited by policy	595	5.75%	\$8,191.98
search   beta   coolsculpting   exp reach	\$39.66/day	Maximize conversions	Paused All ads limited by policy	0	-	\$0.00
<b>Total: Campaigns in your current view</b>				<b>595</b>	<b>5.75%</b>	<b>\$8,191.98</b>
<b>Total: Account</b>	<b>\$116.56/day</b>			<b>1,024</b>	<b>6.64%</b>	<b>\$10,655.72</b>

Reporting is not real-time. Time zone for all dates and times: (GMT-06:00) Central Time. [Learn more](#)  
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Google Ads | Medstar Media > KP Aesthetics 149-784-9225 | All campaigns > All campaigns (modified) > MS | search | coolsculpting

Enabled Status: All ads limited by policy Type: Search Budget: \$89.66/day Optimization score: 100% More details Campaign 1 of 2

Overview: Ads

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current view					
(KeyWord KP Aesthetics)   CoolSculpting   CoolSculpting® Elite +12 more kpaesthetics.com/coolsculpting/newtown_square Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. CoolSculpting® Elite Treats Fat in 9...	0. coolsculpting	Eligible (Limited) Policy (Restricted medical content +1 more)	219	8.65%	\$3,453.89
KP Aesthetics   CoolSculpting   CoolSculpting® Elite +11 more kpaesthetics.com/coolsculpting/newtown_square Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. CoolSculpting® Elite Treats Fat in 9...	2. liposuction	Eligible (Limited) Policy (Restricted drug terms +1 more)	166	6.62%	\$1,928.17
KP Aesthetics   CoolSculpting   CoolSculpting® Elite +11 more kpaesthetics.com/coolsculpting/newtown_square Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. CoolSculpting® Elite Treats Fat in 9...	x. Expanded Reach	Eligible (Limited) Policy (Restricted drug terms +1 more)	109	2.74%	\$1,513.46
KP Aesthetics   CoolSculpting   CoolSculpting® Elite +11 more kpaesthetics.com/coolsculpting/newtown_square Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. CoolSculpting® Elite Treats Fat in 9...	1. coolsculpting - general	Eligible (Limited) Policy (Restricted drug terms +1 more)	40	8.62%	\$595.75
(KeyWord KP Aesthetics)   CoolSculpting   CoolSculpting® Elite +7 more kpaesthetics.com/coolsculpting/newtown_square Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. CoolSculpting® Elite Treats Fat in 9...	0. coolsculpting	Eligible (Limited) Policy (Restricted medical content +1 more)	24	10.53%	\$283.12
KP Aesthetics   CoolSculpting   CoolSculpting® Elite +6 more kpaesthetics.com/coolsculpting/newtown_square Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. CoolSculpting® Elite Treats Fat in 9...	2. liposuction	Eligible (Limited) Policy (Restricted drug terms +1 more)	16	5.28%	\$185.86
[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)	7	15.91%	\$98.04

Google Ads | Medstar Media > KP Aesthetics 149-784-9225 | All campaigns > All campaigns (modified) > MS | search | coolsculpting

Enabled Status: All ads limited by policy Type: Search Budget: \$89.66/day Optimization score: 100% More details Campaign 1 of 2

Overview: Ads

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current view					
[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)	7	15.91%	\$98.04
KP Aesthetics   CoolSculpting   CoolSculpting® Elite +6 more kpaesthetics.com/coolsculpting/newtown_square Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. CoolSculpting® Elite Treats Fat in 9...	1. coolsculpting - general	Eligible (Limited) Policy (Restricted drug terms +1 more)	6	13.33%	\$67.00
KP Aesthetics   CoolSculpting   CoolSculpting® Elite +6 more kpaesthetics.com/coolsculpting/newtown_square Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. CoolSculpting® Elite Treats Fat in 9...	x. Expanded Reach	Eligible (Limited) Policy (Restricted drug terms +1 more)	7	3.59%	\$60.59
[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)	1	5.00%	\$6.10
#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...	3. 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 Cool Sculpting. #1 FDA-Cleared, non-surgical fat reduction treatment. #1 CoolSculpting Deal. 25% off. Freeze Fat. Top provider in Newtown Square, PA	3. body sculpting	Removed Policy (Restricted medical content +1 more), Ad group paused	0	-	\$0.00
CoolSculpting Newtown Square   Freeze Away Stubborn Fat   Target Belly Fat, Love Handles www.kpaesthetics.com/coolsculpting Save on CoolSculpting. Freeze away fat without surgery. New clients save 25%. #1 CoolSculpting Deal. 25% off. Freeze Fat. Top provider in Newtown Square, PA	3. body sculpting	Removed Policy (Restricted medical content +1 more), Ad group paused	0	-	\$0.00

Google Ads | Medstar Media > KP Aesthetics 149-784-9225 | All campaigns > All campaigns (modified) > MS | search | coolsculpting

Enabled Status: All ads limited by policy Type: Search Budget: \$89.66/day Optimization score: 100% More details Campaign 1 of 2

