

# CoolSculpting Marketing Services Skinney Medspa Co-Op Q3 2023 Total Marketing Expenses (7/1/2023 - 9/30/2023)

**Total Google Ads: \$20,861.76**  
**Total Meta Ads: \$38,115.09**  
**Total CoolSculpting Marketing Cost: \$58,976.85**

Google Ads | Medstar Media > Skinney Medspa 227-156-5025 | All campaigns > MS | search | miami

Enabled Status: All ads limited by policy Type: Search Budget: \$234.21/day Optimization score: 99.8% Campaign 43 of 190

### Ad groups

Ad group name contains cool X Add filter

Ad group	Status	Target CPA	Conversions	Cost / conv.	Clicks	CTR	Cost
coolsculpting	Eligible (Limited) All ads limited by policy	-	28.00	\$98.71	415	7.27%	\$2,763.94
x. Exp Reach   coolsculpting	Eligible (Limited) All ads limited by policy	-	8.00	\$158.03	210	3.84%	\$1,264.25
Total: Filtered ad groups			36.00	\$111.89	625	5.59%	\$4,028.19
Total: Campaign			181.00	\$106.19	3,519	6.48%	\$19,219.83

Reporting is not real-time. Time zone for all dates and times: (GMT-04:00) Eastern Time. Learn more  
 Some inventory may be provided through third party intermediaries.  
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Enabled Status: All ads limited by policy Type: Search Budget: \$234.21/day Optimization score: 99.8% Campaign 43 of 190

### Ads

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

Ad	Ad group	Status	Clicks	CTR	Cost
(Keyword:Skinney Medspa)   CoolSculpting   CoolSculpting® Elite +12 more skinneymedspa.com/coolsculpting/miami Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	coolsculpting	Eligible (Limited) Policy (Restricted drug terms +1 more)	375	7.33%	\$2,528.79
Skinney Medspa   CoolSculpting   CoolSculpting® Elite +11 more skinneymedspa.com/coolsculpting/miami Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	x. Exp Reach   coolsculpting	Eligible (Limited) Policy (Restricted drug terms +1 more)	202	3.87%	\$1,226.90
(Keyword:Skinney Medspa)   CoolSculpting   CoolSculpting® Elite +7 more skinneymedspa.com/coolsculpting/miami Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	coolsculpting	Eligible (Limited) Policy (Restricted drug terms +1 more)	40	6.72%	\$235.15
Skinney Medspa   CoolSculpting   CoolSculpting® Elite +6 more skinneymedspa.com/coolsculpting/miami Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	x. Exp Reach   coolsculpting	Eligible (Limited) Policy (Restricted drug terms +1 more)	8	3.09%	\$37.35
(Keyword:Skinney Medspa)   CoolSculpting® Elite   Fat Reduction Treatment +10 more skinneymedspa.com/coolsculpting/miami Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	coolsculpting	Paused Policy (Restricted drug terms +1 more)	0	-	\$0.00
Skinney Medspa   CoolSculpting® Elite   Fat Reduction Treatment +10 more skinneymedspa.com/coolsculpting/miami Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	x. Exp Reach   coolsculpting	Paused Policy (Restricted drug terms +1 more)	0	-	\$0.00
Total: Filtered ads			625	5.59%	\$4,028.19
Total: Campaign			3,519	6.48%	\$19,219.83

Google Ads | Medstar Media > Skinney Medspa 227-156-5025 | All campaigns > MS | search | miami

Enabled Status: All ads limited by policy Type: Search Budget: \$234.21/day Optimization score: 99.8% Campaign 43 of 190

### Responsive search ad

Assets Combinations

Asset status: All Add filter

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

Asset	Status	Asset type	Position pinning	Performance	Impr.	Asset source
Skinney Medspa	Approved (limited)	Headline	None	Pending	0	Advertiser
No Surgery & Minimal Downtime	Approved (limited)	Headline	2nd position	Learning	1,047	Advertiser
Affordable & Quick Treatments	Approved (limited)	Headline	2nd position	Learning	610	Advertiser
Flexible Payment Options	Approved (limited)	Headline	2nd position	Learning	387	Advertiser
Freeze Your Fat Away Today	Approved (limited)	Headline	2nd position	Learning	75	Advertiser
Fat Reduction Treatment	Approved (limited)	Headline	2nd position	Learning	98	Advertiser
Top Provider in Miami	Approved (limited)	Headline	2nd position	Learning	302	Advertiser
Freeze Stubborn Fat 2x Faster	Approved (limited)	Headline	2nd position	Learning	194	Advertiser
CoolSculpting® Elite	Approved (limited)	Headline	1st position	Learning	49	Advertiser
Next-Generation Fat Reduction	Approved (limited)	Headline	2nd position	Learning	41	Advertiser
(Keyword:Skinney Medspa)	Approved (limited)	Headline	1st position	Good	3,008	Advertiser
50% Off 16+ Treatments	Approved (limited)	Headline	2nd position	Good	2,363	Advertiser
Coolsculpting	Approved (limited)	Headline	1st position	Learning	47	Advertiser

Google Ads | Medstar Media > Skinney Medspa 227-156-5025 | All campaigns > MS | search | miami

Enabled Status: All ads limited by policy Type: Search Budget: \$234.21/day Optimization score: 99.8% Campaign 43 of 190

### Responsive search ad

Asset status: All Add filter

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

Asset	Status	Asset type	Position pinning	Performance	Impr.	Asset source
Top Provider in Miami	Approved (limited)	Headline	2nd position	Learning	302	Advertiser
Freeze Stubborn Fat 2x Faster	Approved (limited)	Headline	2nd position	Learning	194	Advertiser
CoolSculpting® Elite	Approved (limited)	Headline	1st position	Learning	49	Advertiser
Next-Generation Fat Reduction	Approved (limited)	Headline	2nd position	Learning	41	Advertiser
(Keyword:Skinney Medspa)	Approved (limited)	Headline	1st position	Good	3,008	Advertiser
50% Off 16+ Treatments	Approved (limited)	Headline	2nd position	Good	2,363	Advertiser
Coolsculpting	Approved (limited)	Headline	1st position	Learning	47	Advertiser
Coolsculpting in Miami	Approved (limited)	Headline	1st position	Good	1,777	Advertiser
CoolSculpting® Elite in Miami	Approved (limited)	Headline	1st position	Learning	236	Advertiser
The Elite Dual Applicators Treat Two Areas at the Same Time. Safely Freeze Twice the Fat.	Approved (limited)	Description	None	Learning	83	Advertiser
Target, Freeze, & Eliminate Fat in Half the Time. Improved Comfort. Larger Cooling Area.	Approved (limited)	Description	None	Learning	102	Advertiser
CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More	Approved (limited)	Description	None	Good	4,932	Advertiser
Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite.	Approved (limited)	Description	2nd position	Good	3,888	Advertiser

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### Assets

Table view: Associations

Upgraded

Legacy

Asset status: All Asset type: All Ad group name contains cool X Add filter

Asset	Added to	Level	Status	Clicks	CTR	Cost
<b>Sitelink</b>						
<input type="checkbox"/> <input checked="" type="checkbox"/>	CoolSculpting Miami CoolSculpting: The Top Non-Surgical Fat Reduction Treatment. Learn More	MS   search   miami > coolsculpting	Ad group	Eligible (Limited) Policy (Restricted medical content +1 more)	197	\$1,509.62
<input type="checkbox"/> <input checked="" type="checkbox"/>	CoolSculpting Miami CoolSculpting: The Top Non-Surgical Fat Reduction Treatment. Learn More	MS   search   miami > x. Exp Reach   coolsculpting	Ad group	Eligible (Limited) Policy (Restricted medical content +1 more)	98	\$651.71
<b>Callout</b>						
<input type="checkbox"/> <input checked="" type="checkbox"/>	FDA Cleared	MS   search   miami > coolsculpting	Ad group	Eligible	57	\$416.54
<input type="checkbox"/> <input checked="" type="checkbox"/>	Freeze Your Fat	MS   search   miami > coolsculpting	Ad group	Eligible	46	\$364.37
<input type="checkbox"/> <input checked="" type="checkbox"/>	Nonsurgical Fat Reduction	MS   search   miami > coolsculpting	Ad group	Eligible	34	\$250.40
<input type="checkbox"/> <input checked="" type="checkbox"/>	Highlights: No Surgery	MS   search   miami > coolsculpting	Ad group	Eligible	30	\$248.80
<input type="checkbox"/> <input checked="" type="checkbox"/>	Liposuction Alternative	MS   search   miami > coolsculpting	Ad group	Eligible	31	\$238.97

### Assets

Asset status: All Asset type: All Ad group name contains cool X Add filter

Asset	Added to	Level	Status	Clicks	CTR	Cost
<b>Sitelink</b>						
<input type="checkbox"/> <input checked="" type="checkbox"/>	FDA Cleared	MS   search   miami > x. Exp Reach   coolsculpting	Ad group	Eligible	25	\$168.69
<input type="checkbox"/> <input checked="" type="checkbox"/>	Highlights: No Surgery	MS   search   miami > x. Exp Reach   coolsculpting	Ad group	Eligible	17	\$128.50
<input type="checkbox"/> <input checked="" type="checkbox"/>	Nonsurgical Fat Reduction	MS   search   miami > x. Exp Reach   coolsculpting	Ad group	Eligible	17	\$120.01
<input type="checkbox"/> <input checked="" type="checkbox"/>	Liposuction Alternative	MS   search   miami > x. Exp Reach   coolsculpting	Ad group	Eligible	18	\$112.51
<input type="checkbox"/> <input checked="" type="checkbox"/>	Freeze Your Fat	MS   search   miami > x. Exp Reach   coolsculpting	Ad group	Eligible	16	\$109.99
<b>Promotion</b>						
<input type="checkbox"/> <input checked="" type="checkbox"/>	Fall Sale - Up to 50% off 16+ Treatments	MS   search   miami > coolsculpting	Ad group	Eligible (Limited) Policy (Restricted medical content +1 more)	77	\$557.47
<input type="checkbox"/> <input checked="" type="checkbox"/>	Summer Sale - Up to 50% off 16+ Treatments	MS   search   miami > coolsculpting	Ad group	Removed Policy (Restricted medical content +1 more)	83	\$541.79
<input type="checkbox"/> <input checked="" type="checkbox"/>	Fall Sale - Up to 50% off 16+ Treatments	MS   search   miami > x. Exp Reach   coolsculpting	Ad group	Eligible (Limited) Policy (Restricted medical content +1 more)	36	\$248.55
<input type="checkbox"/> <input checked="" type="checkbox"/>	Summer Sale - Up to 50% off 16+ Treatments	MS   search   miami > x. Exp Reach   coolsculpting	Ad group	Removed Policy (Restricted medical content +1 more)	39	\$235.26
<input type="checkbox"/> <input checked="" type="checkbox"/>	Spring Sale - Up to 50% off 16+ Treatments	MS   search   miami > coolsculpting	Ad group	Removed Policy (Restricted medical content +1 more)	0	\$0.00
<input type="checkbox"/> <input checked="" type="checkbox"/>	Spring Sale - Up to 50% off 16+ Treatments	MS   search   miami > x. Exp Reach   coolsculpting	Ad group	Removed Policy (Restricted medical content +1 more)	0	\$0.00
<b>Image</b>						

