

EASE *hair studio and spa*

Cryo fat-freeze

Cryolipolysis, also known as "fat freezing," what we call "Cryo Fat-Freeze" or the brand name more commonly used is "Cool Sculpting" is a non-invasive procedure that uses controlled cooling to reduce localized fat deposits. It targets subcutaneous fat cells, causing them to freeze and die, which are then naturally processed and eliminated by the body.

Why choose EASE for Cryo Fat-Freeze and not other big name spas?

While the big names spa's use the more popularly named machine. Their machine has one or two applicators, which means longer, more expensive sessions. Our machine has 4 applicators that can all be used at the same time. Which saves you time and money!! And guess what it works exactly the same ;)

Here's a more detailed explanation:

How it works:

- **Targeted Fat Reduction:**
Cryolipolysis aims to reduce fat in specific areas, such as the abdomen, thighs, flanks, and under the chin.
- **Non-Invasive:**
The procedure doesn't require surgery, anesthesia, or downtime, making it a popular alternative to liposuction.
- **Controlled Cooling:**
A device is placed on the skin, delivering controlled cooling to the fat cells, causing them to freeze and eventually die.

- **FDA Approved:**
The FDA has approved cryolipolysis for treating several areas, including the submental area, jawline, arms, lumbar rolls, flanks, abdomen, thighs, and under the chin.
- **Natural Elimination:** The dead fat cells are then naturally processed and eliminated by the body over several weeks or months.

Benefits:

- **Non-Surgical:** No incisions or anesthesia are needed.
- **Minimal Downtime:** Patients can resume their normal activities immediately after the procedure.
- **Localized Fat Reduction:** It targets specific areas of fat, allowing for body contouring.
- **Safe and Effective:** Cryolipolysis is considered a safe and effective procedure for fat reduction.

Potential Side Effects:

- **Temporary Side Effects:**
Some common side effects include redness, bruising, swelling, tingling, and numbness, which usually resolve within a few weeks.

Things to Consider:

- **Multiple Treatments:** Multiple treatment sessions may be needed to achieve the desired results.
- **Maintain a Healthy Lifestyle:** To maintain the results, it's important to maintain a healthy lifestyle with a balanced diet and regular exercise.

Most commonly asked questions:

How long does Cryo Fat-Freeze last?

Cryo Fat-Freeze destroys fat cells, and those particular cells will not return. A 2016 study even found that the effects can last from 6–9 years . Destroying existing fat cells will not prevent new fat cells from appearing.

What happens during a Cryo Fat-Freeze procedure?

After an assessment of the dimensions and shape of the fatty bulge to be treated, an applicator of the appropriate size and curvature is chosen. The technician will identify the site for applicator placement. A gel pad is placed to protect the skin. The applicator is applied and the bulge is vacuumed into the hollow of the applicator. The temperature inside the applicator changes and as it goes up, the area numbs. Patients sometimes experience discomfort from the suction's pull on the tissue, but this resolves within minutes, once the area is released.

How soon will you see Cryo Fat-Freeze results?

The results of Cryo Fat-Freeze for fat reduction are not immediate. Since the fat slowly leaves the body over time, you can expect to see initial results within three or four weeks, more defined results within six to eight weeks and final results within six months. Some practitioners recommend massaging the area for about five minutes every day to improve results.

We suggest these two methods to promote healthy lymphatic drainage:

Dry Brushing:

<https://m.youtube.com/watch?v=zHKdyRy9Qfs>

Lymphatic massage:

<https://m.youtube.com/watch?v=BFiv-zj8oog>

How long should I wait between sessions?

As stated above the fat cells work their way out for up to 8 weeks and as long as 6 months. We suggest waiting a minimum of 4-8 weeks between sessions if multiple sessions are required for your goals. We want you to get the most out of every treatment and would hate to freeze cells that are already dead but haven't flushed out of the area yet.

Can you do Cryo Fat-Freeze on your double chin?

