



CoolSculpting[®] FAQ Guide

Learn how the world's #1 non-invasive fat-reduction procedure can help you achieve the silhouette you've always wanted.

Does CoolSculpting really work?

Yes! CoolSculpting is a science-based procedure with studies dating back to the 1970's centered on the fact that fat cells freeze at higher temperatures than surrounding tissue in a process called cryolipolysis.

What does it feel like?

When the applicator is applied, you'll feel suction similar to when you place your hand over a vacuum attachment. You'll then feel a cooling sensation and after 5 minutes, the area will go numb. When the applicator is removed, you may experience a tingling sensation while the area is massaged and returns to room temperature.

Do I need to be at my ideal weight?

CoolSculpting helps sculpt trouble spots that are resistant to diet & exercise and is not considered a solution for weight loss. However, no matter your current weight, it will help reduce areas of squishy, pinchable subcutaneous fat.

Do I have to take time off work?

Absolutely not! It's completely non-invasive with no downtime, so you can return to your normal routine (even the gym!) after your treatment.

How long until I see results?

Your body will eliminate fat cells gradually. You can see results as early as 3 weeks, a noticeable difference at 90 days, and full result at 120 days. To speed things up, ask us about TransForm by Alastin[®] for accelerated results plus skin tightening!