### Assets

Asset status: All Asset type: All Ad group name contains cool X Add filter

Asset	Added to	Level	Status	Clicks	CTR	Cost
<b>Image</b>						
<input type="checkbox"/> <input checked="" type="checkbox"/>		MS   search   miami > coolsculpting	Ad group	Eligible	23	\$212.22
<input type="checkbox"/> <input checked="" type="checkbox"/>		MS   search   miami > x. Exp Reach   coolsculpting	Ad group	Eligible	14	\$77.98
Total: Images				37	4.13%	\$290.20
Total: Business name				3,045	6.59%	\$17,218.27
Total: Business logo				2,619	6.72%	\$15,059.05
Total: Sitelinks				1,878	7.80%	\$12,212.40
Total: Callouts				626	5.60%	\$3,647.95
Total: Structured snippets				18	7.03%	\$91.05
Total: Calls				304	5.79%	\$2,142.89
Total: Locations				0	-	\$0.00
Total: Promotions				535	6.88%	\$3,913.21

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### Ad groups

Asset status: All Asset type: All Ad group name contains cool X Add filter

Ad group	Status	Target CPA	Conversions	Cost / conv.	Clicks	CTR	Cost
<input type="checkbox"/> <input checked="" type="checkbox"/>	coolsculpting	Eligible (Limited) All ads limited by policy	122.62	\$105.75	1,563	6.63%	\$12,966.66
<input type="checkbox"/> <input checked="" type="checkbox"/>	x. Exp Reach   coolsculpting	Eligible (Limited) All ads limited by policy	38.83	\$99.58	534	3.22%	\$3,866.91
Total: Filtered ad groups			161.45	\$104.27	2,097	5.22%	\$16,833.57
Total: Campaign			1,162.66	\$96.19	18,372	5.70%	\$111,835.63

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### Ads

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

Ad	Ad group	Status	Clicks	CTR	Cost	
<input type="checkbox"/> <input checked="" type="checkbox"/>	{(KeyWord Skinney Medspa)   CoolSculpting   CoolSculpting® Elite +12 more skinneymedspa.com/coolsculpting/myc Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	coolsculpting	Eligible (Limited) Policy (Restricted drug terms +1 more)	1,481	6.63%	\$12,289.29
<input type="checkbox"/> <input checked="" type="checkbox"/>	Skinney Medspa   CoolSculpting   CoolSculpting® Elite +11 more skinneymedspa.com/coolsculpting/myc Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	x. Exp Reach   coolsculpting	Eligible (Limited) Policy (Restricted drug terms +1 more)	522	3.21%	\$3,800.46
<input type="checkbox"/> <input checked="" type="checkbox"/>	{(KeyWord Skinney Medspa)   CoolSculpting   CoolSculpting® Elite +7 more skinneymedspa.com/coolsculpting/myc Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	coolsculpting	Removed Policy (Restricted drug terms +1 more)	82	6.54%	\$677.37
<input type="checkbox"/> <input checked="" type="checkbox"/>	Skinney Medspa   CoolSculpting   CoolSculpting® Elite +6 more skinneymedspa.com/coolsculpting/myc Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	x. Exp Reach   coolsculpting	Removed Policy (Restricted medical content +1 more)	12	4.08%	\$66.45
<input type="checkbox"/> <input checked="" type="checkbox"/>	Skinney Medspa   CoolSculpting® Elite   Fat Reduction Treatment +10 more www.skinneymedspa.com/elite/myc Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting® Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	x. Exp Reach   coolsculpting	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00
<input type="checkbox"/> <input checked="" type="checkbox"/>	Skinney Medspa   CoolSculpting® Elite   Fat Reduction Treatment +10 more www.skinneymedspa.com/elite/myc Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting® Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	x. Exp Reach   coolsculpting	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00
<input type="checkbox"/> <input checked="" type="checkbox"/>	{(KeyWord Skinney Medspa)   CoolSculpting® Elite   Fat Reduction Treatment +10 more www.skinneymedspa.com/elite/myc Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting® Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	coolsculpting	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00

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Enabled Status: All ads limited by policy Type: Search Budget: \$1,434.08/day Optimization score: 99.3% Campaign 45 of 190

Overview	Ad	Ad group	Status	Clicks	CTR	Cost
Insights	(Keyword:Skinney Medspa)   Coolsculpting   Coolsculpting® Elite +7 more skinneymedspa.com/coolsculpting/nyc Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	coolsculpting	Removed Policy (Restricted drug terms +1 more)	82	6.54%	\$677.37
Ads & assets	Skinney Medspa   Coolsculpting   Coolsculpting® Elite +6 more skinneymedspa.com/coolsculpting/nyc Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	x. Exp Reach   coolsculpting	Removed Policy (Restricted medical content +1 more)	12	4.08%	\$66.45
Assets	Skinney Medspa   Coolsculpting® Elite   Fat Reduction Treatment +10 more www.skinneymedspa.com/elite/nyc Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	x. Exp Reach   coolsculpting	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00
Landing pages	Skinney Medspa   Coolsculpting® Elite   Fat Reduction Treatment +10 more www.skinneymedspa.com/elite/nyc Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	x. Exp Reach   coolsculpting	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00
Keywords	(Keyword:Skinney Medspa)   Coolsculpting® Elite   Fat Reduction Treatment +10 more www.skinneymedspa.com/elite/nyc Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite. CoolSculpting® Elite Treats Fat in 9 Areas... View assets details	coolsculpting	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00
Audiences						
Settings						
Change history						
Suggested						
Locations						
Summary	Total: Filtered ads			2,097	5.22%	\$16,833.57
	Total: Campaign			18,372	5.70%	\$111,835.63

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Responsive search ad

Assets

Asset	Status	Asset type	Position pinning	Performance	Impr.	Asset source
Skinney Medspa	Approved (limited)	Headline	None	Pending	0	Advertiser
No Surgery & Minimal Downtime	Approved (limited)	Headline	2nd position	Good	2,847	Advertiser
Affordable & Quick Treatments	Approved (limited)	Headline	2nd position	Good	2,353	Advertiser
Flexible Payment Options	Approved (limited)	Headline	2nd position	Learning	1,075	Advertiser
Top Provider in NYC	-	Headline	2nd position	-	563	Advertiser
Freeze Your Fat Away Today	-	Headline	2nd position	-	194	Advertiser
Fat Reduction Treatment	-	Headline	2nd position	-	254	Advertiser
Freeze Stubborn Fat 2x Faster	Approved (limited)	Headline	2nd position	Learning	613	Advertiser
CoolSculpting® Elite	Approved (limited)	Headline	1st position	Learning	171	Advertiser
Next-Generation Fat Reduction	-	Headline	2nd position	-	67	Advertiser
(Keyword:Skinney Medspa)	Approved (limited)	Headline	1st position	Good	10,157	Advertiser
50% Off 16+ Treatments	Approved (limited)	Headline	2nd position	Good	12,078	Advertiser
Coolsculpting	Approved (limited)	Headline	1st position	Learning	379	Advertiser
Procedures in NYC	Approved (limited)	Headline	1st position	Good	10,436	Advertiser

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Assets

Asset	Status	Asset type	Position pinning	Performance	Impr.	Asset source
Coolsculpting	Approved (limited)	Headline	1st position	Learning	379	Advertiser
Coolsculpting in NYC	Approved (limited)	Headline	1st position	Good	10,436	Advertiser
CoolSculpting® Elite in NYC	Approved (limited)	Headline	1st position	Learning	1,189	Advertiser
Non-Invasive Fat Reduction	Approved (limited)	Headline	2nd position	Learning	343	Advertiser
Eliminates 25% of Fat or More	Approved (limited)	Headline	2nd position	Learning	41	Advertiser
Results in Just 1 Session	Approved (limited)	Headline	2nd position	Learning	535	Advertiser
4 Manhattan Locations	Approved (limited)	Headline	2nd position	Good	1,369	Advertiser
The Elite Dual Applicators Treat Two Areas at the Same Time. Safely Freeze Twice the Fat.	-	Description	None	-	221	Advertiser
Target, Freeze, & Eliminate Fat in Half the Time. Improved Comfort. Larger Cooling Area.	-	Description	None	-	292	Advertiser
CoolSculpting® Elite Treats Fat in 9 Areas: Thighs, Love Handles, Arms, Back, Chin & More	Approved (limited)	Description	None	Good	21,513	Advertiser
Our Biggest CoolSculpting Deal Ever. Get 50% Off 16+ Treatments of CoolSculpting Elite.	Approved (limited)	Description	2nd position	Good	16,217	Advertiser
Skinney Medspa Has Performed More CoolSculpting Treatments Than Anyone Else in The World	Approved (limited)	Description	None	Learning	166	Advertiser
Skinney Medspa is the Premier CoolSculpting NYC Provider with 4 Manhattan Locations	Approved (limited)	Description	None	Learning	140	Advertiser

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Assets

Associations

Upgraded

Legacy

Asset	Added to	Level	Status	Clicks	CTR	Cost
Service catalog: Coolsculpting, Non-Surgical Liposuction, Cellulite Reduction, Double Chin Reduction, Coolmini, Fat...	MS   search   nyc > coolsculpting	Ad group	Eligible	67	7.77%	\$560.53
Service catalog: Coolsculpting, Non-Surgical Liposuction, Cellulite Reduction, Double Chin Reduction, Coolmini, Fat...	MS   search   nyc > x. Exp Reach   coolsculpting	Ad group	Eligible	22	3.67%	\$138.60
CoolSculpting NYC CoolSculpting: The Top Non-Surgical Fat Reduction Treatment. Learn More	MS   search   nyc > coolsculpting	Ad group	Eligible (Limited) Policy (Restricted medical content +1 more)	764	7.92%	\$7,203.02
CoolSculpting NYC CoolSculpting: The Top Non-Surgical Fat Reduction Treatment. Learn More	MS   search   nyc > x. Exp Reach   coolsculpting	Ad group	Eligible (Limited) Policy (Restricted medical content +1 more)	258	3.47%	\$2,117.39
FDA Cleared	MS   search   nyc > coolsculpting	Ad group	Eligible	211	6.34%	\$1,795.29

