



# Beauty and Cosmetics

## The Watson Writes Portfolio

*(These are just a sampling of the dozens of articles written on this subject matter)*

### **The Five Most Important Things to Know About Intermittent Fasting**

Fasting defined as a time period in which you do not eat. A popular dietary trend many embrace is one called “intermittent” fasting. It is an eating plan that switches between fasting and eating on a regular schedule. What exactly is intermittent fasting, how does it work? Here are the key things you need to know about it.

1. **Know what it is.**

Diets are usually based on what you eat, but intermittent fasting is based purely on when you eat. Under intermittent fasting, you only eat during a specific time. You fast for a certain number of hours each day or eat just one meal a couple days a week. In this process your body will tend to burn fat. Experts on the process have stated that our bodies have evolved to be able to go without food for many hours, a day, several days or longer. In the tribal “hunters and gatherers” experience, humans thrived while not eating for extended periods of time. Food had to be hunted, or gathered, and that took time. In our modern times, food is accessible 24/7, and our lifestyles are much more sedentary, which supports a constant intake of food. Extra calories and less activity can mean a higher risk of obesity, type 2 diabetes, heart disease and other illnesses. Scientific studies are showing that intermittent fasting may help reverse these trends.

If someone is eating constantly then every time they eat, they’re running on those calories and not burning their fat stores. In Intermittent Fasting, there are hours without food and in those

times, the body exhausts its sugar stores. It works by prolonging the period when your body has burned through the calories consumed during your last meal and begins burning fat instead.

## 2. **Pick your plan.**

You may want to consult your doctor before you start and customize a plan to augment your health needs, or restrictions. At that point, you can construct your specific plan several ways. They are all based on choosing regular time periods to eat and periods to fast. A popular method is to try eating only during an eight-hour period each day and fast for the remainder. Another way would be to eat only one meal a day two days a week. You may choose longer periods without food, such as 24, 36, 48 and 72-hour fasting periods. These may be dangerous, however. Your body might also start storing more fat in response to starvation. Expert research shows that it can take two to four weeks before the body becomes accustomed to intermittent fasting. The challenge is to stay with the plan until it becomes a habit, at that point, you feel better and thereby motivated for the long term.

While the plan is based on when you eat, there should be some sensibility in what you eat as well. During the times when you're not eating, water and zero-calorie beverages such as coffee and tea are legitimate consumables. When you are in your eating periods, pick a range of different foods to be eaten — and enjoyed. The Mediterranean diet is a great choice of what to eat: complex, unrefined carbohydrates such as whole grains, leafy greens, healthy fats and lean protein.

## 3. **Know the potential health benefits.**

Intermittent fasting has worked as well as caloric based diets in terms of weight loss. In intermittent fasting, this weight loss may be accomplished by lowering insulin levels. The body breaks down carbohydrates into glucose, which cells use for energy or convert into fat and store for later use. Insulin is a hormone that allows cells to take in glucose. Insulin levels drop when a person is not consuming food. During a period of fasting, it is possible that decreasing insulin levels causes cells to release their glucose stores as energy.

Medical professionals report that intermittent fasting can help prevent heart disease. It could lead to a reduction in blood pressure, heart rate, cholesterol, and triglycerides. Triglycerides are a type of fat present in the blood that has links to heart disease. Intermittent fasting may also benefit brain health by preventing inflammation which has links to neurological conditions. It also has been shown to have a positive effect on thinking and memory. Studies discovered that intermittent fasting boosts working and verbal memory. We have found an increase in physical performance. Young men who fasted for 16 hours showed fat loss while maintaining muscle mass.

## 4. **Know how to customize it.**

Many experts feel that women should take a more relaxed approach to fasting than men. This may include shorter fasting periods, fewer fasting days or consuming a small number of calories

on the fasting days.

5. **Know how maximize it with your infrared sauna experience.**

It is a fact that intermittent fasting and infrared sauna use are effective in helping you shed off those unwanted pounds on their own. But what if you combine the two? It is safe to use the sauna while fasting. Experts recommend that you do your sauna sessions at the end of the first three-hour period after you have eaten and are now fasting. This cycle is the detoxification period. This is when your body will promote weight loss and expels wastes and toxic materials from your body. When your body goes through this process, the high temperature inside the sauna will promote sweating and enhance the detoxification cleansing process, thereby improving the weight loss process. You should not go in the sauna on a completely empty stomach, nor when you are completely full. If you feel that you must eat right before a sauna session, then try a light snack like fruit and wait for at least a few minutes before starting your sauna session.