Overview: Ads

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current view					
Bulge, Double Chin, & More. Best CoolSculpting Deal. Freeze Fat. Top Provider in Newtown Square, PA. Free Consult.		group removed	595	5.75%	\$8,191.98
Freeze Your Arm Fat Off   CoolSculpting Newtown Square   25% Off All Fat Freezing www.kpaesthetics.com Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great. Top Fat Reduction Treatment. Target Upper Arm Fat. Book A Free Consultation	coolsculpting - arms	Not eligible Policy (Restricted medical content +2 more), Ad group removed	0	-	\$0.00
(KeyWord KP Aesthetics)   CoolSculpting for Arms   Top Provider in Newtown Square www.kpaesthetics.com Freeze Fat Away With CoolSculpting. Target Your Upper Arms. New Clients Save 25%. CoolSculpting Reduces Fat. No Surgery & Minimal Downtime. Learn More About Freezing Fat	coolsculpting - arms	Not eligible Policy (Restricted medical content +1 more), Ad group removed	0	-	\$0.00
CoolSculpting Newtown Square   Target Belly Fat, Love Handles   Freeze Away Stubborn Fat www.kpaesthetics.com Top Fat Reduction Treatment. Target Love Handles, Abdomen, Bra Bulge, Double Chin, & More. Best CoolSculpting Deal. Freeze Fat. Top Provider in Newtown Square, PA. Free Consult.	coolsculpting - abs	Not eligible Policy (Restricted medical content +1 more), Ad group removed	0	-	\$0.00
CoolSculpting for Belly Fat   KP Aesthetics   Top Provider in Newtown Square www.kpaesthetics.com Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great. Top Fat Reduction Treatment. Target Belly Fat & Love Handles. Book A Free Consultation	coolsculpting - abs	Not eligible Policy (Restricted medical content +1 more), Ad group removed	0	-	\$0.00
Total: Ads in your current view					
Total: Campaign					

Show rows: 100 1 - 100 of 658

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Enabled Status: All ads limited by policy Type: Search Budget: \$89.66/day Optimization score: 100% More details Campaign 1 of 2

### Responsive search ad

Assets Combinations

Asset status: All Add filter

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

Asset	Status	Asset type	Position pinning	Impr.	Asset source
KP Aesthetics	Approved (limited)	Headline	None	0	Advertiser
No Surgery & Minimal Downtime	Approved (limited)	Headline	2nd position	261	Advertiser
Affordable & Quick Treatments	Approved (limited)	Headline	2nd position	499	Advertiser
Flexible Payment Options	Approved (limited)	Headline	2nd position	85	Advertiser
(Keyword) KP Aesthetics	Approved (limited)	Headline	1st position	491	Advertiser
Fat Reduction Treatment	Approved (limited)	Headline	2nd position	170	Advertiser
Freeze Your Fat Away Today	Approved (limited)	Headline	2nd position	140	Advertiser
Top Provider in Newtown Square	Approved (limited)	Headline	2nd position	213	Advertiser
CoolSculpting® Elite	Approved (limited)	Headline	1st position	26	Advertiser
Next-Generation Fat Reduction	Approved (limited)	Headline	2nd position	18	Advertiser
Freeze Stubborn Fat 2x Faster	Approved (limited)	Headline	2nd position	305	Advertiser
50% Off 8+ Treatments	Approved (limited)	Headline	2nd position	842	Advertiser
Coolsculpting	Approved (limited)	Headline	1st position	49	Advertiser
Freeze Stubborn Fat 2x Faster	Approved (limited)	Headline	2nd position	1,663	Advertiser

Enabled Status: All ads limited by policy Type: Search Budget: \$89.66/day Optimization score: 100% More details Campaign 1 of 2

Asset status: All Add filter

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

Asset	Status	Asset type	Position pinning	Impr.	Asset source
Freeze Your Fat Away Today	Approved (limited)	Headline	2nd position	140	Advertiser
Top Provider in Newtown Square	Approved (limited)	Headline	2nd position	213	Advertiser
CoolSculpting® Elite	Approved (limited)	Headline	1st position	26	Advertiser
Next-Generation Fat Reduction	Approved (limited)	Headline	2nd position	18	Advertiser
Freeze Stubborn Fat 2x Faster	Approved (limited)	Headline	2nd position	305	Advertiser
50% Off 8+ Treatments	Approved (limited)	Headline	2nd position	842	Advertiser
Coolsculpting	Approved (limited)	Headline	1st position	49	Advertiser
Coolsculpting Newtown Square	Approved (limited)	Headline	1st position	1,663	Advertiser
CoolSculpting® Newtown Square	Approved (limited)	Headline	1st position	304	Advertiser
The Elite Dual Applicators Treat Two Areas at the Same Time. Safely Freeze Twice the Fat.	Approved (limited)	Description	None	35	Advertiser
Target, Freeze, & Eliminate Fat in Half the Time. Improved Comfort. Larger Cooling Area.	Approved (limited)	Description	None	27	Advertiser
CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More	Approved (limited)	Description	None	2,471	Advertiser
Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	Approved (limited)	Description	2nd position	2,083	Advertiser