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Assets

Asset	Added to	Level	Status	Clicks	CTR	Cost
Liposuction Alternative	MS   search   nyc > coolsculpting	Ad group	Eligible	164	6.62%	\$1,434.01
Highlights: No Surgery	MS   search   nyc > coolsculpting	Ad group	Eligible	174	7.30%	\$1,426.37
Nonsurgical Fat Reduction	MS   search   nyc > coolsculpting	Ad group	Eligible	152	6.74%	\$1,367.47
Freeze Your Fat	MS   search   nyc > coolsculpting	Ad group	Eligible	176	6.06%	\$1,350.32
FDA Cleared	MS   search   nyc > x. Exp Reach   coolsculpting	Ad group	Eligible	86	3.72%	\$739.05
Freeze Your Fat	MS   search   nyc > x. Exp Reach   coolsculpting	Ad group	Eligible	73	3.98%	\$644.55
Nonsurgical Fat Reduction	MS   search   nyc > x. Exp Reach   coolsculpting	Ad group	Eligible	60	3.89%	\$546.97
Highlights: No Surgery	MS   search   nyc > x. Exp Reach   coolsculpting	Ad group	Eligible	61	3.80%	\$517.18
Liposuction Alternative	MS   search   nyc > x. Exp Reach   coolsculpting	Ad group	Eligible	60	3.95%	\$468.87
Summer Sale - Up to 50% off 16+ Treatments	MS   search   nyc > coolsculpting	Ad group	Removed Policy (Restricted medical content +1 more)	297	7.30%	\$2,330.93
Fall Sale - Up to 50% off 16+ Treatments	MS   search   nyc > coolsculpting	Ad group	Eligible (Limited) Policy (Restricted medical content +1 more)	186	7.82%	\$1,497.76
Fall Sale - Up to 50% off 16+ Treatments	MS   search   nyc > x. Exp Reach   coolsculpting	Ad group	Eligible (Limited) Policy (Restricted medical content +1 more)	98	3.74%	\$750.27
Summer Sale - Up to 50% off 16+ Treatments	MS   search   nyc > x. Exp Reach   coolsculpting	Ad group	Removed Policy (Restricted medical content +1 more)	92	3.58%	\$657.27

Google Ads | Medstar Media > Skinny Medspa 227-156-5025 | All campaigns > MS | search | nyc

Enabled | Status: All ads limited by policy | Type: Search | Budget: \$1,434.06/day | Optimization score: 99.3% | More details

Campaign 45 of 190

Overview	Asset	Added to	Level	Status	Clicks	CTR	Cost
Insights							
Ad groups	Winter Sale - Up to 50% off 16+ Treatments	MS   search   nyc > coolsculpting	Ad group	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00
Ads & assets							
Ads	Spring Sale - Up to 50% off 16+ Treatments	MS   search   nyc > coolsculpting	Ad group	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00
Assets	Winter Sale - Up to 50% off 16+ Treatments	MS   search   nyc > x. Exp Reach   coolsculpting	Ad group	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00
Landing pages							
Keywords	Spring Sale - Up to 50% off 16+ Treatments	MS   search   nyc > x. Exp Reach   coolsculpting	Ad group	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00
Audiences							
Settings							
Change history		MS   search   nyc > coolsculpting	Ad group	Eligible	76	6.77%	\$612.81
Suggested		MS   search   nyc > x. Exp Reach   coolsculpting	Ad group	Eligible	44	3.95%	\$272.89
Locations							
Summary	Total: Images				654	8.16%	\$3,390.52
	Total: Business name				17,315	5.81%	\$105,752.38
	Total: Business logo				15,064	5.90%	\$91,186.16
	Total: Sitelinks				9,324	6.33%	\$62,691.51
	Total: Callouts				4,495	5.81%	\$26,179.14

Google Ads | Medstar Media > Skinny Medspa 227-156-5025 | All campaigns > MS | search | nyc

Enabled | Status: All ads limited by policy | Type: Search | Budget: \$1,434.06/day | Optimization score: 99.3% | More details

Campaign 45 of 190

Overview	Asset	Added to	Level	Status	Clicks	CTR	Cost
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	Total: Sitelinks				9,324	6.33%	\$62,691.51
	Total: Callouts				4,495	5.81%	\$26,179.14
	Total: Structured snippets				137	6.44%	\$1,063.88
	Total: Calls				1,136	3.96%	\$8,397.29
	Total: Locations				0	-	\$0.00
	Total: Promotions				2,430	4.34%	\$16,495.46

Show rows: 500 | 1 - 24 of 24

Reporting is not real-time. Time zone for all dates and times: (GMT-04:00) Eastern 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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Ad sets | AC - Skinny Medspa (Chris/Ryan) (37...)

Updated just now | Discard drafts | Review and publish

Ad set name contains cool | Search and filter | Save Clear | Jul 1, 2023 - Sep 30, 2023

Campaigns: 3 selected | Ad sets for 3 Campaigns | Ads for 3 Campaigns

Off / On	Ad set	Bid strategy	Budget	Last significant edit	Attribution setting	Results	Reach	Impressions	Cost per result	Amount spent
<input type="checkbox"/>	Coolsculpting - Women - NYC - Interest Stack	Highest volume Conversions	Using campaign...	Jul 3, 2023, 6:23 ... 100 days ago	7-day click	394 Website Leads	377,926	1,090,338	\$47.73 Per Lead	\$18,804.10
<input type="checkbox"/>	Coolsculpting - Men - NYC - Interest Stack	Highest volume Conversions	Using campaign...	Jul 3, 2023, 6:23 ... 100 days ago	7-day click	318 Website Leads	259,010	581,542	\$29.90 Per Lead	\$9,507.09
<input type="checkbox"/>	Coolsculpting - Women - Miami - Interest Stack	Highest volume Conversions	Using campaign...	Apr 12, 2023, 10:... 182 days ago	7-day click	119 Website Leads	94,176	390,187	\$77.78 Per Lead	\$9,256.10
<input type="checkbox"/>	Coolsculpting - Women - Houston - Interest Stack	Highest volume Conversions	Using campaign...	Apr 12, 2023, 10:... 182 days ago	7-day click	2 Website Leads	5,772	8,219	\$94.23 Per Lead	\$188.45
<b>Results from 4 ad sets</b>						<b>833</b> Website Leads	<b>735,239</b> Accounts Center acc...	<b>2,070,286</b> Total	<b>\$45.33</b> Per Lead	<b>\$37,755.74</b> Total Spent

Ads | AC - Skinny Medspa (Chris/Ryan) (37...)

Updated just now | Discard drafts | Review and publish

Ad set name contains cool | Search and filter | Save Clear | Jul 1, 2023 - Sep 30, 2023

Campaigns: 3 selected | Ad sets: 4 selected | Ads for 4 Ad sets

Off / On	Ad	Last significant edit	Attribution setting	Results	Reach	Impressions	Cost per result	Quality ranking	Engagement rate ranking	Conversion rate ranking	Amount spent
<input type="checkbox"/>	CS Women - NYC - Video - Thighs	Jul 3, 2023, 6:23 ... 100 days ago	7-day click	257 Website Leads	337,285	749,659	\$48.29 Per Lead	-	-	-	\$12,410.88
<input type="checkbox"/>	CS Male - NYC - Video	Jul 3, 2023, 6:23 ... 100 days ago	7-day click	245 Website Leads	253,505	544,033	\$33.42 Per Lead	-	-	-	\$8,187.90
<input type="checkbox"/>	CS Women - NYC - Video - Testimonial	Jul 3, 2023, 6:23 ... 100 days ago	7-day click	106 Website Leads	148,643	282,243	\$45.52 Per Lead	-	-	-	\$4,824.98
<input type="checkbox"/>	CS Women - Miami - Video - Thighs	Apr 12, 2023, 10:... 182 days ago	7-day click	49 Website Leads	67,105	172,489	\$74.49 Per Lead	-	-	-	\$3,649.88
<input type="checkbox"/>	CS Women - Miami - Video - TESTIMONIAL ...	Apr 12, 2023, 10:... 182 days ago	7-day click	26 Website Leads	52,784	137,758	\$106.37 Per Lead	-	-	-	\$2,765.65
<input type="checkbox"/>	CS Women - Miami - Video - All Areas - NEW	Apr 12, 2023, 10:... 182 days ago	7-day click	24 Website Leads	25,319	61,043	\$83.07 Per Lead	-	-	-	\$1,993.77
<input type="checkbox"/>	CS Women - NYC - Video - All Areas - NEW	Jul 3, 2023, 6:23 ... 100 days ago	7-day click	29 Website Leads	32,471	56,508	\$50.83 Per Lead	-	-	-	\$1,473.94
<input type="checkbox"/>	CS Male 2 - NYC - Video	Jul 3, 2023, 6:23 ... 100 days ago	7-day click	73 Website Leads	19,233	37,509	\$18.07 Per Lead	-	-	-	\$1,319.19
<input type="checkbox"/>	CS Women - Miami - Video - UNIVERSITY	Apr 12, 2023, 10:... 182 days ago	7-day click	14 Website Leads	3,760	7,475	\$32.99 Per Lead	-	-	-	\$461.80
<input type="checkbox"/>	CS Women - Miami - Video - BH Testimonial	Apr 12, 2023, 10:... 182 days ago	7-day click	6 Website Leads	6,266	11,422	\$64.17 Per Lead	-	-	-	\$385.00
<input type="checkbox"/>	CS Women - Houston - Video - Thighs	Apr 12, 2023, 10:... 182 days ago	7-day click	2 Website Leads	3,773	5,206	\$57.69 Per Lead	-	-	-	\$115.37
<input type="checkbox"/>	CS Women - NYC - Video - University	Jul 3, 2023, 6:23 ... 100 days ago	7-day click	2 Website Leads	1,263	1,928	\$47.15 Per Lead	-	-	-	\$94.30
<input type="checkbox"/>	CS Women - Houston - Video - All Areas - N...	Apr 12, 2023, 10:... 182 days ago	7-day click	-	1,946	2,647	-	-	-	-	\$65.39
<b>Results from 15 ads</b>						<b>833</b> Website Leads	<b>735,239</b> Accounts Center acc...	<b>2,070,286</b> Total	<b>\$45.33</b> Per Lead	-	<b>\$37,755.74</b> Total Spent

Ads | AC - Skinny Medspa (Chris/Ryan) (37...)

