

# Freeze Off Fat in Seconds With CoolSculpting at Fresh Start Body Contouring

Written by Christina Silvestri

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You follow a balanced diet, adhere to a strict exercise regime and are sure to get enough sleep, but stubborn fat still remains. You're not alone in wishing the fat could just melt away. At [Fresh Start Body Contouring](#) in Scottsdale, you can literally watch the fat disappear in no time with CoolSculpting.



CoolSculpting is the only FDA-cleared, non-surgical fat reduction treatment that uses a controlled cooling device to freeze, destroy and eliminate stubborn fat that resists all efforts through diet and exercise by up to 30 percent. That means no needles, no incisions and no downtime – you can go on about your day as usual right after treatment. Better yet, CoolSculpting is also significantly more affordable than liposuction.



We already know that celebrities can afford any cosmetic procedure, but they are choosing CoolSculpting more and more. Supermodel Molly Sims, “Momager” Kris Jenner, former Miss Universe Alicia Machado and “Real Housewives” star Gretchen Rossi are just a few of the celebs who opt for this state of the art procedure.

Also known as cryolipolysis, the treatment was first developed by Harvard scientists Dr. Dieter Manstein and Dr. R. Rox Anderson. Cryolipolysis is based on the premise that noninvasive cooling (cryo) of adipose tissues induces the breaking down of fat cells (lipolysis) without damage to other tissues. The patented technology is thus available in the CoolSculpting procedure.

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- Fatty areas are gently pinched between the CoolSculpting® applicator, which cools the area to a temperature that causes fat cells to crystallize and die.
- There's no damage to nerves or other tissues because lipids in fat crystallize at a warmer temperature than water in other cell types.
- Fat cells then enter an apoptotic death sequence and are gradually removed by the immune system over the next few months.

This treatment isn't intended for massive weight loss, but for treating select problem areas, like loves handles, stomach rolls, and arm fat. Clients can expect to see results in as little as 2 to 3 weeks, with significant changes within three months of treatment.

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Why wait? Summer is here, after all! Let [Fresh Start Body Contouring](#) help to transform your body. Call Fresh Start Body Contouring at [480-219-0088](tel:480-219-0088) to speak with a CoolSculpting specialist about Summer Specials and Fresh Start Body Contouring in Phoenix/Scottsdale specializes in CoolSculpting procedures and treatments.

To find out if you're a candidate for CoolSculpting, complete the free [online questionnaire](#). To learn more or inquire about the procedure, find us at [www.freshstartbody.com](http://www.freshstartbody.com) or call [480-219-0088](tel:480-219-0088). You may also email [customerservice@freshstartbody.com](mailto:customerservice@freshstartbody.com) to schedule your free consultation.

Fresh Start Body Contouring is located at 6930 E Chauncey Ln #110, Phoenix, AZ 85054.