Show rows: 100 1 - 19 of 19

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Enabled Status: All ads limited by policy Type: Search Budget: \$89.66/day Optimization score: 100% More details Campaign 1 of 2

### Assets

Asset status: All Asset type: All Add filter

Asset	Asset type	Added to	Level	Status	Source	Clicks	Impr.	CTR	Avg. CPC	Cost
Service catalog: CoolSculpting, Non-Surgical Liposuction,...	Structured snippet	MS   search   coolsculpting	Campaign	Eligible	Advertiser	16	136	11.76%	\$15.32	\$245.11
CoolSculpting CoolSculpting: The Top Non-Surgical Fat Reduction Treatment. Learn More	Sitelink	MS   search   coolsculpting	Campaign	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	363	5,156	7.04%	\$16.44	\$5,968.13
5 Star Reviews See Why KP Aesthetics is #1 Read Real Client Reviews	Sitelink	Account	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	342	4,995	6.85%	\$16.17	\$5,530.75
About Us Learn More About Our Team, Location and Available Beauty Treatments	Sitelink	Account	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	301	4,366	6.89%	\$16.24	\$4,887.48
Book a Free Consultation Book a Consultation With #1 Provider in Newtown Square.	Sitelink	Account	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	222	3,552	6.25%	\$17.71	\$3,930.66
Why Choose KP Aesthetics? Read About What Sets Us Apart from Other Medspas in Newtown Square	Sitelink	Account	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	246	3,836	6.41%	\$15.92	\$3,917.15
Freeze Your Fat	Callout	MS   search   coolsculpting	Campaign	Eligible	Advertiser	116	1,400	8.29%	\$17.72	\$2,055.57

Enabled Status: All ads limited by policy Type: Search Budget: \$89.66/day Optimization score: 100% More details Campaign 1 of 2

Asset status: All Asset type: All Add filter

Asset	Asset type	Added to	Level	Status	Source	Clicks	Impr.	CTR	Avg. CPC	Cost
Freeze Your Fat	Callout	MS   search   coolsculpting	Campaign	Eligible	Advertiser	116	1,400	8.29%	\$17.72	\$2,055.57
FDA Cleared	Callout	MS   search   coolsculpting	Campaign	Eligible	Advertiser	118	1,475	8.00%	\$17.00	\$2,005.49
Highlights: No Surgery	Callout	MS   search   coolsculpting	Campaign	Eligible	Advertiser	114	1,315	8.67%	\$16.69	\$1,903.09
Liposuction Alternative	Callout	MS   search   coolsculpting	Campaign	Eligible	Advertiser	110	1,247	8.82%	\$16.99	\$1,868.99
Non-surgical Fat Reduction	Callout	MS   search   coolsculpting	Campaign	Eligible	Advertiser	102	1,410	7.23%	\$17.96	\$1,831.77
5-Star Rated Medspa	Callout	Account	Account	Eligible	Advertiser	0	0	-	-	\$0.00
Book An Appointment	Callout	Account	Account	Eligible	Advertiser	0	0	-	-	\$0.00
Up to 50% Off	Callout	MS   search   coolsculpting	Campaign	Removed	Advertiser	0	0	-	-	\$0.00
Fall Sale - Up to 50% off 8+ Treatments	Promotion	MS   search   coolsculpting	Campaign	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	269	3,730	7.21%	\$12.83	\$3,450.21
Winter Sale - 50% off 8+ Treatments	Promotion	MS   search   coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00
Fall Sale - Up to 50% off 8+ Treatments	Promotion	MS   search   coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00
Spring Sale - 50% off 8+ Treatments	Promotion	MS   search   coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00

Enabled Status: All ads limited by policy Type: Search Budget: \$89.66/day Optimization score: 100% More details Campaign 1 of 2

Asset status: All Asset type: All Add filter

Asset	Asset type	Added to	Level	Status	Source	Clicks	Impr.	CTR	Avg. CPC	Cost
Fall Sale - Up to 50% off 8+ Treatments	Promotion	MS   search   coolsculpting	Campaign	Eligible (Limited) Policy (Restricted medical content +1 more)	Advertiser	269	3,730	7.21%	\$12.83	\$3,450.21
Winter Sale - 50% off 8+ Treatments	Promotion	MS   search   coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00
Fall Sale - Up to 50% off 8+ Treatments	Promotion	MS   search   coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00
Spring Sale - 50% off 8+ Treatments	Promotion	MS   search   coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00
Summer Sale - Up to 50% off 8+ Treatments	Promotion	MS   search   coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00
Winter Sale - Up to 50% off 8+ Treatments	Promotion	MS   search   coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00
Spring Sale - Up to 50% off 8+ Treatments	Promotion	MS   search   coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00
Summer Sale - Up to 50% off 8+ Treatments	Promotion	MS   search   coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	Advertiser	0	0	-	-	\$0.00
KP Aesthetics	Business name	MS   search   coolsculpting	Campaign	Eligible	Advertiser	550	9,663	5.69%	\$14.05	\$7,727.68