Updated just now | Discard drafts | Review and publish

Ad set name contains cool | Search and filter | Save Clear | Jul 1, 2023 - Sep 30, 2023

Campaigns: 3 selected | Ad sets: 4 selected | Ads for 4 Ad sets

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<input type="checkbox"/>	CS Women - Houston - Video - UNIVERSITY	Apr 12, 2023, 10:... 182 days ago	7-day click	-	245	366	-	-	-	-	\$7.69
<input type="checkbox"/>	CS Women - Houston - Video - All Areas	Apr 12, 2023, 10:... 182 days ago	7-day click	-	-	-	-	-	-	-	-
<b>Results from 15 ads</b>						<b>833</b> Website Leads	<b>735,239</b> Accounts Center acc...	<b>2,070,286</b> Total	<b>\$45.33</b> Per Lead	-	<b>\$37,755.74</b> Total Spent

Ad set name contains cool Search and filter

Campaigns 3 selected

Off / On	Ad	Last significant edit
<input checked="" type="checkbox"/>	CS Women - NYC - Video - Thighs	Jul 3, 2023, 6:23 100 days ago
<input checked="" type="checkbox"/>	CS Male - NYC - Video	Jul 3, 2023, 6:23 100 days ago
<input checked="" type="checkbox"/>	CS Women - NYC - Video - Testimonial	Jul 3, 2023, 6:23 100 days ago
<input checked="" type="checkbox"/>	CS Women - Miami - Video - Thighs	Apr 12, 2023, 10:18 182 days ago
<input checked="" type="checkbox"/>	CS Women - Miami - Video - TESTIMONIAL ...	Apr 12, 2023, 10:18 182 days ago
<input checked="" type="checkbox"/>	CS Women - Miami - Video - All Areas - NEW	Apr 12, 2023, 10:18 182 days ago
<input checked="" type="checkbox"/>	CS Women - NYC - Video - All Areas - NEW	Jul 3, 2023, 6:23 100 days ago
<input checked="" type="checkbox"/>	CS Male 2 - NYC - Video	Jul 3, 2023, 6:23 100 days ago
<input checked="" type="checkbox"/>	CS Women - Miami - Video - UNIVERSITY	Apr 12, 2023, 10:18 182 days ago
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<input checked="" type="checkbox"/>	CS Women - Houston - Video - All Areas - N...	Apr 12, 2023, 10:18 182 days ago

Results from 15 ads

**View preview**

Sponsored

Did you know you can reduce fat on your thighs? CoolSculpting is one of the most popular treatments that reduces fat in a non-invasive way. It eliminates up to 20-25% of treated fat in areas like inner and outer thighs, banana roll, and the distal thighs.


Get 50% off on CoolSculpting. Book a free consultation by calling us at 212-754-6639 or visit [skinneymedspa.com](http://skinneymedspa.com)

Find a location near you:

Flagship Flatiron NYC  
125 5th Ave, 2nd floor  
New York, NY 10003  
(between 19th + 20th st)

West 57th NYC  
37 w. 57th street  
New York, NY 10019

Saks 5th Ave NYC  
611 Fifth Avenue  
New York, NY 10022



**BOOK NOW**  
Receive 50% off select treatments

Close

per result	Quality ranking	Engagement rate ranking	Conversion rate ranking	Amount spent
\$48.29	—	—	—	\$12,410.88
\$33.42	—	—	—	\$8,187.90
\$45.52	—	—	—	\$4,824.98
\$74.49	—	—	—	\$3,649.88
\$106.37	—	—	—	\$2,765.65
\$83.07	—	—	—	\$1,993.77
\$50.83	—	—	—	\$1,473.94
\$18.07	—	—	—	\$1,319.19
\$32.99	—	—	—	\$461.80
\$64.17	—	—	—	\$385.00
\$57.69	—	—	—	\$115.37
\$47.15	—	—	—	\$94.30
\$45.33	—	—	—	\$37,755.74

Ad set name contains cool Search and filter

Campaigns 3 selected

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Results from 15 ads

**View preview**

New York, NY 10003  
(between 19th + 20th st)

West 57th NYC  
37 w. 57th street  
New York, NY 10019

Saks 5th Ave NYC  
611 Fifth Avenue  
New York, NY 10022



**BOOK NOW**  
Receive 50% off select treatments

Call us 212-754-6639 or visit [skinneymedspa.com](http://skinneymedspa.com)

skinneymedspa.com  
50% Off 16+ Treatments Learn more

42 1 comment 9 shares

Like Comment Share

Close

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Results from 15 ads

**View preview**

Many of us struggle with stubborn areas of fat that don't seem to go away despite diet and exercise. CoolSculpting is one of the most popular noninvasive treatments that utilizes advanced cooling technology to reduce unwanted fat.

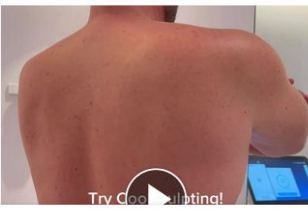
Get 50% off on CoolSculpting. Book a free consultation by calling us at 212-754-6639 or visit [skinneymedspa.com](http://skinneymedspa.com)

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Try CoolSculpting!

skinneymedspa.com  
50% OFF - 16+ Treatments Learn more

55 9 comments 14 shares

Like Comment Share

Close

per result	Quality ranking	Engagement rate ranking	Conversion rate ranking	Amount spent
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Ad set name contains cool Search and filter

Campaigns 3 selected

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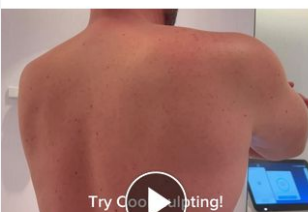
Results from 15 ads

**View preview**

(between 19th + 20th st)

West 57th NYC  
37 w. 57th street  
New York, NY 10019

Saks 5th Ave NYC  
611 Fifth Avenue  
New York, NY 10022



Try CoolSculpting!

skinneymedspa.com  
50% OFF - 16+ Treatments Learn more

55 9 comments 14 shares

Like Comment Share

Close

per result	Quality ranking	Engagement rate ranking	Conversion rate ranking	Amount spent
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<input checked="" type="checkbox"/>	CS Women - Miami - Video - All Areas - NEW	Apr 12, 2023, 10:18 182 days ago
<input checked="" type="checkbox"/>	CS Women - NYC - Video - All Areas - NEW	Jul 3, 2023, 6:23 100 days ago
<input checked="" type="checkbox"/>	CS Male 2 - NYC - Video	Jul 3, 2023, 6:23 100 days ago
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<input checked="" type="checkbox"/>	CS Women - Houston - Video - All Areas - N...	Apr 12, 2023, 10:18 182 days ago

Results from 15 ads

**View preview**

Many of us struggle with stubborn areas of fat that don't seem to go away despite diet and exercise. CoolSculpting is one of the most popular noninvasive treatments that utilizes advanced cooling technology to reduce unwanted fat.

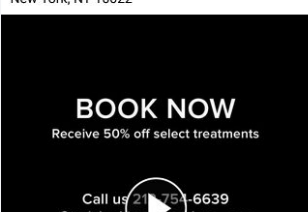
Get 50% off on CoolSculpting. Book a free consultation by calling us at 212-754-6639 or visit [skinneymedspa.com](http://skinneymedspa.com)

Find a location near you:

Flagship Flatiron NYC  
125 5th Ave, 2nd floor  
New York, NY 10003  
(between 19th + 20th st)

West 57th NYC  
37 w. 57th street  
New York, NY 10019

Saks 5th Ave NYC  
611 Fifth Avenue  
New York, NY 10022



**BOOK NOW**  
Receive 50% off select treatments

Call us 212-754-6639 Or visit [skinneymedspa.com](http://skinneymedspa.com)

Close

per result	Quality ranking	Engagement rate ranking	Conversion rate ranking	Amount spent
\$48.29	—	—	—	\$12,410.88
\$33.42	—	—	—	\$8,187.90
\$45.52	—	—	—	\$4,824.98
\$74.49	—	—	—	\$3,649.88
\$106.37	—	—	—	\$2,765.65
\$83.07	—	—	—	\$1,993.77
\$50.83	—	—	—	\$1,473.94
\$18.07	—	—	—	\$1,319.19
\$32.99	—	—	—	\$461.80
\$64.17	—	—	—	\$385.00
\$57.69	—	—	—	\$115.37
\$47.15	—	—	—	\$94.30
\$45.33	—	—	—	\$37,755.74

Ads AC - Skinney Medspa (Chris/Ryan) (37...)

Ad set name contains cool Search and filter

Campaigns 3 selected

Off / On	Ad	Last significant edit
<input type="checkbox"/>	CS Women - NYC - Video - Thighs	Jul 3, 2023, 6:23 100 days ago
<input type="checkbox"/>	CS Male - NYC - Video	Jul 3, 2023, 6:23 100 days ago
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Results from 15 ads

**View preview**

New York, NY 10003 (between 19th + 20th st)

West 57th NYC  
37 w. 57th street  
New York, NY 10019

Saks 5th Ave NYC  
611 Fifth Avenue  
New York, NY 10022

skinneymedspa.com  
**50% Off 16+ Treatments** Learn more

37 5 comments 7 shares

Like Comment Share

Close

per result	Quality ranking	Engagement rate ranking	Conversion rate ranking	Amount spent
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\$57.69	Per Lead	—	—	\$115.37
\$47.15	Per Lead	—	—	\$94.30
—	—	—	—	\$65.39
<b>\$45.33</b>	Per Lead	—	—	<b>\$37,755.74</b>

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Results from 15 ads

**View preview**

**Skinney Medspa** Sponsored

CoolSculpting is one of the most popular treatments that reduces fat in a noninvasive way. It eliminates up to 20-25% of treated fat in areas like inner and outer thighs, banana roll, and the distal thighs. Book a free consultation by calling us at 305-717-7576 or visit skinneymedspa.com

Visit Us:

Saks Bal Harbour Shops  
9700 Collins Ave  
Bal Harbour, FL 33154 (beauty floor)

skinneymedspa.com  
**50% Off 16+ Treatments** Learn more

37 5 comments 7 shares

Like Comment Share

Close

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\$47.15	Per Lead	—	—	\$94.30
—	—	—	—	\$65.39
<b>\$45.33</b>	Per Lead	—	—	<b>\$37,755.74</b>

Ads AC - Skinney Medspa (Chris/Ryan) (37...)

