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Cool Sculpting - Cryolipolysis the Fat Freezing Procedure

There is a new kid on the block when it comes to effortless fat loss. It's called Cryolipolysis and is a fat freezing procedure that damages fat cells causing them to die and be eliminated from the body. The brand name for this procedure in the US is Zeltiq. We've all heard of burning our fat cells, but how about freezing them instead? The procedure is also referred to as cool sculpting and was discovered by two Harvard professors who stumbled across it by accident when they realized that babies given ice pops lost fat cells in their cheeks. They realized that the cold effect was responsible and started to research it.

The procedure has been available in Europe for many years and became available in the US in early 2010 and in Australia in mid 2010. The good news is that the machine was approved by the F.D.A. in September 2010 as a body contouring treatment (fat zapper effectively).

The Cryolipolysis fat freezing procedure is NOT an alternative to liposuction as it doesn't work for large amounts of fat. But it finally offers hope to people with small, unwanted fat deposits that are difficult to remove with diet and exercise who don't want to undergo liposuction treatment. The procedure is most popular among women seeking to get rid of their 'muffin top'... that bulge of skin just above the waist of their jeans.

The procedure isn't cheap, costing from \$750 to \$1500 for a one hour treatment. But compared to the cost of liposuction that is cheap. The beauty of the Cryolipolysis fat freezing procedure is that it is non invasive, there is no recovery period and no time off is required. There are no incisions made, the procedure is not painful and the only side effects are temporary redness and numbness afterward. Some patients experience a small amount of bruising caused by the suction of the machine.

The reason cool sculpting isn't suitable for large amounts of weight loss is because it only addresses subcutaneous fat, the fat stored directly beneath the skin. According to researchers the technique can result in a loss of up to 2 inches around the waist or whatever body part it is used on.

So what is cool sculpting (cryolipolysis) the fat freezing procedure and how does it work?

The Cryolipolysis machine is like a very strong vacuum containing a refrigeration unit. A gel patch is applied to the desired area followed by the machine which reduces the temperature of the fat in that area. This causes the fat cells to be damaged and slowly die. Dead fat cells are slowly flushed out by the body, never to return.

1. Precisely controlled cooling is applied through the skin to the fat layer
2. Cooling is usually maintained for 60 minutes to damage the fat cells and cause them to die
3. Dead fat cells are gradually flushed out of the body over several months
4. The gradual removal of fat cells causes a reduction of the fat layer



To find Zeltiq practitioners in the US you can visit [Zeltiq Cool Sculpting - Cryolipolysis, the Fat Freezing Procedure](#) For more information on Zeltiq simply click the image to the left to be taken to the Zeltiq website.

So if you want to get rid of those love handles or that muffin top, you might like to try cool sculpting. The Cryolipolysis Fat Freezing Procedure may be just what you need.

You can also find this article published on [Cool Sculpting - Cryolipolysis the Fat Freezing Procedure](#), and on the tag pages [Weight Loss Surgery](#).