Book an infrared spa appointment with Sculpt Spa today. [LEARN MORE ABOUT OUR SERVICES NOW!](#)

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The leading aesthetic spa in Las Vegas, Sculpt Spa offers both CoolTone™ and COOLSCULPTING™. Our comfortable, spa-like location is the ideal place to work on yourself while relaxing. Whether you're checking your email during a CoolTone™, meditating in our INFRARED SPA, or selecting additional wellness from our range of VITAMIN AND AESTHETIC INJECTIONS, Sculpt Spa offers a huge range of aesthetic services for every need and every person. CONTACT A SCULPT SPA PRO TODAY!

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Intermittent Fasting is gaining popularity as a healthy way to eat. Here are the 5 things to know about what this lifestyle is, and how to approach it. At Sculpt Spa Las Vegas, an intermittent fasting plan can be augmented with vitamin and NAD+ injections, cooltone, coolsculpting, infrared sauna las vegas and more. >

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Nine Differences Between Botox and Restylane

Science has developed many wonderful alternatives in the area of cosmetic facial rejuvenation. Sculpt Spa Las Vegas offers the ideal choices in its filler and anti-wrinkle injection services.

As clients consider which treatments are ideal, they often think that Botox and Restylane based services are just alternatives to one another. That is not the case.

Both did have German forefathers, but their histories varied significantly from there.

The science behind Botox started in the 1820s. Justinus Kerner, a German physician, experimented with using botulism for therapeutic use. Then in the 1980s, ophthalmologist Alan Scott used a similar concept when he underwent a never before tried method with a patient suffering from double vision. Scott injected a tamed form of botulism toxin into the patient's eye muscles. It worked.

Scott formed the botulism toxin with spores of the bacteria *Clostridium botulinum*. The drug prevents the release of the neurotransmitter acetylcholine. This paralyzes the muscles for short-term periods. He sold the rights to the pharmaceutical company Allergan in 1991, which brought Botox to market for the cosmetic use that is popular today.

Meanwhile, in 1934, a German biochemist named Karl Meyer and his colleague John Palmer developed a substance from cows' eyes that had not been isolated before. They named it "hyaluronic acid". It was since discovered that hyaluronic acid is a polysaccharide naturally present in our bodies as well as cows.

In the beginning it was used as an egg substitute in baking. Later, it was proven effective in treating diseases in connective tissues in the body. Scientist found that it allows cells to hold water in the skin tissues and keep them well hydrated.

In 2003 the FDA approved it as a wrinkle treatment for Restylane, and a few years later, for other brands.

How do modern Botox and Restylane compare? Here are the nine points to determine their differences:

**1. They are from different drug classes**

Botox is a neurotoxin and Restylane is a dermal filler. A neurotoxin is a substance which changes the function of the nervous system or nerves and the signals they send around the body. A dermal filler works with the tissues of the body and adds plumpness. The main ingredient in Restylane is hyaluronic acid which naturally occurs in your body.

**2. They act differently**

Botox is an injectable that paralyzes the underlying muscles under the skin. Restylane fills in the creases of the skin.

**3. They have different alternative uses beyond facial wrinkles**

Alternative uses of Botox include treatment of sweaty underarms, chronic migraines, neck muscle spasms, eyelid twitching and crossed eyes. Alternative uses of Restylane include deeper dermal implantations like the correction of laugh lines and to augment lips in patients over 21.

**4. They have different side effect risks**

The list of potential side effects from a Botox injection is longer than the list of potential Restylane side effects. The Botox side effects can range from allergic reactions, neck/back pain, flu-like symptoms, site injection reactions, urinary tract infections and more. The side effects of Restylane tend to be more centered around the injection site with possible redness, tenderness, itching, etc.

**5. They react differently to other drugs in your system**

Botox may increase if other drugs that are used for neuromuscular functions are present in the body. Restylane also may interact with some drugs. You should consult with the administrator before treatments of either especially if you are pregnant, plan to get pregnant or are breast-feeding.