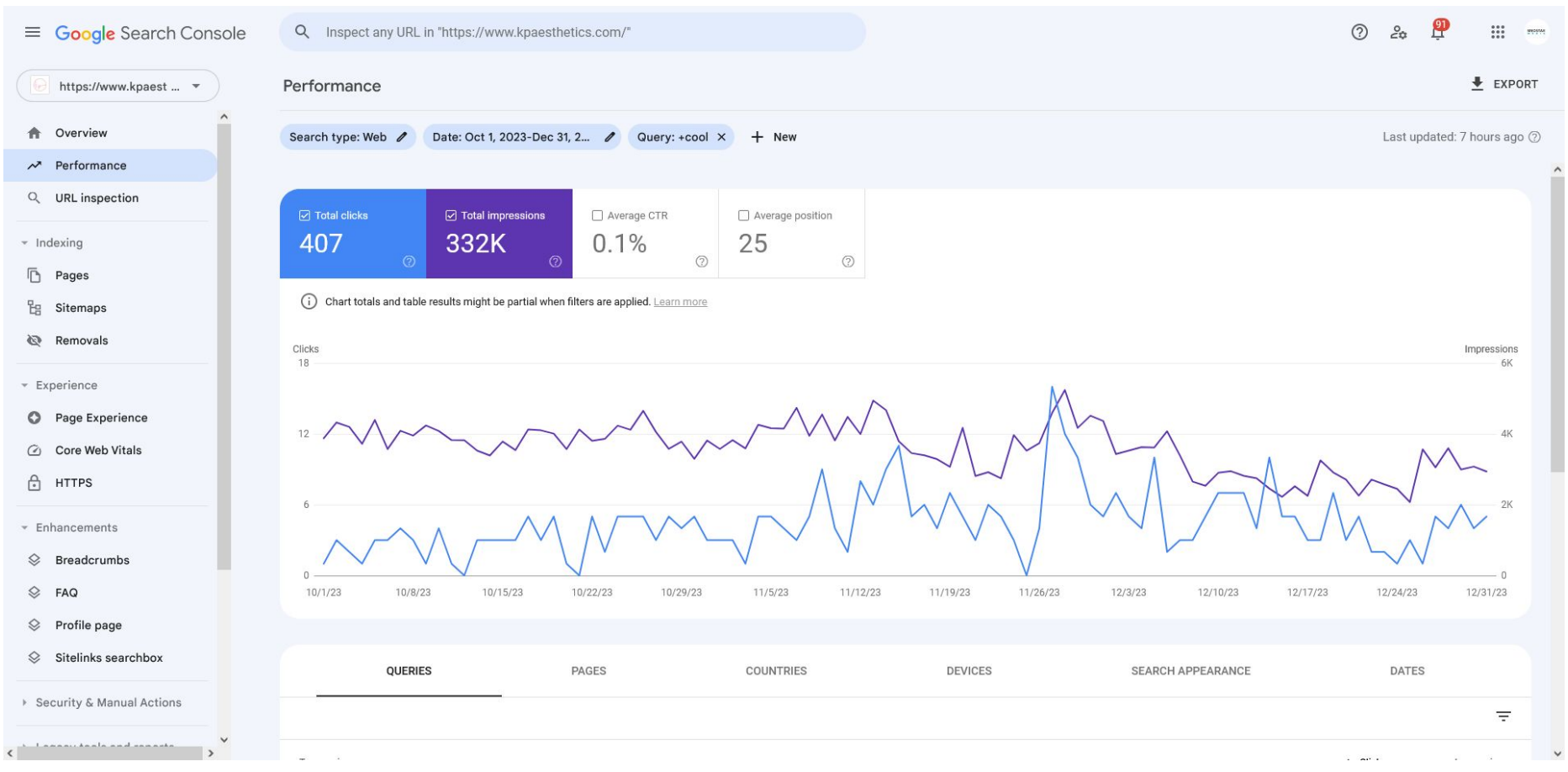
Google Ads | Medstar Media | KP Aesthetics | 149-784-9225 | All campaigns | MS | search | coolsculpting | Budget: \$89.66/day | Optimization score: 100%

Asset	Asset type	Added to	Level	Status	Source	Clicks	Imp.	CTR	Avg. CPC	Cost
(484) 420-4094	Call	Account	Account	Eligible	Advertiser	35	904	3.87%	\$19.47	\$681.45
(484) 246-7165	Call	Account	Account	Removed	Advertiser	0	0	-	-	\$0.00
Business logo										
	Business logo	MS   search   coolsculpting	Campaign	Eligible	Advertiser	550	9,663	5.69%	\$14.05	\$7,727.68
Image										
	Image	MS   search   coolsculpting	Campaign	Eligible	Advertiser	166	2,488	6.67%	\$15.50	\$2,572.97
Total: Images						166	2,488	6.67%	\$15.50	\$2,572.97
Total: Business name						550	9,663	5.69%	\$14.05	\$7,727.68
Total: Business logo						550	9,663	5.69%	\$14.05	\$7,727.68
Total: Sitelinks						367	5,226	7.02%	\$16.42	\$6,026.53
Total: Callouts						210	2,891	7.26%	\$15.60	\$3,275.01
Total: Structured snippets						16	136	11.76%	\$15.32	\$245.11
Total: Calls						35	904	3.87%	\$19.47	\$681.45
Total: Promotions						269	3,730	7.21%	\$12.83	\$3,450.21

