

Coolsculpting vs. Cryoskin

1. Cryoskin is instant. Coolsculpting takes 12 weeks.
2. CoolSculpting has been reported as very painful. 88% enjoy Cryoskin like massage, 12% say bearable.
3. CoolSculpting has incidences of “shelving” (fat collecting in other areas due to the suction) and numbness. Cryoskin’s adverse effects are very low (redness and temporary numbness for some)
4. CoolSculpting charges \$600-\$1000 per application. Many need 4 sessions, so \$4000 total. You can try Cryoskin for \$350 and a 5 pack is only \$1495.
5. CoolSculpting and Cryoskin have similar fat loss in treated areas – 20%.
6. CoolSculpting does not promote collagen formation and does not treat the neck or face. Cryoskin can be used to tone and tighten the face, chin and neck. It improves texture and helps with fine lines and wrinkles.
7. Clients can choose to alternate sessions in packages from toning (to help lift and firm the skin, as well as reduce cellulite) to slimming (removal of fat cells).

Coolsculpting vs. Cryoskin Summary Table

| | CoolSculpting | Cryoskin |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Experience | Customers report it is painful or just unpleasant, depending on pain tolerance. A doctor or nurse practitioner applies the clamps and leaves the room for about an hour, treatments can last up to three hours. Many customers are scared or not sure if what they are feeling is normal. | Most customers describe it as pleasant like an intense massage. Some fall asleep during the treatment. Treatments are at most 44 mins long, and the technician is in the room the entire time. |
| Results | Results take up to 2 weeks. 22% fat reduction in treated areas. | Immediate results. Clinical results using an ultrasound machine show: 18.96% subcutaneous fat loss in treated areas. 44% less visible fat. 87.5% improvement in body shape and 100% enhancement in skin quality. |

| | | |
|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Treatment Areas | Larger bulges only, as there must be enough fat to suction and clamp- e.g. stomach, double chin. Most customers do not have enough fat to do their legs/arms. | You can sculpt the body you want. Treats bulges and circumference fat so it can be used on any area of the body that has pinchable fat- e.g. stomach, back, love handles, inner/upper/outer thighs, above the knees, arms, and chin. |
| Price Range | \$1400-\$6000 | \$350 for a single session, 5 pack is \$1495 |
| Mechanism | Suctions and clamps fat and skin. | A technician uses an ultrasound-like wand. |
| Side Effects | Can cause displacement which requires plastic surgery to remove (butter like shelf). Also can cause redness and skin sensitivity. Numbness can last weeks. | Minimal. Some redness for a few hours after. No reported serious side effects. |

Benefits of Cryoskin:

- You can contour the body and make it your own. If you do CoolSculpting, Cryoskin will help with smoothing out the “butter shelf”, if any, and lift any areas that need to be lifted, firmed or toned.
- Cryoskin helps cellulite as well as stubborn fat that CoolSculpting could not address.
- Cryoskin is a good option if you have low pain tolerance.
- More affordable.
- Great for sagging skin after substantial weight-loss.
- Great as an “upkeep” option after CoolSculpting, as fat cells may come back if a healthy lifestyle is not upkept.

Cryolipolysis destroys fat cells, and those particular cells will not return.

However, destroying existing fat cells will not prevent new fat cells from appearing. Hence, why a healthy lifestyle is vital to preserve the results of a Cryoskin series. A person who does not exercise or who eats an unhealthy diet may soon see the fat return to the treatment area.