

# 'MY COOLSCULPTING JOURNEY'

Fat-freezing treatment CoolSculpting has been hailed as an effective way to shape areas of the body, without significant downtime or side effects. It's the world's number one non-invasive body-contouring procedure\*, with 8 million treatments having been performed worldwide\*\*. Here, presenter Lisa Snowdon, who's tried it, shares how it's given her a confidence boost



When it comes to feeling body confident, there's no doubt that keeping fit and eating well can give us a boost. Whether it's regular HIIT workouts or prepping a delicious meal using fresh ingredients that puts an extra bounce in our step, carving out time to invest in our wellbeing is, for many of us, key to our self-esteem.

Presenter and model Lisa Snowdon is one such advocate of a healthy lifestyle. But in spite of her balanced diet and exercise regime, she found she was struggling to shift stubborn pockets of fat on her body – until she discovered CoolSculpting. The star tried the fat-freezing treatment on her inner thighs – and she was delighted with the results.

'When I find something that works for me, I just love to tell people about it,' she says. 'I think it's really important that women and men know there's a treatment out there that could really help them.' Here, the 49-year-old shares her experience.

Under the chin and below the jawline

Bra and back fat  
Upper arms

Flanks  
Abdomen

Underneath buttocks  
Thighs



## THE CONSULTATION

The CoolSculpting process begins with a consultation to discuss areas of concern. Snowdon saw a doctor who assessed her inner thighs and confirmed she would be a good candidate for the non-invasive procedure. 'I asked all the questions that would usually be asked and went away to have a little think about it,' she says.

## THE TREATMENT

On the day of the procedure, Snowdon was impressed by the efficiency. 'The treatment can take anything from about 35 minutes up to an hour,' she explains. 'The doctor took some "before" photos and drew on my legs, then I hopped on the bed and she applied the cooling applicators.'

'Time went by really quickly. I was checking my phone, writing some emails and then, before I knew it, the treatment was over. Once the applicators were taken off, the doctor massaged the area to get the blood flow back.'

For Snowdon, the process was pain-free, although it can feel different for everyone. 'I felt tingling at first, then extreme coldness as it's freezing the fat cells,' she says. 'After the initial cold sensation, the area just goes numb and you don't feel anything. For me, it didn't hurt at all.'

## THE RECOVERY

When it comes to recovery time, Snowdon was in and out of the appointment very quickly. 'I literally hopped off the bed and got dressed.



'COOLSCULPTING HAS WORKED FOR ME AND IT'S HAD AN ALL-ROUND POSITIVE EFFECT'

Lisa Snowdon

There was no downtime for me whatsoever.'

Expert Dr Galyna Selezneva agrees that most of her patients go back to normal daily activities straight after treatment. 'Because CoolSculpting is completely non-surgical, there's little downtime for most people,' she says. 'It's possible to experience soreness, bruising and swelling, but any side effects are minimal.'

## THE RESULTS

The big question is: how long until you see results? 'You can expect to see a change after about six weeks, and it takes around 12 weeks to see the full effects, with a fat reduction of up to 27% after a single treatment', says Dr Selezneva. 'And once the fat cells are destroyed, they're gone for good in the treated area.' Even

if you gain weight, the fat will be distributed more evenly across the body. Dr Selezneva also emphasises that CoolSculpting is part of a wider wellness picture: 'I always stress the importance of lifestyle choices, including a healthy diet and exercise.'

Two months after her treatment, Snowdon went back to the doctor. 'We compared the before and after photos, and I was really happy with the results,' she says. 'Because it's an investment, it gives you that incentive to work a little harder and walk a little more to help the body eliminate the dead fat cells.'

'CoolSculpting has worked for me. I absolutely love it and it complements my lifestyle. My jeans fit me really well and it's given me extra confidence in my body. It's had an all-round positive effect.'

If you've been inspired by Lisa Snowdon's CoolSculpting experience, book a consultation to see if it could be right for you at [coolsculpting.co.uk](https://www.coolsculpting.co.uk)