Google Ads | Medstar Media | KP Aesthetics | 149-784-9225 | All campaigns | MS | search | coolsculpting | Budget: \$89.66/day | Optimization score: 100%

Asset	Asset type	Added to	Level	Status	Source	Clicks	Imp.	CTR	Avg. CPC	Cost
	Business logo	MS   search   coolsculpting	Campaign	Eligible	Advertiser	550	9,663	5.69%	\$14.05	\$7,727.68
Image										
	Image	MS   search   coolsculpting	Campaign	Eligible	Advertiser	166	2,488	6.67%	\$15.50	\$2,572.97
Total: Images						166	2,488	6.67%	\$15.50	\$2,572.97
Total: Business name						550	9,663	5.69%	\$14.05	\$7,727.68
Total: Business logo						550	9,663	5.69%	\$14.05	\$7,727.68
Total: Sitelinks						367	5,226	7.02%	\$16.42	\$6,026.53
Total: Callouts						210	2,891	7.26%	\$15.60	\$3,275.01
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Total: Calls						35	904	3.87%	\$19.47	\$681.45
Total: Promotions						269	3,730	7.21%	\$12.83	\$3,450.21

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Google Search Console | Inspect any URL in "https://www.kpaesthetics.com/"

Performance | Search type: Web | Date: Oct 1, 2023-Dec 31, 2... | Query: +cool

QUERIES	PAGES	COUNTRIES	DEVICES	SEARCH APPEARANCE	DATES
Top queries					
cool sculpting				27	58,017
chin lipo vs coolsculpting				26	61
cool sculpting chin				25	1,107
coolsculpting chin before and after				22	2,574
coolsculpting double chin				18	3,359
coolsculpting near me				11	14,045
coolsculpting				9	49,286
coolsculpting neck				9	2,005
coolsculpting for double chin				9	865
cool sculpting neck				8	2,345

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 the Best CoolSculpting Stomach Results

If you're hoping to get rid of belly fat without surgery, but diet and exercise just aren't enough, it's time to consider CoolSculpting. CoolSculpting is a non-invasive solution for people wanting to sculpt their bodies. It targets stubborn fat in places like the belly and [love handles](#), destroying unwanted fat cells via controlled cooling.

Finding a reputable provider, understanding your candidacy, and caring for your body the right way after treatment are some of the most effective ways to get the best CoolSculpting stomach results. Let's discuss how you can maximize your body contouring sessions for improvements you'll love for years to come.

### Little-Known Causes of Belly Fat

Before we get into the methods maximize fat loss in the stomach, it helps to understand what causes belly fat. For men, the lower stomach is the body's default area for storing excess fat. For women, estrogen directs the body to deposit fat in the thighs, buttocks, and hips. As women age, estrogen levels drop, causing fat to accumulate towards the lower abdomen.

