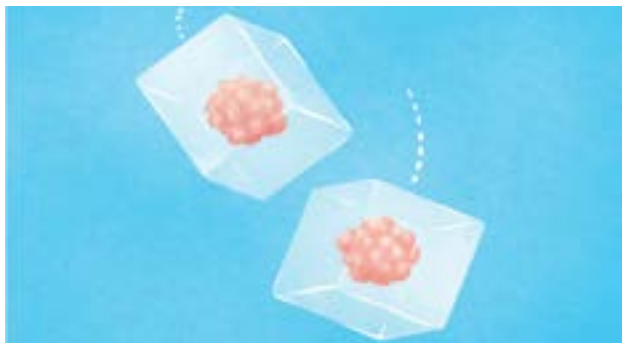




What is Cryolipolysis?

Cryolipolysis is a non-invasive procedure. It uses cooling technology which is capable of localised fat reduction. The technology behind Cryolipolysis was designed and developed by dermatologists at Harvard Medical School.

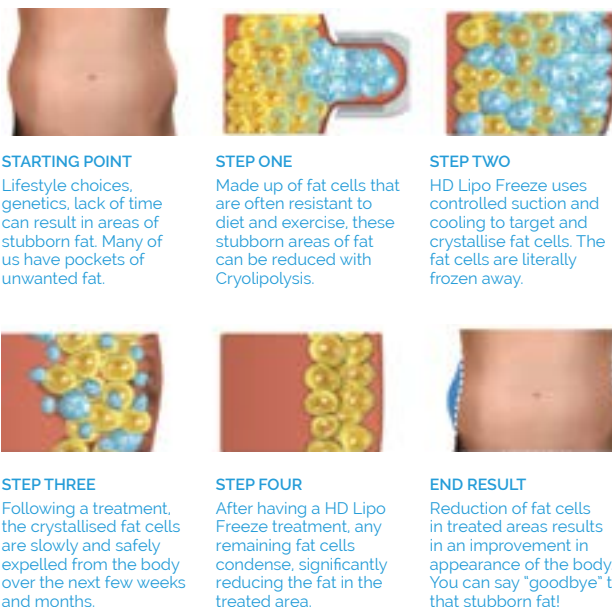
Their analysis revealed that fat cells are more responsive to the effects of the cold in contrast to the surrounding tissue. Fat cells crystallise at different temperatures than other cells. It specifically targets fat cells while sparing other tissue such as the skin, muscle mass and nerve fibres.



How does Cryolipolysis work?

A special vacuum cup with cooling plates is positioned on the selected area of the body. The area is then frozen to temperatures of -5 to -9 degrees Celsius. Fat cells are especially sensitive to cold exposure. When cooled, fat cells crystallise and, as a result, no longer function in their usual way.

This process causes the cells to break down. The surrounding blood vessels and nerves are much less sensitive to cold exposure and remain unaffected, resulting in the elimination of the fat cells without damaging the surrounding tissues.



Post-treatment care

Clinical studies on Cryolipolysis have shown reductions in fatty deposits of between 20%-40%. Results will vary with each client. The density of the fat deposits and the lifestyle maintained following the treatment are also factors in the effectiveness of the procedure. Those that follow the aftercare advice will get better results.



To maximise the results of your treatment, we advise that you avoid a heavy meal on the same day as your procedure. We also recommend that you avoid alcohol and caffeine for 24-hours.



Try to drink 2.5 litres of water every day for 14 days, as this accelerates the lymphatic system, helping it to flush the dead cells out of the body.



Adopting and maintaining gentle to moderate cardiovascular exercise will improve the results and help you to keep the fat off.



Maintain a healthy eating lifestyle. Your body is working hard to flush the dead fat cells from the body. Eating high-fat foods puts a strain on the removal process.

When will you see results?

The time it takes to see results depends on the individual, the density of the fat and the size of the treated area(s). Changes happen over a number of weeks, with most clients seeing tangible results within 12 weeks. It is unlikely you will see further results after six months.

In clinical trials, 9 out of 10 people saw noticeable results in the treated area(s).

How to track your process:

Stop weighing yourself daily

Daily weight fluctuations do not provide an accurate picture of your fat loss. Weigh yourself once every two weeks and make a note of the result.

Stop looking in the mirror

Self-image issue can skew perception. Take photographs every two weeks and compare them against each other.

Track body fat

Get a fat calliper and track your progress every two weeks.

Take measurements

Take girth measurements of treated areas such as arms, waist and thighs.

FAQ (Frequently Asked Questions)

Where do the fat cells go?

After the fat cells are frozen, your body naturally sheds them over the period of up to six months. Unlike with diet and exercise, Cryolipolysis causes fat cells to die and leave your body, permanently. With the HD Lipo Freeze procedure, you'll literally freeze them away, and be left with a body that is firmer and more toned!

Will I put the weight back on?

Our bodies contain a finite number of fat cells, and therefore they will not reproduce. However, an individual's excessive calorie intake could cause the remaining fat cells to compensate by increasing in size.

Are there any side-effects?

There are no long-term adverse effects associated with Cryolipolysis. It is proven that our skin and fat are affected at different temperatures. Therefore, you can freeze the fat but not harm the surrounding tissues. Clients may experience temporary bruising or numbness.

How long will it take for me to recover?

The method is 100% non-invasive, which means no scalpels, needles, anaesthetic or sedation. With no restrictions or limitation imposed, clients are free to resume their regular activities immediately.

How many treatments will I need?

Many people see great results from a single session. The number of sessions that you will require will ultimately depend upon the size of the areas that you wish to treat and the density of fat cells in the treated areas. You can discuss this with one of our practitioners.