

Cryo Sculpting Special Report

What To Know Before You Go



Cryo
Sculpting Lab
Modernize Your Beauty

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San Diego's Premier Non-Invasive Body Contouring Center

Your health and body is important and we believe it's critical that you have the facts related to decisions you make regarding any body contouring procedures. We have put this special report together to help you learn a little more about the latest non-invasive (non-surgical), body contouring procedures that are available and give you a better understanding of what to expect before you go.

The allure of surgical procedures like liposuction and tummy tucks can seem like the best approach for you. We encourage you to consider the latest non-invasive technology that is being offered as a safe and effective approach to fat reduction and skin tightening.

Is your life worth the risk? Comparing the Facts of Invasive and Non-Invasive Body Contouring With the risk associated to surgical procedures and the end result being the same, it is clear that non-invasive body contouring is your best value.

The non-invasive body contouring industry was really started when "Cool Sculpting" came into the market in 2005. This approach gave people hope and a safer way to achieve permanent fat loss.

Does Cool Sculpting work? YES, however there are some side effects and many of our clients have undergone the expensive treatments with poor results. Fat is removed by freezing, however it is very inconsistent and many times leaves ripples or pockets. Regardless of the method used for the removal of fat one of the greatest problems is that a person with loose skin will show very poor results.

Cryo Sculpting Lab customizes your treatment approach and we are experienced in determining exactly how much slimming and toning you will need to achieve the amazing results you expect.

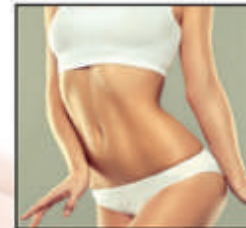
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| FEATURES | CRYOSKIN | COOLSCULPTING | SURGERY/ LIPOSUCTION |
|---------------------|---|--|---|
| PROCEDURE | Uses an ultrasound wand that glides over target areas with cooling | Vacuum-like paddles that are suctioned to fat areas for a length of time | Invasive surgery done with anesthesia, cutting, and stitching |
| TIME | 20 - 30 minutes | 1 - 3 hours | 4 hours and 8 weeks of recovery |
| COST | \$350 per sessions or less | \$2,500-\$4,000 | \$8,000-\$10,000 |
| COMFORT | Enjoyable and similar to a massage | Pulling, pinching, numbness | General anesthesia but pain afterwards for several days |
| SIDE EFFECTS | Possible redness and soreness to 24 hours from massage technique | Redness, numbness, and bumps | Scarring, bruising, pain, infection, lumps, and numbness |
| SESSIONS | 3 - 5 sessions | 2 - 3 sessions | 1 sessions |
| RESULTS | Measurable results in a single session. Clinically, 38% average permanent fat loss after 5 treatments | Approximate 3-4 months to show results | Approximately six weeks after swelling subsides |

CRYOSKIN + COOLSCULPTING: Both use a non-invasive "fat-freezing" method to destroy fat cells

CRYOSKIN is FASTER and more CUSTOMIZABLE (Customize areas and intensity of treatment)

Cryoslimming: FREEZES and DESTROYS fat cells
Cryotoning: Targets SKIN and CELLULITE



The Pros and Cons of Non-Invasive Body Sculpting

The Pros of Non-Invasive Body Contouring

- No down time
- No scarring or possibility of infection
- Safe and painless
- Virtually no side effects
- Immediate and permanent fat loss
- Customized fat removal and skin tightening procedures

The Cons of Non-Invasive Body Contouring

- Requires multiple treatments
- Small amounts of fat removed during each treatment
- Targeted area size (brick size area)
- Lifestyle and eating habits are important for optimal results

Frequently Asked Questions

What you should know before you go!

Does This Stuff Really Work?

YES!!! There was a time when all you could do was shrink or enlarge fat cells. In the past, permanent fat cell removal involved invasive, expensive and dangerous surgery. Times have changed. With the latest clinically proven Technologies it is now possible to permanently eliminate stubborn fat and cellulite, safely and with no down time or pain. We also have the technology to tighten and tone loose skin for a more youthful look.

How does the treatment work?

The treatments are powered by cryolipolysis - a medical treatment used to destroy fat cells by freezing within the temperature range of +5 to -5 C. The cold treatment causes apoptosis or cell death of subcutaneous fat tissues. The treatments lasts for 28 minutes and are performed manually through a massage technique. The session begins with 2 minutes of heat and then a decrease in temperature to -8 °C for the duration of the session. The purpose of the treatment is to lower the temperature of the fat cells enough to cause what is known as the phenomenon of apoptosis. This phenomenon is triggered when the temperature of the fat tissue is between 17 and 12 ° and causes these cells to die. These cells are then naturally passed through the body through the lymphatic system and urine.

Is this safe?

YES!!! YES. The device is very safe. This approved technology for body contouring and skin tightening as a safe and effective approach to permanent fat loss and skin tightening.