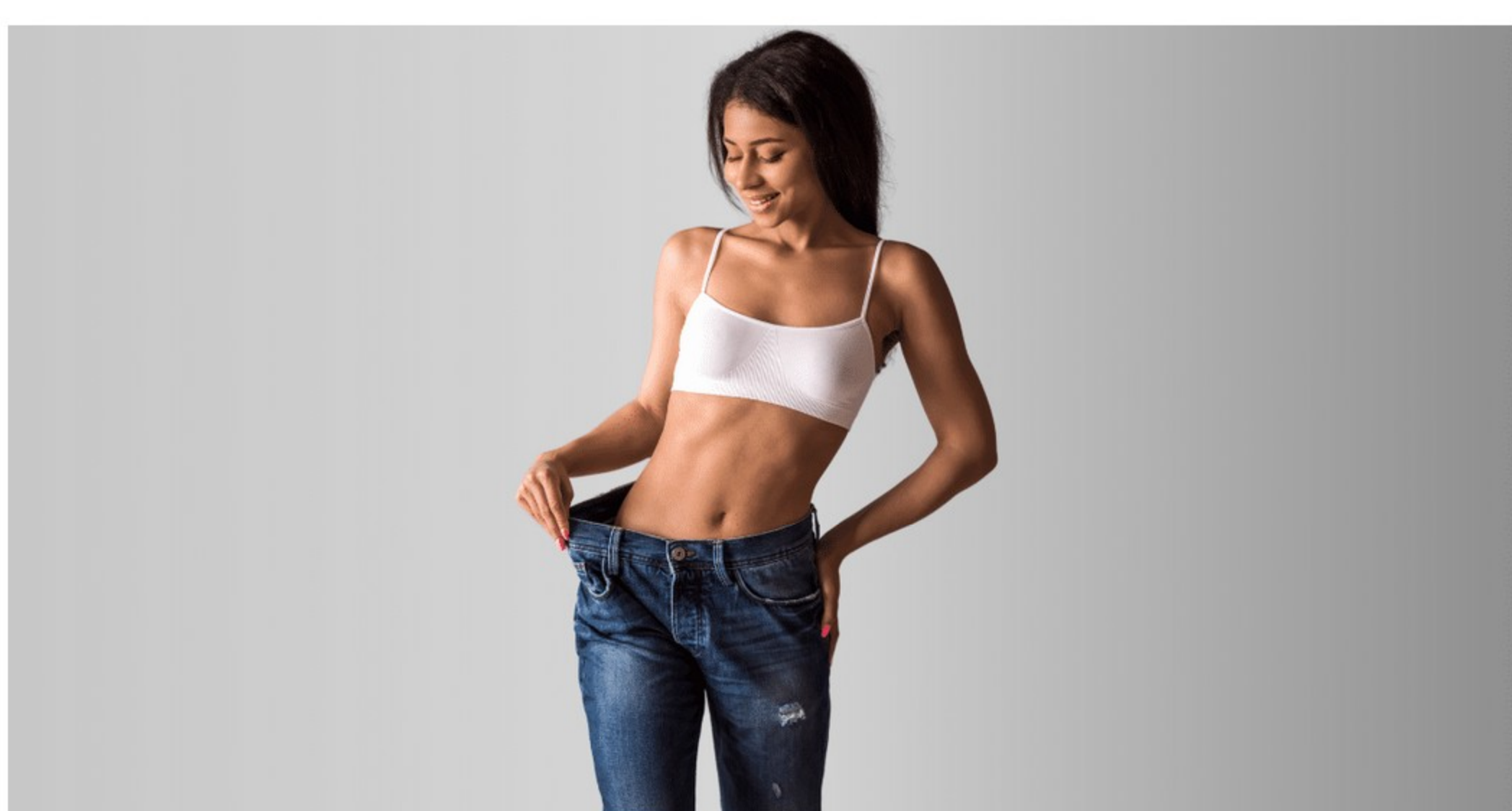
Fat that gathers in the lower abdomen is challenging to reduce manually. This is because fat here is directly influenced by factors like hormones, gender, and age. The metabolism begins to decline as we get older, causing the body to use up fewer calories. A slower metabolism means fat easily stores and builds up in areas like the belly.

Thankfully there are steps you can take to start you on the right path to a trimmer and leaner waistline.

### 5 Tips for Getting the Best CoolSculpting Stomach Results

Belly fat is a notorious problem for people as it can be resistant to diet and exercise. While staying active and eating healthy are a fundamental part of maintaining and controlling weight, sometimes it takes professional solutions to see real results.

To get the most from your CoolSculpting belly treatment, you must understand what to expect and how to optimize your results. [CoolSculpting is widely known as an alternative to liposuction](#), but you should be clear about your expectations, so your provider can devise an appropriate treatment plan that helps you reach your goals.



#### 1. Find a Good CoolSculpting Provider

Being open and honest with a provider that you know brings results for their patients is the first step toward achieving your sculpted stomach. The right provider will be able to assess your situation and determine whether you're a CoolSculpting candidate before planning for treatment.

Once you've found a provider and are ready to get rid of stubborn fat, [prepare for a successful CoolSculpting treatment](#) and transformational results.

#### 2. Determine Your CoolSculpting Belly Fat Candidacy

Unfortunately, CoolSculpting treatments are not for everyone. The best CoolSculpting abdomen candidate will be a healthy adult that follows a diet and exercise routine but still struggles with resistant belly fat.

However, you can not have too much fat – there should be enough to pinch and grab onto in the area you want to treat, but this is not a weight loss solution. It's meant for those already close to their goal weight that have certain areas of the body not responding well to slimming efforts.



#### 3. Have Realistic Expectations for Stomach Sculpting

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. 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.

Many patients schedule multiple sessions of CoolSculpting, as each one builds on the last to continue improving results. You may not reach your goals after one session, and that is normal.

#### 4. 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 practice a healthy lifestyle. There is no exact diet that explicitly eliminates fat in the stomach, but you can adopt plenty of healthy habits that help reduce fat in this region.

**Keep yourself looking and feeling great by:**

- Eating plenty of fresh vegetables and fruits
- Getting plenty of sleep each night
- Increasing water consumption
- Avoiding processed foods and refined sugars
- Focusing on eating whole foods
- Exercising for 30 minutes every day
- Avoiding smoking
- Limiting alcohol consumption

No exercise reduces the fat cells in the belly the way CoolSculpting does. However, you can do different physical activities that will help make shedding fat on the body easier, like jogging, walking, yoga, and core-focused HIIT routines.

Treat stomach sculpting as an addition rather than a replacement for your fitness routine. Fat freezing treatments on your abdomen will help you make greater progress with a solid health regimen.



#### 5. Follow Your Provider'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.

CoolSculpting abdomen treatments use a cooling technology that specifically targets 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.

