

CoolSculpting®

Non-surgical fat reduction to sculpt and contour the body

What is CoolSculpting®?

CoolSculpting or Fat Freezing is a non-invasive procedure that spot-reduces fat, creating a slimmer, more streamlined body contour.

The innovative technique chills specific fatty areas under the skin so that the fat cells freeze and then die. The body naturally processes and eliminates the dead cells over several months, leaving a gradually more sculpted silhouette.

Why have CoolSculpting ®?

A healthy diet and exercise can make you look and feel better, but some fatty areas can be stubborn and difficult to shift. Belly and bra fat, muffin tops, flabby thighs, and double chins can all be frustratingly difficult to manage with a healthy lifestyle alone.

If you are unhappy with your body contour, or if fatty deposits are affecting your self-esteem and confidence, CoolSculpting® offers a solution. The revolutionary treatment freezes fat from specific areas, sculpting and reshaping the body.

What happens in CoolSculpting®?

The consultant performs CoolSculpting® in Bella Vou's cutting edge treatment suite. It is an outpatient procedure, so you won't need to stay in the clinic overnight.

The treatment doesn't need any form of anaesthetic. The specialist will place a gel pad and applicator on the chosen treatment areas. The applicator delivers precisely targeted, controlled cooling to fat cells under the skin. The cells crystallize and die. Over time the body naturally eliminates these dead cells to reveal a slimmer silhouette.

The treatment takes around an hour. As your fat is being frozen, it can feel cold and uncomfortable initially. After a few minutes, the area should become numb, and treatment can be relaxing and pleasant. Many people use the time during CoolSculpting to read, sleep, or catch up on e-mails.

How long is recovery from CoolSculpting®?

You should be able to get on with your usual activities immediately following the procedure. However, you may experience some short-term redness, swelling, and bruising for a few days. You may also notice some numbness and pain, which usually settles quickly.

The area can appear more sculpted as soon as three weeks after treatment, but effects will be most noticeable after a couple of months. Sometimes there can be lumpy or uneven areas, these often settle with time, but further treatments may be required. The team at Bella Vou will offer support and provide advice on follow-up treatment and care.

Quick glance guide to CoolSculpting®

Procedure Time: 1 hour

Recovery: There is no downtime following the procedure

Anaesthetic: No

Hospital stay: No

Treats: Stubborn fatty areas

Why choose Bella Vou for CoolSculpting®?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery and aesthetic treatments. The state-of-the-art clinic provides the very latest procedures in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. The skilled team is passionate about helping people achieve the results they want and making their experience enjoyable and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care, cleanliness, and infection control.

The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your CoolSculpting® journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert. The consultation is an opportunity to discuss any concerns you have with your body and the results you want to achieve.

CoolSculpting is not a weight-loss treatment; it is used to treat stubborn fatty areas. Your consultant will examine your body and develop a treatment plan to achieve your goals. Bella Vou offers alternative treatments for body sculpting, including

revolutionary Vaser Liposculpture. The specialists will always give you an honest and impartial professional opinion. Mr Amir Nakhdjvani says:

'At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Preparation for CoolSculpting®

No specific preparation is needed for your therapy. If you have any concerns, the staff at Bella Vou will always be on hand to answer your questions and offer support.

What happens during CoolSculpting®?

You will have your CoolSculpting® treatment as an outpatient. It's a walk-in, walk-out procedure, no anaesthetic is necessary, and you won't need to stay overnight.

The consultant will place a gel pad and applicator on the chosen treatment areas. The device delivers precisely targeted energy to cool fat cells under the skin. The cells gradually freeze, then, and die. Over time the body naturally processes the dead fat cells, then eliminates from the body to reveal a more contoured physique.

The treatment takes around an hour. The area being treated can feel cold, tingly, and uncomfortable at first. However, fairly quickly, the skin and fat should become numb. Many people use the time during treatment to read, sleep, or catch up on e-mails.

Recovery from CoolSculpting®

You will be able to go home and get on with your usual activities immediately following the procedure. The team at Bella Vou will offer you refreshments after treatment and advise on aftercare.

You may notice some short-term redness, swelling, and bruising for a few days. There may also be some numbness and pain, which usually settles quickly.

The area can appear slimmer and more sculpted as early as three weeks after treatment. However, effects will be more apparent after two to three months. Sometimes there the contour can appear lumpy or uneven, these often settle over time, but further treatments may be required. The team at Bella Vou will offer support and provide advice on follow-up treatment and care.

FAQs

Can CoolSculpting® be used for weight loss?

Coolsculpting is not a weight-loss treatment. The therapy only targets specific pockets of fat. You should be at, or near, your target weight before starting treatment.

Are the results permanent?

Once the treated fat cells are frozen, they are destroyed then naturally eliminated from the body. If you regain weight, it is usually distributed generally over the body, so the contour changes should be permanent.