6. **They are both FDA approved for safety**

The FDA has approved both treatment regimens for eradicating fine line wrinkles. They should be always administered by a medical professional, as they are at Sculpt Spa Las Vegas.

7. **The administration procedures are similar**

Generally, no anesthesia is required and the procedures are minimally invasive. The injections are administered directly into the face where you are seeking results. The whole process is done in a single office visit.

8. **The treatment timing varies, but not much**

A Botox treatment may require three to five injections during your visit. All those injections can be administered in a total of 10 minutes. You should see results in one or two days. Restylane may take a tiny bit longer with the treatment still being administered in under an hour. The recovery from your Restylane treatment is usually less than a day and you can often see results right away, with full results evident in a week or two.

9. **The effects from each do not last the same amount of time**

The Restylane effects tend to be longer lasting than Botox. They both last for months. Some studies show Botox lasting about four months. Another study shows Restylane to last between six and eighteen months.

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## The Eight Tips to Avoid Wrinkles

Wrinkles are a natural part of aging. Sculpt Spa in Las Vegas welcomes many clients who look for fillers for laugh lines, or fillers for smile lines. We offer a wonderful program of anti-wrinkle options. Our Restylane family of products uses the natural occurring hyaluronic acid in filler treatments that remove wrinkles while adding symmetry to the face. Our anti-wrinkle regimen uses neuromodulators that block nerve impulses that soften existing wrinkles and prevent new wrinkles from forming in the first place.

Why does wrinkling occur and how can you take steps to prevent or minimize it? Wrinkles are caused by several factors and some of those are beyond your control. There are some factors that you can control however and delay the wrinkling process. Age is probably the least controllable, and the most prominent cause.

Your skin is going to get more fragile and less elastic as you get older. It does not produce as much natural oil which dries your skin causing wrinkles to appear. Fat in the deeper layers of your skin also lessens. This makes your skin sag more, especially since it is less elastic, and creates deeper crevices and lines.

Ultraviolet radiation, to which we are all exposed, accelerates the natural aging process. UV light breaks down your skin's connective tissue that lies in the deeper layers of skin and consists of collagen and elastin fibers. It is the primary cause of early wrinkling. When your connective tissue weakens, your skin sags and wrinkles due to the loss of strength and flexibility.

Smoking has a major effect on collagen, and reduces blood flow to the skin, and will cause early wrinkling. Alcohol dehydrates the skin and makes it susceptible to wrinkles.

The movements of your face contribute to wrinkles as well. Those movements and expressions, such as squinting, frowning, smiling, and chewing, can lead to fine lines and wrinkles. When you use your facial muscles, grooves form under the surface of the skin. As your skin ages, it loses its flexibility and is no longer able to spring back into place. These grooves slowly become permanent features on your face.

Here are ways that you can slow down the wrinkling process:

1. **Protect your skin from the sun**

Put on that sun protection! UV exposure is the problem and keeping that from soaking into your skin reduces damage. The right clothing helps and wearing hats is recommended. Experts also prescribe putting on a sunscreen of SPF 30 or higher every day.

2. **Hydrate**

Hydration rejuvenates your skin. This hydration makes it smooth and soft. With proper hydration, you give your outermost layer of the skin the moisture it needs to flush away toxins and to carry nutrients to the skin's cells. In this process, it is recommended to take advantage of an infrared sauna at Sculpt Spa Las Vegas while hydrating. You replenish your skin's moisture while sweating out damaging toxins.

3. **Eat foods rich with vitamins**

Load up on fruit and vegetables. They can prevent skin damage. Sugar and refined carbs can speed up your skin's aging. Added vitamin regimens can be enhanced with vitamin injections at Sculpt Spa Las Vegas including our GLOW, RECOVER and DETOX offerings.

4. **Sleep on your back**

Sleeping on your back is the best position to keep youthful skin. It prevents wrinkles due to lack of wrinkle-inducing friction and shields your skin from folding into your pillow.

5. **Use a moisturizer**

Dry skin will shrivel your skin cells and you want to keep them plumped. Drying them can lead to premature fine lines and wrinkles. When you moisturize, it traps water in your skin.

6. **Avoid smoking and alcohol**

Smoking removes collagen from your skin and alcohol dehydrates your skin as well. Both cause premature wrinkling.