Ad set name contains cool Search and filter

Campaigns 3 selected

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Results from 15 ads

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skinneymedspa.com

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skinneymedspa.com  
**Get Up To 50% OFF 16 CoolSculpting Treatments** Learn more

36 3 comments 8 shares

Like Comment Share

Full Size Preview

Close

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Results from 15 ads

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**Skinney Medspa** Sponsored

Still struggling with stubborn areas of fat that don't seem to go away despite diet and exercise? CoolSculpting is one of the most popular noninvasive treatments that utilizes advanced cooling technology to reduce unwanted fat.

Get up to 50% off select treatments. Book a free consultation by calling us at 305-717-7576 or visit skinneymedspa.com

Location near you:

Saks Bal Harbour Shops  
9700 Collins Ave  
Bal Harbour, FL 33154 (beauty floor)

skinneymedspa.com  
**Get Up To 50% OFF 16 CoolSculpting Treatments** Learn more

17 4 shares

Like Comment Share

Close

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Ads AC - Skinney Medspa (Chris/Ryan) (37...)

Ad set name contains cool Search and filter

Campaigns 3 selected

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Results from 15 ads

**View preview**

consultation by calling us at 305-717-7576 or visit skinneymedspa.com

Location near you:

Saks Bal Harbour Shops  
9700 Collins Ave  
Bal Harbour, FL 33154 (beauty floor)

skinneymedspa.com  
**Get Up To 50% OFF 16 CoolSculpting Treatments** Learn more

17 4 shares

Like Comment Share

Close

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Results from 15 ads

**View preview**

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Get 50% off on CoolSculpting—the only noninvasive body contouring treatment that's FDA cleared to eliminate fat in nine areas of the body!

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Close

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Ads AC - Skinney Medspa (Chris/Ryan) (37...)

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skinneymedspa.com  
Get Up To 50% OFF 16 Coolsculpting Treatments [Learn more](#)

44 likes 7 shares

Like Comment Share

Close

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skinneymedspa.com  
50% Off 16+ Treatments [Learn more](#)

10 likes 3 shares

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Close

per result	Quality ranking	Engagement rate ranking	Conversion rate ranking	Amount spent
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Campaigns 3 selected

Off / On	Ad	Last significant edit
<input type="checkbox"/>	CS Women - Miami - Video - Thighs	Apr 12, 2023, 10:18 182 days ago
<input type="checkbox"/>	CS Women - Miami - Video - TESTIMONIAL ...	Apr 12, 2023, 10:18 182 days ago
<input type="checkbox"/>	CS Women - Miami - Video - All Areas - NEW	Apr 12, 2023, 10:18 182 days ago
<input checked="" type="checkbox"/>	CS Women - NYC - Video - All Areas - NEW	Jul 3, 2023, 6:23 100 days ago
<input type="checkbox"/>	CS Male 2 - NYC - Video	Jul 3, 2023, 6:23 100 days ago
<input type="checkbox"/>	CS Women - Miami - Video - UNIVERSITY	Apr 12, 2023, 10:18 182 days ago
<input type="checkbox"/>	CS Women - Miami - Video - BH Testimonial	Apr 12, 2023, 10:18 182 days ago
<input type="checkbox"/>	CS Women - Houston - Video - Thighs	Apr 12, 2023, 10:18 182 days ago
<input type="checkbox"/>	CS Women - NYC - Video - University	Jul 3, 2023, 6:23 100 days ago
<input type="checkbox"/>	CS Women - Houston - Video - All Areas - N...	Apr 12, 2023, 10:18 182 days ago
<input type="checkbox"/>	CS Women - Houston - Video - UNIVERSITY	Apr 12, 2023, 10:18 182 days ago
<input type="checkbox"/>	CS Women - Houston - Video - All Areas	Apr 12, 2023, 10:18 182 days ago

Results from 15 ads

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10 likes 3 shares

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per result	Quality ranking	Engagement rate ranking	Conversion rate ranking	Amount spent
\$74.49	—	—	—	\$3,649.88
\$106.37	—	—	—	\$2,765.65
\$83.07	—	—	—	\$1,993.77
\$50.83	—	—	—	\$1,473.94
\$18.07	—	—	—	\$1,319.19
\$32.99	—	—	—	\$461.80
\$64.17	—	—	—	\$385.00
\$57.69	—	—	—	\$115.37
\$47.15	—	—	—	\$94.30
\$45.33	—	—	—	\$37,755.74

Ads AC - Skinney Medspa (Chris/Ryan) (37...)

Ad set name contains cool Search and filter

Campaigns 3 selected

Off / On	Ad	Last significant edit
<input type="checkbox"/>	CS Women - Miami - Video - Thighs	Apr 12, 2023, 10:18 182 days ago
<input type="checkbox"/>	CS Women - Miami - Video - TESTIMONIAL ...	Apr 12, 2023, 10:18 182 days ago
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<input type="checkbox"/>	CS Women - Houston - Video - UNIVERSITY	Apr 12, 2023, 10:18 182 days ago
<input type="checkbox"/>	CS Women - Houston - Video - All Areas	Apr 12, 2023, 10:18 182 days ago

Results from 15 ads

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Close

per result	Quality ranking	Engagement rate ranking	Conversion rate ranking	Amount spent
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\$106.37	—	—	—	\$2,765.65
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CS Women - Miami - Video - TESTIMONIAL ... Apr 12, 2023, 10:18 182 days ago

CS Women - Miami - Video - All Areas - NEW Apr 12, 2023, 10:18 182 days ago

CS Women - NYC - Video - All Areas - NEW Jul 3, 2023, 6:23 100 days ago

CS Male 2 - NYC - Video Jul 3, 2023, 6:23 100 days ago

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CS Women - Miami - Video - BH Testimonial Apr 12, 2023, 10:18 182 days ago

CS Women - Houston - Video - Thighs Apr 12, 2023, 10:18 182 days ago

CS Women - NYC - Video - University Jul 3, 2023, 6:23 100 days ago

CS Women - Houston - Video - All Areas - N... Apr 12, 2023, 10:18 182 days ago

CS Women - Houston - Video - UNIVERSITY Apr 12, 2023, 10:18 182 days ago

CS Women - Houston - Video - All Areas Apr 12, 2023, 10:18 182 days ago

Results from 15 ads

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Did you know you can reduce fat on your thighs? CoolSculpting is one of the most popular treatments that reduces fat in a noninvasive way. It eliminates up to 20-25% of treated fat in areas like inner and outer thighs, banana roll, and the distal thighs.

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Ads Updated 5 minutes ago Discard drafts Review and publish

Save Clear Jul 1, 2023 - Sep 30, 2023

View Setup Columns: Custom Breakdown Reports

per result	Quality ranking Ad relevance ...	Engagement rate ranking Ad relevance ...	Conversion rate ranking Ad relevance ...	Amount spent ↓
Per Lead	\$74.49	—	—	\$3,649.88
Per Lead	\$106.37	—	—	\$2,765.65
Per Lead	\$83.07	—	—	\$1,993.77
Per Lead	\$50.83	—	—	\$1,473.94
Per Lead	\$18.07	—	—	\$1,319.19
Per Lead	\$32.99	—	—	\$461.80
Per Lead	\$64.17	—	—	\$385.00
Per Lead	\$57.69	—	—	\$115.37
Per Lead	\$47.15	—	—	\$94.30
Per Lead	—	—	—	\$65.39
Per Lead	—	—	—	\$7.69
Per Lead	—	—	—	—
Per Lead	\$45.33	—	—	\$37,755.74 Total Spent

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Ad set name contains cool Search and filter

Campaigns 3 selected

View Setup Columns: Custom Breakdown Reports

per result Quality ranking Engagement rate ranking Conversion rate ranking Amount spent

Per Lead \$74.49 Per Lead \$106.37 Per Lead \$83.07 Per Lead \$50.83 Per Lead \$18.07 Per Lead \$32.99 Per Lead \$64.17 Per Lead \$57.69 Per Lead \$47.15 Per Lead \$45.33

\$3,649.88 \$2,765.65 \$1,993.77 \$1,473.94 \$1,319.19 \$461.80 \$385.00 \$115.37 \$94.30 \$37,755.74

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Ad sets AC - Skinney Medspa (Chris/Ryan) (37...)

Ad set name contains cs Search and filter

Campaigns 1 selected Ad sets for 1 Campaign Ads for 1 Campaign

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Off / On	Ad set	Bid strategy	Budget	Last significant edit	Attribution setting	Results	Reach	Impressions	Cost per result	Amount spent
<input type="checkbox"/>	CS - NYC - Video - Testimonial	Highest volume Daily unique reach	\$1.00	Jul 3, 2023, 6:23 ... 100 days ago	7-day click or ...	13,156 Reach	13,156	29,390	\$6.84 Per 1,000 People Re...	\$90.02
<input type="checkbox"/>	CS - NYC - Video - All Areas - NEW	Highest volume Daily unique reach	\$1.00	Jul 3, 2023, 6:23 ... 100 days ago	7-day click or ...	12,956 Reach	12,956	29,156	\$6.93 Per 1,000 People Re...	\$89.81
<input type="checkbox"/>	CS - NYC - Video - Thighs	Highest volume Daily unique reach	\$1.00	Jul 3, 2023, 6:23 ... 100 days ago	7-day click or ...	12,976 Reach	12,976	29,164	\$6.92 Per 1,000 People Re...	\$89.77
<input type="checkbox"/>	CS - NYC - Video - University	Highest volume Daily unique reach	\$1.00	Jul 3, 2023, 6:23 ... 100 days ago	7-day click or ...	13,100 Reach	13,100	29,232	\$6.85 Per 1,000 People Re...	\$89.75
Results from 4 ad sets						23,800 Reach	23,800 Accounts Center acc...	116,942 Total	\$15.10 Per 1,000 People Rea...	\$359.35 Total Spent

Ads AC - Skinney Medspa (Chris/Ryan) (37...)

