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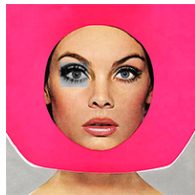
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# THE COOL WAY TO ZAP FAT

By Harpers BAZAAR 29 April 2013

## Treatment review: Coolsculpting is the new way to zap fat



### They say

CoolSculpting by Zeltiq applies 'cooling plates' to the areas of the body to be treated (usually the muffin top, abdomen and inner thighs) over a single session lasting an hour. Zeltiq's equipment freezes the fat cells so that they undergo 'apoptosis' and die. They are subsequently eliminated from your body via the liver and lymphatic system. Even better news is that, when we put on weight, our fat cells swell rather than multiply, so once Coolsculpting has killed the cells in question, they really are gone for good.

### We say

Even at my thinnest, I always have a sticky-out tummy, so I was excited to try a procedure that promised permanent fat removal, without invasive surgery, in a single treatment. Frankly, it seemed a little too good to be true. Zeltiq's 'Coolsculpting' technology really does work however. Scientists from Harvard Medical School developed it after noticing that children who suck a lot of ice lollies develop permanent dimples – because, it turns out, the cold has removed the fat cells in that part of their cheek. First came a consultation with Dr Suha Kersh who is a wonderfully comforting person to spend half an hour with, and specializes in top-to-toe MOTs for women, particularly those in their forties upwards. Post-consultation, she can suggest appropriate aesthetic treatments but may also recommend a blood test to check hormone levels, a visit to the nutritionist or even opting for a therapist to help manage stress levels.

Having unwillingly 'let out' my bulgy tummy in all its glory to show her the part of me I wanted zapped, I returned a week later for the treatment itself. This feels peculiar, rather than painful – powerful suction draws your targeted fat between the cooling plates and the sensation takes some getting used to. Soon, however, I was tackling my Blackberry backlog and the 45 minutes of my treatment sped by.

Afterwards, my tummy felt numb, but not at all sore, a feeling that continued, albeit less over time, as my fat cells were gradually expelled.

### Good for:

Anyone with a persistent bulge they want to get rid of without invasive surgery.

### Results:

Full results are seen 90 days after treatment – and although, sadly, my winter pounds are still with me, I can see a definite flattening of my stomach. I'm planning to return to zap a small remaining bulge nearer my waist, particularly noticeable now the rest has gone.

### Need to know

Coolsculpting costs £800 a session.

To book a consultation with Dr Kersh, contact 23MD