

Cool Sculpting Procedure (Cool Sculpting) And Its Benefits

The Cool sculpting procedure on the Zeltiq device literally means “cold sculpting”. Based on the method of cryolipolysis (“cryo” means cold, “lipolysis” means splitting), the sculpting procedure allows you to get rid of local fat deposits through exposure to low temperatures. The secret to effectiveness is simple: for the first time, weight loss does not occur due to a decrease in the size of the fat cell (adipocyte), but due to its destruction. It is scientifically proven that as a result of prolonged cooling, the process of apoptosis, natural cell death, starts. As a result of the sculpting procedure, fat cells die and are eliminated from the body in a natural way. For 1 hour of the procedure, the amount of adipose tissue in problem areas decreases by 1 cm.



How is the procedure?

The doctor doing **Cool sculpting in Boston** studies the features of the figure, the location of the fat traps and the thickness of the subcutaneous fat layer in the patient. Based on the results of the examination, the doctor draws up a treatment plan. The patient is placed on the couch, one of the five applicators of the Zeltiq apparatus is placed on the problem area. Anesthesia is not required. Using a vacuum, the applicator draws the fat fold inward and cools it to a specific temperature strictly controlled by the apparatus. The whole procedure takes 1 hour. You can search for [Cool sculpting near me](#).

Indications

- The major condition for the cryolipolysis procedure is the occurrence of a fold of the fat layer with a dense thickness of minimum 2.5 centimeters.
- Excessive deposits of fat on the abdomen, back, waist, hips, legs and arms;
- Cellulitis

- Body shaping and weight loss.



Benefits

- **Non invasiveness**-The cryolipolysis method is also called "non-surgical liposuction."
- **Lack of a rehabilitation period**- Immediately after the procedure, you can return to your usual daily routine.
- **Painlessness**- All that the patient feels is a pleasant chill and temporary numbness of the treated area.
- **Universality**- The sculpting procedure is equally effective for both women and men.
- **Efficiency**-It is scientifically proven that in 1 procedure the patient gets rid of losing 1 cm in volume. No stretch marks and / or loose skin. A similar effect occurs with sudden weight loss, when the skin does not have time to adapt to sudden changes in body volume. The process of destruction of fat cells occurs gradually, the final result can be seen after 2-3 months.
- **Security**-The exposure temperature in the applicator, monitoring of body temperature during the entire procedure, as well as the duration of exposure - all this is controlled by the device, so the procedure is absolutely safe. In the event of a decrease in body temperature at least half a degree from the programmed one, the procedure will be interrupted.

Periodicity

The number of procedures is determined by the doctor, starting from the patient's initial data: physique, thickness of the fat fold of the desired result. The visible result becomes noticeable after 3-4 weeks; the full effect can be estimated after 2-3 months. The interval between procedures is 2 months. The [cost of cool sculpting](#) is affordable.