In terms of programming and electronics, it is managed by a computerized Windows system. The cooling system is controlled by an electronic temperature sensor located in the processing head of the device and the temperature is controlled in real time by the machine and temperature is displayed on the screen. The Cryoskin was launched 5 years ago and is used throughout France. It is currently the most successful non-invasive slimming treatment available in France, the beauty capital of the world. It has been introduced to the US, first in New York City in November 2017 There is no down time and you can resume activities immediately following your 30 minute treatment.

Are there any side effects? Is this painful?

NO!!! There are virtually no side effects, and no down time. Some clients experience redness that goes away in a few days, although this is very rare, it is still not harmful. There is no painful procedure, chemicals or injections, most clients find the cooling and warmth of the Slimming and Toning procedures very relaxing and compare it to a cool massage.

How many treatments does it take to see results?

Measurable Results with your very First Treatment. You can expect to see measured results on your first visit, while most clients notice tremendous differences after a few additional treatments. Depending on your goals, and your lifestyle, expect to see remarkable differences within 10 to 17 treatments. We will perform an evaluation during your first visit and discuss how many treatments we believe you will need to achieve your goals and desired image. The average person loses an inch or more around their waist in just one treatment.

What Should I Expect During My First Treatment? Education, Evaluation & Some Fun!!

We will evaluate your area/s of concern, take photos and measurements and discuss our treatment approach. We will customize each treatment session based on specific conditions

of your body fat and skin. Each person and each treatment is customized to ensure we are delivering the most effective results. You should wear comfortable clothing that allows us to access the area on your body you would like to improve and expect to spend about 30 minutes to an hour with us. You will feel comfortable with our staff and leave with a smile.

Are The Results Long-Term?

YES!! The Slimming and Toning sessions destroy subcutaneous fat cells permanently. Best results are achieved by maintaining an active lifestyle and healthy diet. Our skin tightening procedures do have long lasting effects, up to 1 year, however the natural aging process is something we do not have control of so it is important to maintain a healthy lifestyle and perform maintenance treatment sessions. It is advisable to see how long treatments stay their best on you and engage in booster sessions every month, quarter or more or less often!

Is There A Guarantee?

YES & NO!! We know that our Slimming and Toning technology has been clinically proven to be highly effective at the elimination of stubborn fat and improving loose skin. We have had 1000's of success stories and guarantee that your treatments will be customized to maximize the greatest results for your body. We are confident in the technology and in our approach to your specific treatments. What we do not have control of is your lifestyle and what you do before and after your treatment sessions. We will help educate and guide you in the right direction to achieve the best results. We do not do a money back guarantee but we do guarantee that our technology and your treatment procedures will be performed to achieve your desired results and we work very hard at making that possible with what we can control.

How Much Do Treatments Cost?

Extremely Affordable \$\$ Non-invasive body contouring is a safe and highly effective way to eliminate stubborn fat and cellulite with multiple treatments necessary to achieve the most desired results. As such the number of sessions required for you to achieve your goals vary from individual to individual. We typically have clients lose an inch or more their first treatment You can expect to lose approximately 2 to 3 inches in 6 to 8 treatments. Depending on your goals, commitment and lifestyle our highly trained technicians will discuss the number of treatments we recommend. We also have customized fitness programs created by an award winning fitness expert as well as dietician approved nutrition plans available to really maximize your results. Our prices are based on treatment packages ranging from 3 to 50 sessions with the cost per treatment as low as \$99.00. We do offer various financing options including in-house financing OAC. We pride ourselves on offering VALUE and our highly trained and experienced technicians combined with the latest FDA approved body contouring technology far exceeds others on the market.

Do You Offer Any Discounts?

NO, If you are looking for "discounted" body contouring we are not your place. We strive to provide the highest quality and most valuable services and have the knowledge, experience and expertise to deliver incredible results. Our technology is like no other and our expert staff is highly trained in the contouring industry. You get what you pay for and we believe in offering VALUE not discounts. We already keep our rates low as we can so anyone who is committed to the results can afford it.

What are the benefits?

Clinical studies have shown that this technology naturally destroys fat cells, but as with most techniques, the results vary from one individual to another. The expected effect is usually rapid: part of the fat cells are destroyed during the session while the others will be eliminated within 2 to 3 weeks. It has also been proven to help with micro circulation and a significant increase in collagen due to the thermal shock that is caused by the hot and cold.

How does it feel?

The treatment is painless, with some clients describing it as rather pleasant and relaxing. This is due to the massage technique and the session beginning with skin warming descending into the gradual decrease of temperature.

Who shouldn't have Cryoskin treatments?

Anyone with the conditions below do not qualify for this treatment:

- Severe Raynaud's syndrome
- People who suffer from very poor circulation
- Pregnant woman
- Severe diabetes
- Cancer
- Pregnant
- Heart disease or have a pacemaker

our technicians can assess your concerns and will always make the best recommendations for you.

How often can I have the treatments?