7. **Use a retinoid**

Retinoids are a family of compounds derived from vitamin A. Retinoids are generally stronger and you get them with a prescription. Retinol is a lighter type of retinoid that can be purchased over the counter.

8. **Explore your options**

There are many therapeutic options available to deal with wrinkles. These procedures can help smooth wrinkles or make them less visible. Options include medications, skin-resurfacing techniques, fillers and surgery.

Sculpt Spa Las Vegas has a variety of strategies to support your anti-wrinkling plan. As mentioned, both the vitamin injection program and the infrared sauna spa offer huge benefits to preventing wrinkles.

The facial filler program that utilizes the Restalyn family of products reduces wrinkles as it adds filler to needed areas of your face.

Definitely check out the ANTI-WRINKLE treatments at Sculpt Spa. With it, anti-wrinkle neuromodulators block nerve impulses that stimulate muscle contractions, which can soften lines that have set in. The process also prevents lines from forming. Injections are strategically placed in specific muscles of the face and neck. These create smoother, tighter looking skin. Common areas include frown and forehead lines, crow's feet, smoker's lines around the mouth, and "bunny lines" on the nose. From start to finish, treatments take about 10-20 minutes.

[SCULPT SPA](#) is Las Vegas' leading provider of [INJECTION INJECTIONS](#). We offer the latest hyaluronic acid dermal fillers from Galderma, with lip, facial, and anti-wrinkle treatments available for you.

Sculpt Spa offers its services in a serene, nonjudgmental spa setting. With additional services including [BODY CONTOURING](#), [NAD+](#), and [VITAMIN INJECTIONS](#), we are the ideal place for making a new you. [TALK TO A SCULPT SPA PRO TODAY](#) about our injections and more!

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Preventing and getting rid of wrinkles, that is the goal. Fillers for smile lines, fillers for laugh lines, botox vs restylane, all those can be answered at sculpt spa las vegas. For infrared sauna las vegas, that can help remove toxins that cause wrinkles too. >

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## The Ultimate Guide to CoolSculpting

Sculpt Spa Las Vegas is the premier destination for incredible body toning techniques, strategies and treatments. We are often sought out by the beautiful and buff Las Vegas entertainment professionals as well as anyone working on perfecting their self-image. Our Sculpt Spa team in Las Vegas has a wealth of experience in body contouring and have developed a completely stress and judgement-free environment. Our focused and holistic approach brings greater attention to the finer details, making your experience one which achieves your goals in the most pleasing and satisfying way possible.

One of our most popular offerings is CoolSculpting™ Las Vegas. Here is a guide to what CoolSculpting is, and how it became the #1 non-invasive fat reduction procedure on the market today. There is a very good chance that it is the right choice for you.

CoolSculpting is the brand name for Cryolipolysis. That is cold "cryo" fat "lipo" destruction "lysis." Since the destruction of fat is the target, it is important to understand what kind of fat will be eradicated. There are two types of fat in the body, subcutaneous and visceral. Visceral fat is the substance that lines your organs and is often discussed in challenges like diabetes and heart disease. Visceral fat is not the target of CoolSculpting. Subcutaneous fat is the substance that is the visible body fat that "rolls"

when you try to fit into too-tight garments. Our body's ability to get rid of subcutaneous fat decreases with age. If with each passing year, you find it harder to slim down, that is probably why.

Enter CoolSculpting. The origin of cryolipolysis comes from one of the most unlikely sources for a popular fat reduction technology. It came from watching kids eating popsicles. Scientists were intrigued by a condition they were observing in children who were eating popsicles and left the ice rest on their inner cheeks for several minutes. The skin samples they took from the kids showed that there was inflammation in the fat, but the overlaying skin was normal. This fat injury was called "cold-induced fat necrosis" and its existence indicated that fat was more sensitive to being injured, and killed, than other tissues.

- **How CoolSculpting Works**

Cold-induced fat necrosis is exactly how CoolSculpting at SculptSpa Las Vegas works. The technique leverages the susceptibility of fat cells to damage from cold temperatures. The cells become injured through the technique and that triggers an inflammatory response by your body. That response then effectively kills the fat cells as part of a purge process. Macrophages are a type of white blood cells and move into action as part of your body's immune system. They get called to the "injury" and carry away the dead and injured fat cells as debris.