Ad set name contains cs Search and filter

Campaigns 1 selected Ad sets 4 selected Ads for 4 Ad sets

View Setup Columns: Custom Breakdown Reports

Off / On	Ad	Last significant edit	Attribution setting	Results	Reach	Impressions	Cost per result	Quality ranking	Engagement rate ranking	Conversion rate ranking	Amount spent
<input type="checkbox"/>	CS - NYC - Video - Testimonial	Jul 3, 2023, 6:23 ... 100 days ago	7-day click or ...	13,156 Reach	13,156	29,390	\$6.84 Per 1,000 People Re...	—	—	—	\$90.02
<input type="checkbox"/>	CS - NYC - Video - All Areas - NEW	Jul 3, 2023, 6:23 ... 100 days ago	7-day click or ...	12,956 Reach	12,956	29,156	\$6.93 Per 1,000 People Re...	—	—	—	\$89.81
<input type="checkbox"/>	CS - NYC - Video - Thighs	Jul 3, 2023, 6:23 ... 100 days ago	7-day click or ...	12,976 Reach	12,976	29,164	\$6.92 Per 1,000 People Re...	—	—	—	\$89.77
<input type="checkbox"/>	CS - NYC - Video - University	Jul 3, 2023, 6:23 ... 100 days ago	7-day click or ...	13,100 Reach	13,100	29,232	\$6.85 Per 1,000 People Re...	—	—	—	\$89.75
<input type="checkbox"/>	CS - NYC - Video - All Areas	Jul 3, 2023, 6:23 ... 100 days ago	7-day click or ...	— Reach	—	—	— Per 1,000 People Re...	—	—	—	—
Results from 5 ads				23,800 Reach	23,800 Accounts Center acc...	116,942 Total	\$15.10 Per 1,000 People Rea...	—	—	—	\$359.35 Total Spent

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\$6.93	—	—	—	\$89.81
\$6.92	—	—	—	\$89.77
\$6.85	—	—	—	\$89.75
\$15.10	—	—	—	\$359.35 Total Spent

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QUERIES	PAGES	COUNTRIES	DEVICES	SEARCH APPEARANCE	DATES
Top queries					Clicks Impressions
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coolsculpting					55 13,056
cool sculpting					53 1,439
alternatives to coolsculpting					53 690
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how to speed up coolsculpting results				12	146
cost of coolsculpting				10	420
best coolsculpting near me				10	289
coolsculpting vs laser lipo				9	1,488
is coolsculpting safe				9	346
coolsculpting miami				9	105
cool sculpting near me				8	1,420
coolsculpting armpit fat				8	1,096
cooladvantage				8	506
				8	487

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## CoolSculpting Before and After Pictures in NYC



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CoolSculpting before and after pictures in NYC reveal how effectively CoolSculpting helps men and women look skinnier and more sculpted. While results may vary, these CoolSculpting before and after pictures depict real patients who received CoolSculpting treatments from SKINNEY Medspa.\*

CoolSculpting is the most popular non-invasive fat reduction treatment in the world. CoolSculpting is scientifically shown to safely and effectively reduce fat using controlled cooling. Treatments are quick and easy, painless, and require no downtime, making fat reduction with CoolSculpting the perfect non-surgical substitute for Liposuction.

SKINNEY Medspa is the #1 provider of CoolSculpting in the Country! With 3 up-scale spa locations in New York City, SKINNEY Medspa offers the best CoolSculpting NYC citizens can receive, at some of the best CoolSculpting prices with the current promotion offering new clients 25% off a CoolSculpting treatment.

Contact SKINNEY Medspa online or call **646.883.8946** and receive 25% off your first CoolSculpting treatment!

## CoolSculpting Stomach Before and After

Of all the stubborn fat deposits, people want to know how to get rid of belly fat. Belly fat is a challenging area for weight loss that is often resistant to diet and exercise. As a result, the abdomen is one of the most targeted areas for CoolSculpting. On average, a CoolSculpting stomach session can decrease subcutaneous belly fat by up to 25 percent. CoolSculpting before and after on belly fat demonstrates the amazing reduction in unwanted fat from the abdomen that CoolSculpting offers.\*



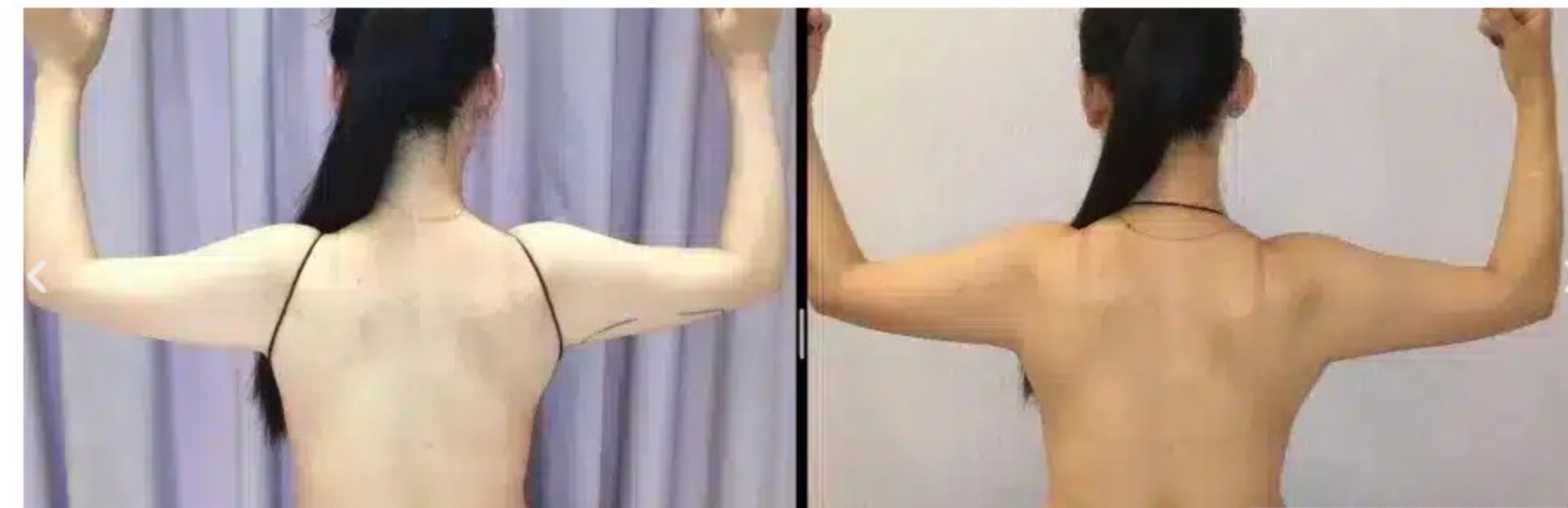
## CoolSculpting Love Handles Before and After

CoolSculpting before and after on the flanks (Love handles) reveal how well CoolSculpting can target the flanks.\* While women are more likely to store fat around their hips and thighs, men also struggle with excess fat around their hips and waist. Therefore, CoolSculpting is an effective way to reduce fat in the love handle area for both men and women.



## CoolSculpting Arms Before and After

In 2017, the makers of CoolSculpting introduced the new CoolAdvantage, designed to reduce upper arm fat. CoolSculpting upper arms before and after pictures demonstrate the visible reduction in stubborn fat the clings to the upper, posterior region of the arms.\*



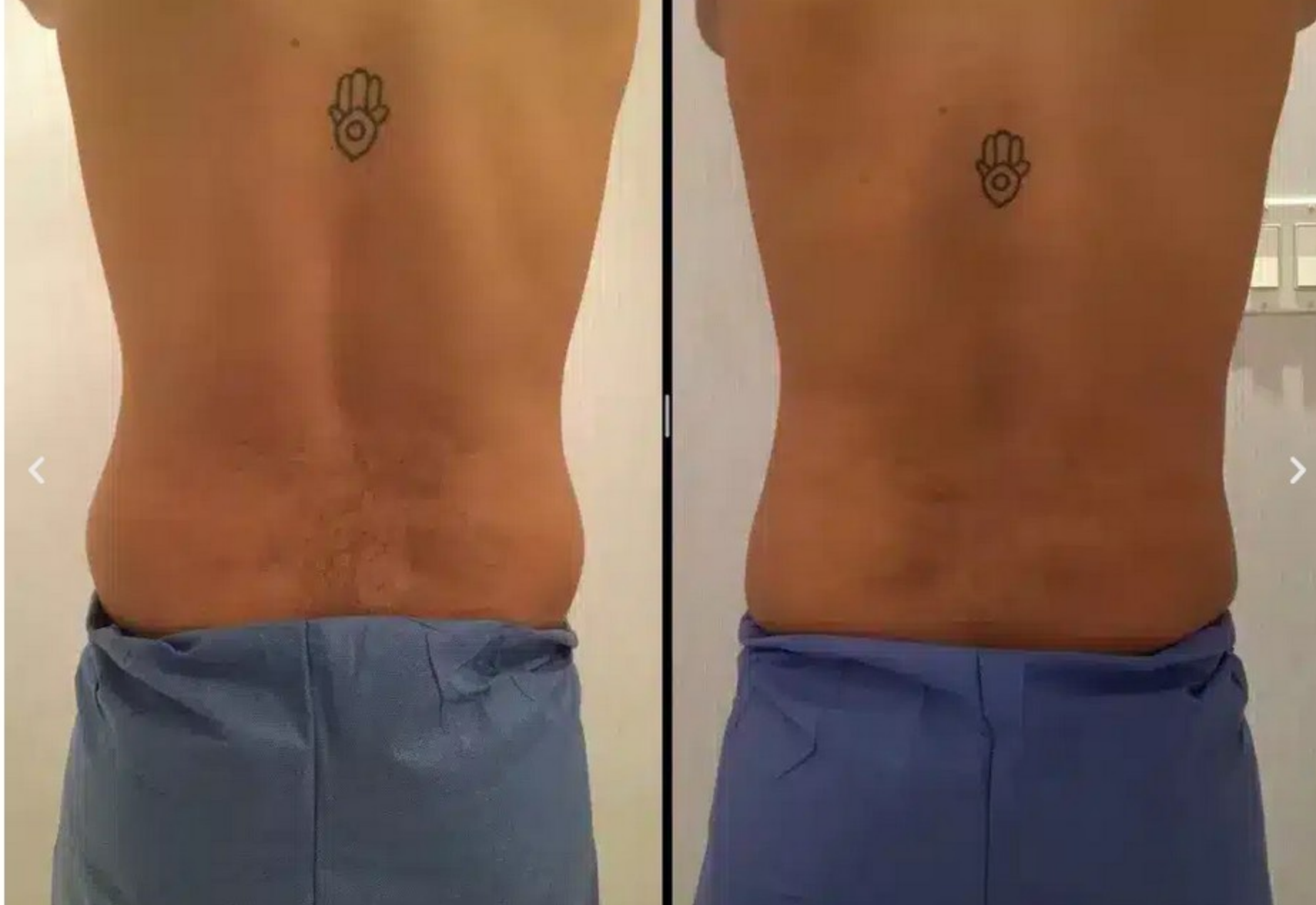
## CoolSculpting Thighs Before and After

CoolSculpting before and after pics on the thighs show how effectively CoolSculpting reduces inner thigh fat and outer thigh fat (commonly known as saddle bags.) CoolSculpting the thighs is especially popular among women who often struggle with stubborn fat deposits that cling to the thighs.\*



## CoolSculpting Before and After for Men

CoolSculpting is ideal for men as well as women. Male clients commonly use CoolSculpting to reduce belly fat and stubborn love handles. These Cool Sculpting before and after pics explain why this treatment is so popular among men. Noticeable reductions in love handles help men look fitter, younger, and more muscular.\* According to studies, 86% of patients noted "visible reductions" in fat from the flanks, back, and abdomen.



