

SAY “I DO” TO COOLSCULPTING

Feel your best on your big day thanks to a little beauty planning and non-surgical body-contouring



What’s the first thing you do when you get engaged? Celebrate, of course! But the bubbly and treats are often quickly followed by planning mode, and alongside seating arrangements and floral selections is the bridal plan—the to-do list that includes hair and makeup tests, wedding dress shopping, and fitness plans. Because feeling your best on your wedding day is a must. Enter CoolSculpting, a safe and effective body-contouring tool that targets stubborn fat—and the complementary step in your bridal prep plan you might not have considered. Are you a good candidate? How does it work? We spoke to Toronto-based aesthetic physician Dr. Lawrence Tong to get the lowdown on CoolSculpting—just in time for wedding season.



What is CoolSculpting?

CoolSculpting is a non-surgical body-contouring treatment that targets and reduces visible fat. It uses suction and extremely low temperatures to freeze fat cells, which, when massaged post-treatment, break down, are metabolized and are permanently eliminated. Because fat cells are more sensitive to cold than the rest of the body, they can be damaged at a temperature that is still safe,

so don't worry, you won't get frostbite.

Where on the body can I get it done?

“The most commonly treated areas are the abdomen and flanks (or love handles),” says Dr. Tong. You can also treat the inner or outer thighs, under the chin and the upper arms. Is your wedding dress strapless, showing off your arms, or form-fitting, hugging your mid-section?

CoolSculpting can help you sculpt away those problem areas before your big day.

Who is a good candidate?

If you can pinch about an inch of fat in the areas you want treated, you’re likely a good candidate for CoolSculpting. It’s not a weight-loss tool, so it’s best used in tandem with regular exercise and a healthy diet. But if there are a few stubborn pockets of fat you just can’t get rid of, CoolSculpting is a great option. “You can lose weight, but you cannot control where you lose weight,” says Dr. Tong. “The advantage of



CoolSculpting is that it allows for selective fat removal.”

Is it painful?

Most people report only mild discomfort and almost everyone goes numb after a few minutes, though some people may feel some pain associated with the suction or extreme cold. Post-treatment, there may be some lingering numbness or soreness, but it’s a relatively painless procedure. “A main advantage of CoolSculpting is that there is no downtime,” says Dr. Tong. You can get CoolSculpting done at lunch and head back to work with only a bit of numbing, tingling and redness that usually disappears in a few days.

How long before the wedding should I do it?

You’ll see the most significant results six to 12 weeks after a treatment, so you’ll want to schedule one at least two to three months before getting married. But during your initial consultation (which is required before every treatment) it may be recommended that you undergo a series of multiple treatment for optimal results. In that case, you’d want to start treatments about six months out. Everybody is different, so the earlier ahead of the big day that you book your consultation, the better.

Does it work?

“The results can vary from patient to patient, but a single treatment may reduce up to 25 per cent of fat from the treated area,” says Dr. Tong. That means you can slip into that bodycon gown and wave your arms around on the dancefloor with all the confidence in the world. And so, come wedding day, the only thing you’ll be thinking about is the celebration.