**Some of the most important things you can do after CoolSculpting include:**

- Applying a warm compress to the area
- Wearing a compression garment or comfortable clothing
- Staying hydrated and not drinking alcohol
- Continuing to avoid sugar and processed foods
- Remaining active and exercising regularly

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.

#### 6. Plan for the Right Amount of CoolSculpting Sessions

As we mentioned, 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, and if it is, how many appointments to schedule.

## CoolSculpting Stomach in Chester County, PA

If you are constantly struggling with stomach fat that just will not go away, freezing the fat can help. KP Aesthetics is a premier provider of [CoolSculpting stomach treatments in Philadelphia](#).

Our top-rated medical spa specializes in body contouring for patients in Newtown Square, Glen Mills, and West Chester areas. We use innovative technology to deliver remarkable results, no matter your body type.

Call [484-420-4094](tel:484-420-4094) to book a complimentary consultation and slim your abdomen with CoolSculpting.

### 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*.



#### 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

4621 West Chester Pike, Newtown Square, PA 19073  
 (484)-420-4094  
[info@kpaesthetics.com](mailto:info@kpaesthetics.com)



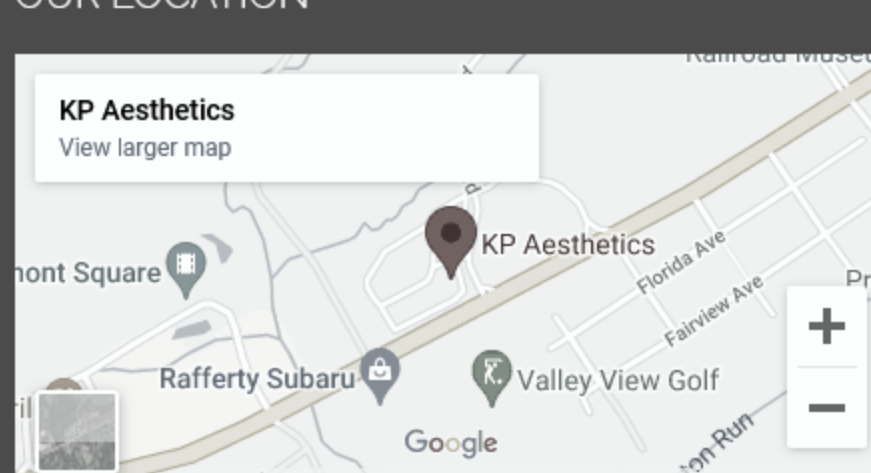
#### HOURS OF OPERATION

**Monday - Thursday:** 9am - 8pm  
**Friday, Saturday:** 9am - 3pm  
**Sunday:** Closed

#### QUICK LINKS

- [Sitemap](#)
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#### OUR LOCATION





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## CoolSculpting Love Handles

### How to Get Rid of Side Fat

If there is one thing that you don't want to have on your mind every single day, it's being self-conscious of your figure. It's harder especially around the holidays, if you're worrying about what you should or shouldn't eat because it'll add to your waistline.

You deserve to look and feel good about yourself, and if you've got a muffin top or love handles, there are non-surgical ways to fix it. One of the top solutions is CoolSculpting.

[CoolSculpting love handles](#) is the best non-surgical way to reduce stubborn fat that easily gathers in the flank region. You can have a beautiful and shapely body that you feel comfortable with. Let's go through how fat freezing with CoolSculpting works as a non-invasive alternative to liposuction.

## Diet, Exercise, and Getting Rid of Love Handles

The love handles are well-known for being a problem area because the fat tends to gather here in larger quantities when compared to other areas of the body. In fact, flanks are the second most [common problem area for men](#) and women.

When this fat accumulates, it sticks to your sides and spills over your pants, giving you the "muffin top" look. Thankfully, there are many effective ways to lose fat in this area, and your diet and exercise habits massively contribute.

## Exercises to Reduce Side Fat

There are certain [exercises you can do to tone and tighten the midsection](#). If you want to focus on side fat, try:

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

Staying active is effective but it is not always enough to shed fat in the love handles. To lose fat in this area, you must lose weight all over the body. Unfortunately, there is no such thing as "spot reduction" when exercising.

The makers of CoolSculpting introduced new applicators that further increase treatment effectiveness and the comfortability of patients. CoolSculpting is also now approved to treat popular problem areas like the bra bulge, [upper arms](#), [double chin](#), [neck fat](#), [stomach](#), and even [fat pockets in your thighs](#).

## Can You Lose Love Handles Just by Dieting?

While diet alone won't bring the results you're looking for, combining diet and exercise with CoolSculpting brings phenomenal improvements. This combination is more effective for reducing belly fat and tightening the core.

A few things to adjust with your diet to reduce fat include:

- Avoiding food and drink high in sugar
- Limiting carbohydrates
- Following a plant-based diet
- Intermittent fasting

Even if you follow a healthy diet and exercise frequently, you can still struggle with fat buildup on your sides. Moreover, this fat tends to resist diet and exercise efforts, making it hard to lose on your own. This is why so many people seek professional help when trying to get rid of love handle fat.

