

Blast fat, reduce cellulite

LISTEN UP, LADIES!
THERE'S A TREATMENT TO
PERMANENTLY REDUCE
FAT, WHILE IMPROVING THE
LOOK OF CELLULITE.
WORDS BY ERIN DOCHERTY

With bikini season right around the corner, there's no better time to think of shifting those stubborn pockets of fat and preparing that summer bod.

Cellulite Clinics Australia on the Gold Coast has been set up to target a very specific set of issues that many women experience: it specialises solely in body contouring and cellulite treatments. This focus means they can work individually with each client to come up with a plan to achieve their personalised body goals.

DO EXCESS FAT & CELLULITE GO HAND IN HAND?

"Simply put, cellulite is the way some women store fat," explains director Krysten Davis. "The appearance of cellulite is caused by the fat under the skin being tethered by collagen fibres, which results in puckering of the skin."

"With ageing and consequent thinning of skin, we see more of the 'tethering' and therefore the appearance of the cellulite is worse," she says. "The greater the amount of fat under the skin, the worse the

cellulite in most cases. Weight gain and loss (ie, through pregnancy and hormonal changes) can also affect the appearance of cellulite."

A revolutionary way to get rid of stubborn pockets of fat and consequently help improve the appearance of cellulite is Cooltech, which uses a technology called cryolipolysis to target, freeze and permanently kill unwanted fat.

Cooltech is non-invasive, with low downtime and minimal discomfort. It works best for people who are within a healthy weight range but have stubborn pockets of fat that are resistant to diet and exercise.

"We see many women who have tried everything to shift their saddlebags, muffin top or that stubborn bit of post-pregnancy weight on the lower tummy. We have treated a wide array of areas with Cooltech and the results have been excellent," says Davis.

"Getting rid of unwanted pockets of fat often goes hand in hand with cellulite treatment," she adds. "Using Cooltech, we are able to 'spot reduce' areas of unwanted fat. Treating the areas on the outer thighs and buttocks reduces the appearance of cellulite as there is less fat to 'tether' with the collagen fibres, improving the puckered effect."

THE COOLTECH TREATMENT

During a Cooltech treatment, which is 70 minutes, the practitioner guides a handpiece attached to the Cooltech machine on the treatment area/s. Some tightness, caused by the vacuum pressure (it sucks your fat into place) and some localised coldness, will be felt but this should subside as the treatment continues.

"In the treated area, 20-30 percent of the fat cells are 'lysed', or broken down, due to the freezing process and are permanently removed through

natural metabolic processes. There is no damage to the surrounding tissue. When you lose weight, you have the same number of fat cells – you just reduce the volume of fat in the cells," explains Davis.

You may start to notice a change around 4-6 weeks after the treatment, with optimal results being achieved by around the 12-week mark. "The results we have been achieving are excellent and it's wonderful to be able

to offer a safe, effective and non-surgical solution to body contouring," she says.

"Our patients have been thrilled with the results, especially those who just want to shift residual belly fat but for whom surgery is too extreme (and expensive). I have had several treatments myself (in the interests of research!) and I can personally vouch for the effectiveness of Cooltech." **CBM**



BEFORE

AFTER Cooltech fat reduction and Powershape cellulite treatment



BEFORE

AFTER Cooltech treatment

WHERE TO GET IT

Cooltech providers:

Cellulite Clinics Australia, Qld 1300 235 585

Fiori Institute, Qld 07 3849 2759

The Harley Clinic, NSW & Qld 1300 379 581

newU, Vic 0428 886 398

Coolangatta Cosmetic Clinic, Qld 07 5599 5001

Skin Revision, Qld 07 3350 5447

Renew Medispa by Hunter Plastic Surgery, NSW 02 4920 7700

Southern Cosmetics, Vic 03 9533 1100

Visit cooltech.com.au to find a Cooltech practitioner near you.