A handheld device is used by your SculptSpa Las Vegas medical professional. This CoolSculpting® System device is not available for use at home by consumers. It is prescription use only and requires medical authorization. This equipment is an investment for your provider, and that cost is also a motivator for other providers to offer less effective injection-oriented fat removal "solutions." The CoolSculpting System uses controlled cooling that will target and freeze a portion of the fat cells under your skin. This triggers the macrophages activity which will continue through the weeks that follow your session.

The treatment is non-invasive. There are no needles. There is no surgery. Most importantly, there is no downtime. You can fit this into your busy schedule without skipping a beat.

The treatment can take as little as 35 minute on up to an hour. The variance in time has to do with how many bulges you want to target and how "stubborn" they are. At SculptSpa Las Vegas, you get the advantage of a team with a wealth of experience. When we say that the environment is "stress and judgement free", we mean it. We are open extended hours including evenings and weekends to meet your optimal timing, not ours. We operate with dual-sculpting systems so that two of your body areas can be treated simultaneously. By the time you come to your appointment, you will have already been aware of our online booking system and our complimentary no-commitment consultation. At your appointment, you are treated to Smart TV with Netflix and Hulu, plush spa robes, luxurious lounge chairs and refreshments.

- **How CoolSculpting Compares to Liposuction**

You may be curious as to how CoolSculpting compares to liposuction procedures



you have heard about. The results of CoolSculpting and liposuction can be very similar. Both procedures are used to permanently remove excess fat from specific body parts. Neither procedure is intended for weight loss. Also, neither procedure can improve the appearance of cellulite or loose skin. While they both reduce adipose tissue and improve body contour, there are significant differences. Liposuction started unsuccessfully in the 1920s. Charles Dujarier, developed a process of fat removal and body contouring procedures. When his patients then developed gangrene the practice became quickly dismissed. In 1975, cosmetic surgeons Arpad and Giorgio Fischer, created the modern technique of liposuction. Liposuction is a surgical procedure. It requires cutting, stitching and anesthetizing. A tool loosens fat cells and a vacuum sucks the dislodged cells from the body. Surgery takes 3 to 4 hours and downtime can last a few weeks before you can return to strenuous activity. Results are not seen for months until after the swelling goes down. While there is little to no pain during the CoolSculpting procedure, liposuction does cause moderate pain for about three days following the treatment, and soreness that goes away after about 4 weeks.

- **How CoolSculpting Compares to Kybella**

Kybella is an injectable option that client's consider for fat removal. Kybella evolved from a treatment called LipoDissolve that had earned warnings from the FDA that it was not safe or effective. A dermatologist, Dr. Adam Rotunda and his professor at the time, Dr. Mike Kolodney, decided to study the purported fat-dissolving chemicals and developed the now approved Kybella. Kybella is deoxycholic acid, a naturally occurring product in the body that breaks down dietary fat. It has been approved for use in double chins only, Cool Sculpting has much broader applications. Like CoolSculpting, Kybella destroys fat cells by attacking the fat cell membranes. Kybella is administered through a series of 20 or more injections. Where CoolSculpting may need a follow up treatment or two, Kybella generally requires an average number of four treatments up to potentially six. This process costs in inconvenience and other discomforts. CoolSculpting has been proven to be effective in improving skin laxity, Kybella has not and in fact, may make skin looseness worse. The amount of side effects between the two technologies is significant. Cool Sculpting has very minimal side effects that only last a few days. With Kybella, 72% of patients had bruising, 87% had swelling, 70% had pain, over the course of two weeks following a session. (And remember, there are four to six such sessions required).

- **How CoolSculpting Compares to Zerona**

Zerona is a laser fat shrinking system that clients ask about. The Zerona device was created in 1998 as an assist to liposuction, helping to reduce pain and inflammation that liposuction causes. They discovered that the device actually liquified fat and made it easier to remove. It is now uses as a stand-alone process, designed to shrink and liquefy fat cells in chosen targeted areas. The laser enables the emulsification of fat tissue so that it leaks out of the cells, thereby shrinking them, without having any effect on the skin itself. CoolSculpting has proven to be a superior option for a number of reasons. Zerona requires many more sessions—6 over the course of 15 days, coming every other day for

another 40-minute to an hour session. There is not enough data on the long-term results, but it is known that Zerona does not fully remove the fat cells from the treated area. This means that it is likely the fat deposits can return over time. CoolSculpting fully eliminates the fat cells, so those deposits cannot return. The liquified fat tissue created by Zerona also potentially increases toxin levels in the liver. Like Kybella, Zerona also can worsen loose skin where CoolSculpting tightens your skin giving it a smooth sculpted shape.