## How CoolSculpting Removes Love Handle

CoolSculpting is a useful fat reduction method that requires no surgery, and any recovery period is minimal. The fat freezing treatment uses the advanced cooling technology of Cryolipolysis to eliminate stubborn fat cells that gather in problem areas like the flanks.

When using it to get rid of side fat, your CoolSculpting provider will place a proprietary applicator in the area to expose fat deposits to the calibrated cooling. This exposure freezes the fat cells to death, eliminating problematic fat buildup. Once the fat cells are frozen, their membrane crystallizes and ruptures.



Freezing the fat process causes the cell to die, triggering an immune response in the body to gather and dispose of the dead cells. Several weeks after treatment, the body disposes of the dead cells through the lymphatic system. CoolSculpting provides patients with long-lasting results because once the fat cells leave the body, they can never return. And now, [CoolSculpting Elite improves on the traditional fat freezing treatment](#) with better applicators that can target two areas at once for even better results.

## CoolSculpting Love Handles Before and After

One of the best ways to gauge how a treatment might impact you is by seeing real results on existing patients. While results will vary per person, each patient receives a notable reduction in flank fullness after their fat-freezing treatment.\*



\*Results vary per person. Since CoolSculpting is a skill sensitive procedure, the more skill your provider has, the more impressive your side fat reduction. Plus, you should be an ideal candidate with a few inches of pinchable fat, but not more than that, as CoolSculpting is not a weight loss solution or treatment for obesity.

## The Ideal Candidate for Side Fat CoolSculpting

CoolSculpting love handles will not be suitable for everyone. The ideal candidate is an active and healthy adult struggling to reduce stubborn fat in the flanks. Those who are already eating well and exercising but aren't seeing the results they want are candidates who can expect optimal results.



## Find Out if You're Eligible to Get Rid of Side Fat

If you question your candidacy for this body shaping treatment, speak with a professional. Patients in Chester County, PA visit KP Aesthetics for their complimentary consultations. During this meeting, you interact with fat freezing experts who evaluate your body and answer questions you have about the procedure.

As a leading provider, our team offers dual CoolSculpting Elite so patients can treat both flanks at once. If CoolSculpting is right for you, a personalized treatment plan will be created based on your aesthetic goals for your body and your budget.

## CoolSculpting Flanks Side Effects & Price

### Is CoolSculpting Side Fat Safe?

CoolSculpting love handles or flanks is FDA-cleared and scientifically proven. This treatment has a high safety profile with minimal side effects and rare adverse effects.

In a CoolSculpting study listed in the Journal of Dermatological Surgery, it was stated that "with proper patient selection, [Cryolipolysis is a safe, well-tolerated, and effective treatment method for reduction of subcutaneous fat](#)." Furthermore, the study claimed that "no significant side effects or adverse events were reported."

Finding a reputable provider is key to loving your results. At KP Aesthetics, we prioritize safety and comfort for every patient, helping you reach your goals with ease.

## CoolSculpting Love Handles Cost

The price of CoolSculpting love handles is an understandable concern for anyone considering fat freezing. The cost of this body contouring treatment varies per patient. Factors that affect cost include the treatment area, applicators used, and the number of cooling sessions needed for desired results. Speak with a CoolSculpting expert near you to learn what your exact cost of treatment will be.

## CoolSculpt Love Handles in Chester County, PA

If you are ready to transform your physique entirely and achieve slim, sexy flanks, contact KP Aesthetics. Located in Newton Square, we provide [CoolSculpting Elite in Philadelphia](#) and the surrounding areas of [Westchester](#) and [Glens Mills](#).

To learn if CoolSculpting side fat is right for your body, contact us to schedule a free consultation with our expert treatment specialists.

Call [484-420-4094](tel:484-420-4094) to schedule your consultation or reach out 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.

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South Jordan, UT 84095



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

Invoice Number FB2023-394  
Date of Issue 10/01/2023  
Due Date 10/01/2023  

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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>

[Notes](#)  
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.

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Newtown Square, PA 19073

Invoice Number FB2023-395  
Date of Issue 10/01/2023  
Due Date 10/01/2023  

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

**Notes**

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Invoice Number FB2023-455  
Date of Issue 11/01/2023  
Due Date 11/01/2023  

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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>

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Invoice Number FB2023-456  
Date of Issue 11/01/2023  
Due Date 11/01/2023  

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

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Invoice Number	FB2023-521
Date of Issue	12/01/2023
Due Date	12/01/2023
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
Total	1,250.00
Amount Paid	1,250.00
Amount Due (USD)	\$0.00

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Invoice Number FB2023-522  
Date of Issue 12/01/2023  
Due Date 12/01/2023  
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
Website Development & Design Update shop item for Black Friday	\$125.00	1	\$125.00
	Subtotal		1,625.00
	Tax		0.00
	Total		1,625.00
	Amount Paid		1,625.00
	Amount Due (USD)		\$0.00

Notes

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