Slimming treatments can be performed once every 2 weeks and Toning treatments can be performed every 7 days. There is a physiological reason for this: when apoptosis occurs and some fat cells die, waste is formed. The waste will be eliminated by natural routes (blood, lymphatic system, and the urine). Metabolism must therefore be allowed to evacuate this waste without overloading the system.

Can I workout before or after the treatments?

Absolutely there are no side effects to this treatment that will stop you working out. Make sure to keep hydrated and drink plenty of good quality still water. We recommend 30 minutes of cardio after your session to really maximize results.

What do I need to bring?

You do not need to bring anything, we provide you with everything you need. For CryoFacials we will remove your makeup for the best results with the treatment.

What is the difference between this and other treatments?

There are other manual cryotherapy machines. But tests and experience have shown that no other machine is currently capable of such dramatic results as the Cryoskin. These results are due to the fact that the device does not only produce cold but also heat. The exchange within these temperatures has a dramatic effect on the body's tissues causing them to drop to 12 ° when fat tissues reach this temperature they die and are passed through the lymphatic system.

Why can I only have the CryoSlimming treatment every 2 weeks?

The natural destruction of fat cells will cause cell waste. This waste is passed through the body naturally, first through the blood then the lymphatic system and then urine and this process on average takes 2 weeks.

What happens if I have a session before the 2 week gap?

The results may be compromised by the natural cycle of waste disposal and thus increase the risk of clogging the pathways. This does not represent a significant risk but would compromise the results.

Why can I only have 2 areas done at the same time?

Again, to not overload the body's elimination pathways. There is also strong internal cooling of the tissues and the treating of more zones at the same time could cause in extreme cases hypothermia and fatigue.

What if I want to do my tummy, face, arms and legs, can I do them at the same time?

In our opinion and advice: NO

- Face and arms in one session
- Stomach and legs in another session

In general, it is always advisable to practice treatment on the upper OR lower body in a session.

Do the legs count as 1 area or 2?

The legs would count as one area because you would divide the time between each leg (14 minutes on one leg, 14 minutes on the other).

Can I do an area for longer?

We may extend the time when we are working with someone who has a much larger body mass. Pre-programmed treatments were performed on average body surfaces so are effective across a variety of body types.

What will happen if I spend too long in one area?

The treatment could become a little irritated and local hypothermia could cause some transient (not serious) pain.

Who should do this?

Anyone who has stubborn areas of fat they are looking to spot reduce or remove. The facial treatments are highly recommended for just about anyone who wants to look younger and more youthful.

Why do you need the gel?

The gel has been specially designed to retain all its qualities of gliding and protection from -30 ° up to + 60 °.

What can I do to maximize the treatment results?

By implementing a healthy lifestyle with a good diet and ask us about fitness and nutritional counseling to help you with your new lifestyle. To maximize your results from each session we recommend no carbohydrates or sugars 12 hours before or 12 hours after your treatment.

Your body must process, metabolize and eliminate the fat that has been destroyed during the treatment sessions. It is critical that you increase your water intake prior to and after your treatments to assist the body in eliminating the excess fatty acids released. It is highly recommend to perform 30 minutes of cardiovascular exercise following each treatment to increase lymphatic drainage and circulation.

How quickly will I see results?

The first results are generally visible from the first session and often very encouraging. However, it should be noted that the best results appear from 15 days to 3 weeks after the start of treatment and extend for several months after the end of treatment. We typically take measurements and before/after photos at every session.

Do you have a Referral Program?

YES!! Refer someone new and you get a \$50 Discount off your next purchase. NOTE: We ask everyone when they come in how they heard about us and carefully track it. They must give us your full name and be clear to let us know you referred them on their first visit. EVEN better, bring them in yourself.

Why us?

The Cryo Sculpting Lab owner has an extensive background in the health, fitness, and beauty industries. With over 20 years of knowledge and experience he is excited to offer one of the most revolutionary approaches in the body contouring industry.

What we stand for?

The Cryo Sculpting Lab's Point Loma, Ca location was founded in 2019 with a passion for helping others reach high levels of self confidence and self esteem. Our mission is to provide genuine caring technology, education and commitment to a client experience that fosters inspired confidence with an authentic, empathetic and ethical approach.

We believe in setting realistic expectations and offering our best with every client, every time...no exceptions. Our clients are like our family and it's realistic to expect plenty of laughs, hugs, and smiles before and after your treatments.



Do You Offer Financing?

We do offer various financing options including in-house financing OAC. We pride ourselves on offering VALUE and our highly trained and experienced technicians combined with the latest FDA approved body contouring technology far exceeds others on the market.



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What Should I Do Now?

Call or Text Us Today at (619) 717-2377 To Book Your First Appointment!

We are excited to learn more about your goals and help you achieve the body you have dreamed of. The next step in your transformation is to take advantage of our Introductory Treatment Special of 2 body sculpting treatments for only \$197.00 and see for yourself how safe and effective Cryo Sculpting technology is for you.

Give us a call at (619) 717-2377 and we will be happy to answer any further questions you have and more excited to get you started on your body image transformation!

We are located at:
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“Modernize Your Beauty”

