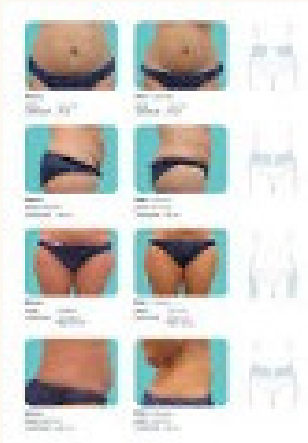


# FAT-FREEZING / CRYOLIPOLYSIS

## WHAT IS FAT-FREEZING

The Cryolipolysis aka fat-freezing procedure is the only FDA cleared, non-surgical fat-reduction treatment that uses cooling to eliminate stubborn fat that resists all efforts through diet and exercise. The results are proven, noticeable and long lasting.

## DOES FREEZING YOUR FAT WORK?



Clinical studies have also shown that fat freezing can effectively reduce subcutaneous fats by 25% after one session. The effectiveness of the treatment appeals to clients who are looking to reduce body fats and want significant results in the shortest amount of time.



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## HOW DOES IT WORK?

Isolating the area of fat cells that you want to eliminate in a "butter block" handle and then reducing the temperature to below freezing. The fat cells die in this environment, and over the next 4-6 weeks, move through the body's own lymphatic system and exits through urine.

## HOW LONG DOES IT LAST?

Our CoolSculpting results should last indefinitely. That's because once CoolSculpting kills off fat cells, they do not come back. But if you gain weight after your CoolSculpting treatment, you may gain fat back in the treated area or areas.

## DO YOU LOSE WEIGHT WITH FAT FREEZING??

CoolSculpting is a fat reduction procedure, which means that it actually reduces the number of fat cells from the body, not the size. Through our CoolSculpting fat-freezing procedure, you will see a reduction of fat cells in the specific areas you are looking to treat by 20-25%.

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## HOW MANY SESSIONS DO I NEED?

More than one session may be needed to achieve a person's desired results. If more than one treatment sessions is needed, the next session can't be performed until 6 to 8 weeks after the first session. This is because it can take this long for damaged fat cells to be eliminated from the body. Ideally, commit to 3 sessions per area.

## WHAT NOT TO DO AFTER FAT FREEZING?

If an area of your body is sore following treatment, it's best not to push yourself by going to the gym and exercising that body part or wearing clothing that can rub against it and irritate it more. Give the treated area time to calm down and for redness and any other side effects to subside. Gentle massage of the area can help shift the fat cells. You can book cavitation and RF treatments in between the fat-freezing sessions, to help move the fat cells and tighten the skin.

## CONTACT US

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## HOW QUICKLY WILL I SEE RESULTS?

Results are not visible for at least four weeks, with the fat loss reaching its peak at around eight. "By twelve weeks your skin smooths out and looks prettier,"

## HOW MUCH WATER MUST I DRINK AFTER THE TREATMENT?

Many doctors recommend increasing daily water consumption for the few days following the CoolSculpting treatment. At least 8 to 10 glasses of water per day should be enough to help get rid of the dead fat cells from the body.