Absolutely! Chin Freezing can reduce fat by up to 40%. Results can be improved by combining the procedure with our HIFU skin tightening treatment and/or skin pen microneedling. Results typically occur gradually throughout 12 weeks following the treatment.

How Do I Prepare for a Cryo fat-freeze Session?

1. Have Realistic Expectations

Cryo Fat-Freeze destroys about 20-25% of the subcutaneous fat in the treatment area per session – the fat right underneath the skin and above the muscle. Yes you will get the best and quickest result if you're generally fit and healthy, struggling with some fat bulges you can't remove, and have goals to lose less than 20lbs. However, it will reduce your fat at any size. We do suggest trying semaglutide or tirzepitide (which we also offer through our on staff RN) to lose some unwanted weight first and then get rid of the stub in areas with Cryo Fat-Freeze.

The procedure is non-invasive. It doesn't involve anesthesia or needles. It targets and kills fat cells without affecting other tissues such as nerves and muscles. In the months that follow, the lymphatic system filters out those dead fat cells as waste. Once they are gone, they won't come back.

2. Be Prepared to Modify Your Diet

Forming healthy habits is vital for achieving the best results with Cryo Fat-Freeze. While this procedure will kill fat cells, this alone won't keep new ones from forming. Eating a healthy diet and maintaining moderate exercise is imperative in maintaining your Cryo Fat-Freeze results. If you need help controlling that appetite, consider one of our glp1's to help you out :)

3. Protect Your Skin

Your skin needs to be healthy and intact during the Cryo Fat-Freeze procedure. The treatment involves suction and massage of the Cryo Fat-Freeze area, so you want to protect the skin by preparing it for the treatment.

Avoid the sun and tanning beds for a few weeks before the procedure, as the area that will be treated with Cryo Fat-Freeze can get more sensitive. If you have a sunburn, the treatment will be unpleasant.

Also, postpone your Cryo Fat-Freeze treatment if you have any cuts, bruises, or other wounds. Avoid activities that might cause them in the days leading up to the procedure.

4. Avoid Blood-Thinning Medication

Medical providers advise patients to avoid medications and supplements that can thin the blood for several days before the Cryo Fat-Freeze treatment. Taking blood thinners before the treatment can increase bruising.

Medications and supplements to avoid include aspirin, ibuprofen, vitamin E, fish oil, and St. John's Wort. If you're taking any medication regularly, talk to your doctor to consider alternatives. Lastly, be aware that some herbs can thin the blood, such as ginger and turmeric.

5. Bring Entertainment with You or....

We will have a TV that you can enjoy watching Netflix to help pass the time. But feel free to bring a book, headphones to listen to and cast or just scroll your phone. Most places who offer this procedure will take an hour or more because they are limited to one applicator. We have 4!!! So you could be in and out in as little as 45 minutes.

7. Wear Comfortable Clothes

Wear loose clothing to your Cryo Fat-Freeze. We can provide disposable panties or bra if needed but you will want those comfy clothes to change into after. Alternatively, you can bring a change of clothing.

Your underwear may get stained if it comes in contact with the gel used for skin protection, so plan what to wear accordingly.

8. Eat a Light Snack Before the Session

Even though other Cryo Fat-Freeze treatment's can last for hours, ours takes 30 to 60 minutes max so you will be in and out of the spa in no time, we advise you to eat a light meal or a snack. Eating before the treatment will help you maintain your blood sugar and energy during the session. That will also help with any anxiety you might feel if it's your first time.

9. Stay Hydrated

Drink plenty of water before and throughout the treatment to help your body remove the toxins. We suggest drinking $\frac{1}{2}$ your body weight in ounces a day. Ex. If you weigh 150lbs drink 75 ounces of water. Avoid caffeine, alcohol, and sodas because they dehydrate the body, and keep a bottle of water near you.

At EASE we look forward to helping you achieve all of your beauty goals whether it be Hair, Skin or Body! Maybe all three!

Book your treatment now:

www.vagaro.com/thespaatease

Or call us at: 781-365-0739