

Can you actually freeze fat off your body? If you had unsuccessful results with diet and exercise, then you may consider an alternative method for losing weight. While you might think freezing away fat is a gimmick, the FDA cleared the procedure.



But what does cryotherapy entail exactly? The cold therapy technique is more advanced than simply standing outside in the middle of winter. Likewise, it has more benefits than just weight loss.

## **Fat Freezing Deals Near You**

Cryolipolysis, or cryotherapy, destroys tissue using extreme cold. While that might sound extreme, it is quite similar to the process that occurs after using more calories than your body has stored.

Specialists freeze fat deposits using a controlled application of cold, which kills the fat tissue cells without harming skin. This is because the cold damages fat cells faster and more easily than skin tissue. While the method doesn't hurt contacted skin, temporary localized redness, numbing and bruising can occur.

The process of freezing away fat without frostbite occurring measures temperature with time. For instance, professionals may suggest cooling cells to 14 degrees Fahrenheit for 40 to 50 minutes. The time and temperature will depend on the application method, body part and other factors.

## Great Candidates for Freezing Away Fat

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Cryotherapy is great if you want to lose those last five or more pounds. Cold therapy cannot substitute for more invasive weight-loss procedures like liposuction, but it can help you trim down. For instance, firming up upper arms and chins are difficult with exercise, but freezing the fat in those stubborn areas can reduce the bulk.

Cold therapy is for men and women within 30 pounds of their ideal weight. The procedure is effective on body parts such as abdomens, thighs, chins, and upper arms. The effects last longest for individuals who plan to maintain their weight to diet and exercise.

If you are considering freezing away fat with cold therapy, then always inform the facility of any medical conditions, such as cold agglutinin disease, sensitivities and recent surgeries.

## What to Expect When You Freeze Fat

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Cold therapy may be applied to one part of the body or the entire body at once. While a tank or chamber would encompass you for a whole-body treatment, localized fat freeze services can include the following methods:

- Ice pack
- Coolant sprays
- Ice massages
- Ice baths
- Probes

Some fat freeze services use a protective gel on certain body parts to protect the skin. Certain applicator methods create a suction or pulling sensation as it adheres to the body. As the name suggests, there is a cold feeling and a corresponding tinkle as nerve endings react to the temperature.

Treatments to freeze fat usually take 30 minutes to an hour. If you plan to do several areas, then this time is stacked and you should expect a longer duration unless providers have multiple applicators. However, depending on the area, you will be able to multitask during this time by reading or playing on your phone.

There is little downtime after the treatment. One treatment can reduce about 20 percent of the fat cells where the applicator is placed. However, it can take one or more months to start to see results and, in many cases, six or more months.

The body slowly eliminates the dead fat cells naturally, which is why it takes weeks to months following the treatment to see results.

## Freezing Fat Benefits

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In addition to freezing away fat, cold therapy alleviates certain types of pain, releases hormones and treat select conditions. Cryotherapy is used for the below conditions:

- Cancer of the bone or breast
- Renal cell carcinoma
- Fibroadenoma of the breast

Cold therapy cools and numbs nerves. Therefore, cryotherapy can reduce migraine symptoms by cooling the nerves and arteries in the neck. Similarly, whole-body cold therapy chambers can treat pain relating to arthritis.

Cold therapy can treat chronic pain from existing injuries. For pinched nerves and other related pain, doctors will use a probe to numb the pain directly.

Cold therapy also causes the body to release hormones, like adrenaline and endorphins, when immersed in a total body cryotherapy chamber. An increase in these hormones positively influences anxiety and depression symptoms. Some professionals claim that whole-body cryotherapy can also prevent the onset of dementia like Alzheimer's because of the anti-inflammatory outcomes.

Since cold therapy reduces inflammation and increases antioxidant levels, certain skin conditions, like acne and atopic dermatitis, may improve with treatment.