## CoolSculpt Multiple Areas at Once

Another amazing benefit of CoolSculpting is that it can target multiple areas of the body simultaneously in a single treatment session. This method of dual sculpting refers to two CoolSculpting treatments occurring at the same time to freeze fat on two areas. It works by utilizing dual applicators that are placed on two targeted areas of the body. These applicators deliver calibrated cooling to both target areas and reduce fat cells at once. Up to four different areas of the body can be safely treated at the same time with CoolSculpting. However, this depends on how many CoolSculpting machines are available in the office. Popular DualSculpting treatments include targeting the underarms, the inner thighs, or the love handles.

## CoolSculpt Belly Fat and Double Chin Simultaneously

A more recent dual sculpting trend is to target the belly and double chin at the same time. Treating both areas at once saves time and offers countless benefits. Opting for CoolSculpting to slim your chin is a great option if you want to avoid surgery, complications, scarring and downtime. Plus, CoolSculpting has a high success rate and produces long-lasting results in the double chin area. Additionally, a CoolSculpting treatment can be customized to target specific areas of the chin and jawline and create a more targeted and effective treatment plan.

CoolSculpting has impressive results with improving the appearance of a double chin. Usually, patients see a reduction in their double chin in as soon as four weeks after their treatment. On average, CoolSculpting clinical studies found that 77% of patients showed improved appearance of fatty tissue in the chin area. Additionally, 75% of patients reported their chin looked more toned following treatment. CoolSculpting effectively reduces the amount of excess fat under your chin and contours the jawline. Overall, CoolSculpting multiple areas at once with DualSculpting is a great way to save time and achieve superior results.

## Am I a Good CoolSculpting Candidate in NYC?

The ideal CoolSculpting candidate is a healthy, active adult struggling with diet and exercise-resistant body fat. Factors that determine candidacy include body size and shape, aesthetic goals, and desired treatment areas.

The best way to determine if you are a good CoolSculpting candidate is to schedule a complimentary consultation with SKINNEY Medspa. During your appointment, one of our CoolSculpting specialists will evaluate your body and take note of your aesthetic body goals. If we feel you are the right CoolSculpting candidate, we will create a customized treatment plan for you.

## Get Your CoolSculpting Before and Afters in NYC

Want to experience body contouring and get your own CoolSculpting before and afters in NYC? Contact SKINNEY Medspa. We are proud to be the premier provider of CoolSculpting in New York City at our luxury medspa. Call us now at **(646) 883-8946** or reach out to us online to schedule your consultation now.

## Schedule a Complimentary CoolSculpting Consultation

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

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Cosmopolitan Magazine recently published their guide for looking flawless on your wedding day, in which they quoted both Jolie Martin and Dr. Hadley King of SKINNEY Medspa. Find out why both Cosmo and the skin care experts at SKINNEY Medspa recommend a Photofacial and Botox as great, non-invasive cosmetic procedures for brides to be who want to look stunning as they walk down the aisle.

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# Bye-Bye Bra Bulge: How to Get Rid of Armpit Fat with 6 Proven Methods



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**Armpit fat, or bra bulge, are those stubborn fat deposits that accumulate around the upper bra area and tend to bulge out when wearing a form fitting dress or workout tank top. Learn how to get rid of armpit fat with these 7 effective solutions, and you'll be loving your tank top bod in no time.**

## Bye-Bye Bra Bulge: How to Get Rid of Armpit Fat with 7 Proven Methods

The armpit and upper arm is a common problem area among adult women, notorious for collecting stubborn fat deposits that resist diet and exercise. Armpit fat usually gets worse with age, is more common among big breasted women, and sometimes, is often not fat at all, but breast tissue.

### How to Get Rid of Armpit Fat?

The internet is full of myths for how to get rid of armpit fat. Most of them revolve around specific exercises or strength training routines. But spot reduction, or the idea that you can target a certain area of fat on the body with specific exercises, is a myth. The only way you can get rid of armpit fat using diet and exercise is by reducing your overall body fat, and hopefully some of the fat will be taken from your underarm area.

So if spot reduction is a myth and there is no amount of diet and exercise that specifically targets bra bulge, are there any reliable solutions for getting rid of armpit fat? Or any way to keep upper bra fat from bulging out when you put on a tank top? Yes! Read on to discover tips, tricks, and cosmetic procedures that actually work for reducing bra bulge.

### 1.) Freeze Away Armpit Fat with CoolSculpting

CoolSculpting is the most popular cosmetic treatment for reducing fat that accumulates around the armpits and upper bra area. The revolutionary fat reduction procedure targets fat cells and destroys them by freezing them to death with controlled cooling, in a process called cryolipolysis. Once those fat cells die, they naturally process out of the body as waste via your lymphatic system.

[Learn more about CoolSculpting >>](#)

CoolSculpting is a popular cosmetic treatment among celebrities because it is FDA-cleared as safe and effective, requires no down-time, is convenient, and delivers impressive results (a single treatment reduces targeted fat by up to 20%. For those trying to get rid of belly fat with CoolSculpting, that equates to 1 inch off of their waistline). The entire treatment is non-surgical and requires no anesthesia, incisions, or scarring. Therefore, CoolSculpting is a great option for those who are afraid of needles or do not wish to experience lengthy recovery time.

An article in ALLURE magazine titled "CoolSculpting Unexpected Spots is The Latest Trend In Celebrity Red Carpet Prep" recently revealed celebrities are opting for CoolSculpting to get rid of bra bulge, or armpit fat prior to a big red carpet event. One Hollywood Spa owner renowned for his celebrity clientele explained "I can foresee trends coming, but I never thought women were going to want their upper bra area [treated with CoolSculpting]...It's crazy how many people we've been doing it on." Notable CoolSculpting devotees include Khloé Kardashian, Jennifer Aniston, Mariah Carey.

### 2.) Get Rid of Armpit Fat with CoolSculpting Elite

CoolSculpting Elite is the newest fat-freezing treatment. Made from the same creators of the original fat-freezing, CoolSculpting Elite is the impressive sister treatment to CoolSculpting. This new method of fat reduction uses the same cooling technology, Cryolipolysis. However, Elite treatments feature new technology that makes them the superior fat reduction treatment.

Specifically, CoolSculpting Elite removes 20-25% fat in a single treatment, compared to its predecessor which removes an average of 18-20% fat during each session. Best of all, CoolSculpting Elite sessions are shorter, more comfortable, and yield more impressive results. When you select CoolSculpting Elite to eliminate your armpit fat, you will see phenomenal results that are entirely non-invasive, non-surgical, and require little to no downtime afterward. Most importantly, CoolSculpting Elite provides long-term effects.

The new technology features dual sculpting capability. The original machine could only use one applicator at a time, meaning you could only treat one armpit at a time with one machine. Now, CoolSculpting Elite makes it possible for your technician to treat both armpits simultaneously with the same machine. This, in turn, saves time and results in a cheaper fat reduction treatment. Additionally, since "dual sculpting" allows you to treat multiple areas of the body simultaneously in a single treatment session, you can create a combination treatment plan where you are able to target additional problem areas during your appointment. Popular combination treatments include the love handles or double chin.

Skinney Medspa is proud to offer CoolSculpting Elite now to all of our clients. Call us to schedule a consultation to learn more about this fat reduction method capable of riding pesky armpit fat with ease.



[See more CoolSculpting Before and After Pictures >>](#)

### 3.) Getting Rid of Armpit Fat Using Liposuction

Liposuction used to be the golden standard of cosmetic fat reduction, but is quickly being outdated by revolutionary fat reduction treatments that are non-invasive. Still, liposuction is one effective, albeit drastic way of dealing with bra bulge. During liposuction for underarm fat, a cosmetic surgeon makes an incision at the crease of your armpit. A cannula, or tube is inserted into the incision, which may deliver a fat dissolving agent. Once the fat is dissolved it is sucked up and out of the body through the cannula. Liposuction for getting rid of armpit fat requires anesthesia and typically runs between \$4,000 and \$8,000 dollars.

[Related Article: CoolSculpting v. Liposuction](#)

### 4.) Getting Rid of Armpit Fat with an Underarm Lift

Another cosmetic surgery that gets rid of armpit fat is an underarm lift, or brachioplasty. Underarm lifts involve removal of excess upper arm tissue. It can be used in conjunction with liposuction. While an upper arm lift can tighten loose and sagging skin and reduce bra bulge, it is an extensive, expensive surgery that usually leaves a scar that runs from your armpit, all the way down to your elbow.

### 5.) Reduce Bra Bulge with Kybella Fat Dissolving Injections

Kybella is a non-invasive fat reduction procedure that is FDA approved to reduce sub-mental fat, commonly known as a double chin, but some doctors employ an off-label use of Kybella to reduce fat around the upper bra area. Kybella is made of a substance called deoxycholic acid which is naturally found in our bodies. This acid is injected into the fatty tissue and breaks down fat cells as a result. Over time, your body naturally removes the fat cells that have been destroyed by Kybella. It is administered through a series of injections, over a number of appointments. On average, patients notice improvements after two sessions and greater results after four to six sessions.

