

## WHAT IS COOLSCULPTING?

Fat freezing procedure has gained popularity over the years. Nowadays, many people are use the procedure to get rid of stubborn fat cells. When you notice that you are going to the gym following a strict diet but there are still some areas where you do not loose weight. In the past you could not do anything about such areas. However, in this century, there is something you can do about the stubborn fat cells. Technology has made it has easier to get rid of the stubborn fat. You can go for the [most affordable coolsculpting](#).



Coolsculpting works by freezing fat on the areas being treated. The dead fat cells are then eliminated as waste. The procedure is effective if you have reasonable expectations. It is important you know about the procedure and **non surgical fat removal cost** before you get started.

What is coolsculpting

Coolsculpting is a non invasive fat removal procedure. It freezes the fat cells and destroys them through a process known as cryolipolysis. The machine used for the procedure is placed on the area being treated. The machine freezes the fat cells underneath. The frozen fat cells will die and then be eliminated automatically from the body.

Who is a suitable candidate?

Coolsculpting is a suitable treatment option when you have a little fat to lose. It is suitable for treating areas that do not respond to exercise or diet such as double chins, love handles and arm fat. However, it is not ideal when you want to lose weight.

How long does treatment take?

Coolsculpting is a quick procedure and one session lasts for only 35 minutes. You can have it done during your lunch break. You may need to undergo two or three sessions depending on the area being treated.

When do you see results?



With cool sculpting procedure, you have to be very patient. You will not notice visible results within the first four weeks. You will begin to see results after eight weeks. The area will reach its optimal smoothness by week twelve.

What are the risks?

Every procedure has certain risks but that is not the case with cool sculpting. Make sure that you go to a licensed practitioner. Look for someone who has carried out the treatment several times. In doing so, you will increase your chances of getting the best results. Some of the risks may be

loose skin if you had undergone extreme weight loss.

Is it painful?

You will feel a bit uncomfortable for the first five to ten minutes of the treatment. The area will feel numb after the initial discomfort.

**what is cool sculpting cost?**

The **cost of cool sculpting** depends on different factors such as the size of the area being treated and the number of treatments needed. However, the [coolsculpting procedure cost](#) starts at \$600 per area.

Is it permanent?

You will get permanent results. You only have to make sure that you maintain a healthy lifestyle. You need to eat healthy and you will have your dream body shape for long.

Even though cool sculpting can help with eliminating stubborn fat, you should not use it as a weight loss alternative.