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We are open and taking extra COVID-19 precautions to keep you safe
The Mod Spa at L+SI is open for business starting 7/9



MEDICAL + AESTHETIC DERMATOLOGY

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Posted on July 15, 2020 | By [Isabreslauerd](#) | In [CoolTone](#)



How Does CoolTone Work to Build + Sculpt Muscle

Does CoolTone work? It's a reasonable question after learning about the new body sculpting treatment that builds, strengthens, and tones muscle. Read on to learn the science behind the treatment and discover if CoolTone works for you.

CoolTone Benefits

- Chisels washboard abs
- Strengthens core muscles
- Lifts and tones the glutes
- Sculpts and strengthens thighs
- 20,000 contractions in one treatment
- FDA cleared
- Scientifically proven
- Noninvasive
- Minimal to no downtime required

[See real CoolTone before and after pics >>](#)

How Does CoolTone Work?

Muscle building treatments revolutionize the body contouring industry. This leaves people asking, "how does CoolTone work." It all comes down to science. CoolTone targets the most significant component of the body's overall shape and size, the muscles. Muscle comprises 45% of body composition for men and 35% for women. This muscle-building treatment uses Magnetic Muscle Stimulation, or MMS, to stimulate powerful muscle contractions. This intense stimulation creates new muscle cells and enhances the already existing muscle tissue. This process is how CoolTone treatments improve muscle mass.

The powerful contractions produced during treatment are known as "supramaximal contractions." These "super" contractions are much more intense than any contraction achievable with manual exercise. Each treatment is the equivalent of 20,000 supramaximal contractions. This number of contractions is equal to 20,000 squats or lunges.

[Learn more about CoolTone >>](#)

Does CoolTone Work? Science Says Yes!

Magnetic Muscle Stimulation or MMS is common in sport's medicine. Research shows High Intensity Focused Electromagnetic Energy (HIFEM) that "91% of patients reported their abdominal appearance improved, and 92% stated they are satisfied with treatment results at month 3." Further evidence on muscle building treatments conclude:

- 4% decrease in subcutaneous fat at 6-month follow up
- 73mm reduction in the fat layer
- 19% increase in muscle thickness
- 48% reduction of diastasis recti

Does CoolTone Work on the Whole Body

CoolTone works on three major muscle groups. They include the upper legs, the buttocks, and the abdomen. With CoolTone, men and women achieve more muscular abs, a lifted buttock, and sculpted athletic-looking legs.

Does CoolTone Work on my Body Type?

Will CoolTone work for me? This is a question most men and women have. For most, it does work, but for some, they may not be the ideal treatment candidate. CoolTone helps strengthen and build muscles. If you have a high body fat percentage, then the results will not be as visible for you as it would be for someone with a smaller build and less body fat.

To find out if you are the perfect fit for treatments, schedule a complimentary consultation at The Laser + Skin Institute. Our expert technicians will assess whether you qualify for this muscle-building treatment.

CoolTone Near Me

Does CoolTone work? If you are ready to find out for yourself, contact The Laser + Skin Institute online or by telephone (973) 309-7541. Schedule your CoolTone consultation and start your journey toward a more sculpted, firm physique.

SCHEDULE A CONSULTATION

name...

email...

phone...

Please tell us which areas you would like to target and the best time to contact you to schedule your free consultation...

Submit

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



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does CoolTone work.



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Lisa Breslauer, MD

Lisa Breslauer, MD is a graduate of the prestigious Columbia University College of Physicians and Surgeons where she graduated with high honors. She is a Board Certified Dermatologist and member of the American Academy of Dermatology, American Society of Mohs Surgery, American Society for Laser Medicine and Surgery and a 2017 recognized Top Doctor by NJ Top Docs.