- **The CoolSculpting Process and Results**

. The CoolSculpting procedure is FDA-cleared for the treatment of visible fat bulges in the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll) and upper arm. It is also FDA-cleared to affect the appearance of lax tissue with submental area treatments. The treatment itself goes like this: First, a gel pad is applied to the area to protect the skin. Next, the fatty bulge is suctioned or vacuumed into the applicator's hollow opening. You will feel a tugging or pulling sensation as suction is applied. These sensations, intense cold plus other possible sensations – tingling, stinging, aching, cramping – lessen after 5 to 10 minutes as the area becomes numb during the cooling down process. The fat layer is gradually cooled to the target temperature of between 30.2 and 39.2 degrees Fahrenheit. Upon removal of the applicator, you may see a frozen bulge at the treatment area (known as a "butterstick"). Your Sculpt Spa CoolSculpting expert may apply manual massage to rewarm and smooth out the treated area. At this point, the body will naturally eliminate your dead cells. Starting in the weeks that follow treatment, your body will process the fat cells that were frozen during the treatment and remove them from the treated site, affecting the appearance of the bulge. You will see changes in your body in as early as 4 weeks, and dramatic changes by the end of 3 months. Your body will continue to naturally process the injured fat cells for weeks to months after your procedure. Results may take up to 6 months to become completely visible. Visible results will vary from person to person. Your final results should mean up to 20%-25% permanent fat reduction in the treated area. Once these fat cells are gone, they're gone for good!

- **Before and after**

"CoolSculpting gave me the push over the finish line that working out and dieting could not achieve. It got me there"

"When I put on a bikini now, it fits better and I love the way I look"

"It really worked for me. When you see the side by side (comparison) , it is so good."

"I want to feel good and look fabulous, knowing that I have a dress that is going to feel good on my body. I feel really good and relieved. I can be fully present."

--- real CoolSculpting client quotes

< Insert before and after pictures >

Is CoolSculpting safe? Does Coolsculpting work? Is CoolSculpting permanent? Yes, yes, and yes. The key points about Sculpt Spa Las Vegas and our CoolSculpting offering:

- It is for people of all ages.
- Fat cells in the treated area are gone for good!
- No one is going to cut you open.
- There is no risk of infection. It is a low-risk procedure.
- There is no damage to nerve fibers, blood vessels, muscles, or lasting damaging to skin in the treatment area.
- You are not sedated or anesthetized.
- More than one area of the body may be treated in a single session.
- The procedure is performed on an outpatient basis. It does not disrupt your life or schedule.
- Patients may experience happiness and an increase in self-esteem due to the results.

While CoolSculpting™ permanently destroys fat cells, it's not a weight loss plan. You need to be committed to an active and healthy lifestyle for the best results.

You should only get CoolSculpting™ if it's what you want for yourself. Like other cosmetic procedures, it should never be something someone else pressures you into doing. CoolSculpting™ should be about boosting your self-confidence and happiness – and no one else's.

### **Get Expert CoolSculpting™ Advice At Sculpt Spa**

Sculpt Spa is Las Vegas' premier provider of the [COOLSCULPTING™](#) and [COOLTONE™](#) body contouring systems. Offered in a relaxing, nonjudgmental spa setting, Sculpt Spa is the ideal place to achieve the look you want..

We hope this guide gave you full insight into CoolSculpting™ , but if not, we are here to advise at anytime. Get your answers here from a Sculpt Spa expert. [CONTACT US TODAY!](#)

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Here is your ultimate guide to fat freezing las vegas. It shows why CoolSculpting is superior to Zerona, why CoolSculpting is a better choice than laser, lipo. Cool sculpting las vegas is done expertly by Sculpt Spa Las Vegas. This guide answers is coolsculpting safe , does coolsculpting work and is coolsculpting permanent. >