Related Article: [CoolSculpting v. Kybella: Which is Better for Reducing Double Chins?](#)

### 6.) How to Get Ride of Armpit Fat? Hide It

It's normal to have some fat around the armpit area, but not all armpit fat has to bulge. Bras that are a size too small are notorious for causing bra bulge. One of the best ways to get rid of unsightly armpit fat that bulges around your bra area is to buy a new bra that better fits you. Additionally, there are bras that are especially good for hiding armpit fat. If you are wanting to avoid bra bulge, consider bras that have wider and taller bands, fuller cup sizes, or side panels

Similarly, strapless gowns, such as wedding dresses can also push up armpit fat, creating a bulge. You can hide armpit fat while still wearing a strapless gown by choosing a dress that has an extra inch or so of fabric at the top.

### 7.) Change the Appearance of Armpit Fat with Strength Training

While you can target specific areas of fat with diet and exercise, you can transform the appearance of your underarms and upper back by developing lean muscle mass. Strength training exercises that target the muscles around your underarm should work the pecs, the triceps, and the lats. Exercises such as pushups, triceps press, chest press and bicep curls can all help tone the underarm area and reduce armpit fat.

## CoolSculpting Discounts from SKINNEY Medspa

Are you wanting to reduce armpit fat and get rid of bra bulge for good? Let SKINNEY Medspa help. Sign up for a free consultation today and get 20% off your first CoolSculpting treatment.

## CoolSculpting and CoolSculpting Elite at Skinney Medspa

If you long for the confidence that comes with a slimmer, more sculpted figure, CoolSculpting may be right for you. If you are interested in the non-invasive fat reduction methods of CoolSculpting and CoolSculpting Elite, contact Skinney Medspa the leading provider of [CoolSculpting in New York City](#). You can get rid of pesky armpit fat with these virtually painless nonsurgical fat freezing treatments in the comfort of our luxury facility. Call us at [646-883-8939](tel:646-883-8939) to schedule your complimentary CoolSculpting consultation to learn more.

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# CoolSculpting Aftercare: Make the Most of Your Fat Freezing



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It's no secret that CoolSculpting treatments yield impressive, dramatic, and long-term results. But what if you could maximize your results by paying attention to key CoolSculpting aftercare tips?

If you're familiar with CoolSculpting, you may be asking, "aren't CoolSculpting results permanent?" The answer is yes. Cooling sessions target and destroy a percentage of fat cells in your treatment area. Once dead, the fat cells are removed from the body as a form of waste through the lymphatic system. When those dead cells are gone, they never return or grow back. So, yes, it is true that CoolSculpting leads to permanent fat reduction.

However, some factors can determine the exact longevity of your fat-freezing results if not carefully followed. For example, gaining weight increases the chances of fat cells expanding in surrounding areas, obscuring your fat reduction results. This is why following proper aftercare instructions is so important. Protect your investment in fat-freezing by following priority aftercare tips and secure a lean, contoured physique you can enjoy indefinitely.

## Prolong Fat Freezing Results with These CoolSculpting Aftercare Tips

If you want to maximize and secure your fat reduction and body contouring results post-fat-freezing, follow these key aftercare tips:

### Follow Provider Guidelines

After your fat-freezing experience, your provider will give you a set of guidelines to follow. It is important to listen to your provider. They are the experts with all the knowledge. They know what your body needs and how to help you make the most of your CoolSculpting results so you can enjoy your new body and protect this aesthetic investment.

### Receive a Professional Massage

Massages in the treatment area help to further break up frozen cells and encourage metabolic waste removal. After your cooling session, your specialist will massage your treatment area to promote the start of the process. However, after your cooling session, committing to receiving professional massages is an excellent idea to encourage further removing dead fat cells.

A wide variety of massage techniques will help, including deep tissue massages. This type of massage is very beneficial for your CoolSculpting aftercare. During a deep tissue massage, the massage therapist uses slow and deep strokes, targeting the deepest layers of the tissues and muscles. In response, the body experiences increased blood flow and fat cell breakdown.

### Apply Ice Packs as Recommended

Ice helps combat inflammation, which is the body's natural response to injury and irritation. CoolSculpting doesn't injure the body. However, it can stress the tissues and cause them to become inflamed. To prevent this from happening, your provider may tell you to apply ice packs to the treated area as needed. Doing so may help soothe the stressed tissues and calm post-procedural swelling and discomfort.

### Wear Loose Clothing

Your skin may be sensitive to physical touch for a few hours after your CoolSculpting appointment. For this reason, your provider may recommend wearing loose clothing. The clothing you choose to wear should also be lightweight so it doesn't add any unnecessary pressure to the treatment site.

Once your skin is comfortable enough to handle it, you may choose to switch to compression garments. Some providers recommend compression wear because it can facilitate a more rapid recovery. Compression garments increase blood flow in the body and prevent bodily fluids from becoming stagnant. Always check with your provider to make sure you're cleared to wear compression garments as part of your CoolSculpting aftercare.

### Avoid Heat

It's natural to think that soaking in a hot bathtub will help soothe your skin after a CoolSculpting treatment. But heat is your worst enemy because it can cause the fat cells that were just frozen by your treatment to thaw out. Therefore, it can negatively impact your results. Avoid heat for as long as your provider recommends following treatment.

### Limit Caffeine and Alcohol Consumption

Both caffeine and alcohol can have a negative impact on the body's natural healing process. As a result, they may sabotage an optimal breakdown of fat cells, causing a delay in CoolSculpting results. This is because caffeine and alcohol dehydrate the body, causing inflammation and bloating—making it hard to see full CoolSculpting results. Make a note during your CoolSculpting aftercare to avoid drinking these substances in excess to avoid any of these issues. You will thank yourself later as you see the natural fat reduction take place.

### Increase Your Water Intake

As we have seen, caffeine and alcohol have a negative effect on the body after CoolSculpting. Water has the opposite effect. Increasing your water consumption after CoolSculpting will help the body naturally cleanse itself from the inside. This makes it easier for the body's lymphatic system to flush out and remove those dead cells. Outside of fat freezing, drinking water is essential for the body to operate at full capacity as it helps remove all kinds of waste and toxins from the body—allowing you to always feel your best. Not drinking enough water causes dehydration and causes the body to retain fluids, leading to swelling.

### Commit to Healthy Eating

Committing to a healthy and nutritious diet is crucial after CoolSculpting. This type of eating fuels your body with the nutrients it needs to support natural healing, ensuring you receive long-lasting and impressive fat reduction. You should commit to eating plenty of fresh fruits and vegetables full of healthy antioxidants. In addition, lean proteins like fish, chicken, tofu, or turkey also provide the building blocks your body needs to repair and regenerate properly.

Some more examples of healthy foods to enjoy for your CoolSculpting aftercare include:

- Berries
- Leafy greens like kale and spinach
- Nuts and seeds
- Omega-3-rich fish like salmon and tuna

### Begin a Workout Routine

As previously mentioned, CoolSculpting does destroy a percentage of fat cells in the treatment area. And since the body stops creating fat cells once we reach adulthood, those cells can never return or regrow. However, fat cells in the surrounding areas can expand with weight gain and obscure your fat reduction results from CoolSculpting. This is why beginning a workout routine is a good idea for CoolSculpting aftercare.

Incorporating daily exercise is not only good for your CoolSculpting results, but it is also just good for your overall health in general. Brisk walking, jogging, cycling, swimming, or other forms of cardio are excellent options that help keep your heart rate up and your body properly burning off fat.

In addition, resistance training can also be beneficial as it builds lean muscles and improves body composition. As you build muscle, your metabolism increases—allowing your body to burn calories more efficiently.

### Get Rest

Getting good rest and quality sleep are good for improving your CoolSculpting results. When you sleep, your body can repair and restore itself naturally. In addition, sleep also plays a role in maintaining a healthy metabolism.

### Manage Stress Levels

Stress isn't good for anyone, especially someone who needs their body to remain calm so it can do its job correctly. So, after cooling sessions, you should manage your stress levels and stay calm by enjoying peaceful activities like yoga, meditation, writing, journaling, drawing, etc. These activities can help lower your blood pressure, manage cortisol levels, and allow you to relax and restore as your body does some serious work removing the dead or destroyed fat cells after CoolSculpting.

### Schedule Follow-Ups as Needed

After your cooling sessions are complete, your provider will give you detailed instructions for aftercare. Some people may need to schedule follow-ups as necessary to ensure they continue enjoying your body contouring results in the best way possible. You will work with your CoolSculpting provider to devise the perfect treatment plan that secures impressive CoolSculpting results, ensures your cool sculpting aftercare routine is flawless and addresses any aesthetic concerns down the road as needed.

## Experience the Best CoolSculpting Results and Aftercare in NYC

CoolSculpting treatments effectively and safely reduce fat cells and contour attractive body curves without surgery. You can achieve your dream physique by completing a cooling treatment plan and following the CoolSculpting aftercare tips. SKINNEY Medspa is the leading provider of [CoolSculpting Elite in NYC](#). When you select SKINNEY Medspa for your cooling experience, you secure safe and reliable cooling with impressive fat reduction, especially following proper aftercare and recovery tips.

Contact SKINNEY Medspa today to schedule a consultation and discover how this treatment can change your physique and lead to long-lasting results with the proper care and recovery. Call us at [516-284-4829](tel:516-284-4829) to schedule your appointment now, or reach out to us online.

## CoolSculpting Aftercare FAQs

<b>—</b> What should you not do after CoolSculpting?
After CoolSculpting, you should stay cool—no pun intended. We recommend you avoid high, direct heat and activities that may cause strain or increase body temperature for 24 hours following your cooling sessions.
<b>+</b> What foods to avoid after CoolSculpting?
<b>+</b> Do compression garments help after CoolSculpting?
<b>+</b> How long will I be swollen after CoolSculpting?
<b>+</b> Is CoolSculpting recovery painful?

**Sources:**

1. Cryolipolysis for noninvasive body contouring: clinical efficacy and patient satisfaction, published in National Library of Medicine, [Link](#)
2. Enhanced clinical outcome with manual massage following cryolipolysis treatment: A 4-month study of safety and efficacy, published in National Library of Medicine, [Link](#)
3. Sleep and Metabolism: An Overview, published in National Library of Medicine, [Link](#)

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