

# FAQ CRYOTONING

## **What are the contraindications applicable to CryoToning treatments?**

Persons who have any of the below contraindications should not participate in CryoToning treatments. Consult your physician if you have questions whether you are healthy enough to participate.

- Sever Reynaud's
- Severe Allergy to Cod
- Progressive Diseases (MS, ALS, Parkinson's, Neuropathy)
- Irremovable body piercings in the desired treatment area
- Implants in the desired treatment area

## **Is it safe?**

The device is very safe. 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.

## **How does it work?**

The treatment rapidly lowers the temperature of the fat cells enough to cause what is called apoptosis (death of the fat cells).

## **What are the benefits?**

The major benefit sought is a large decrease in fat mass. Subjects tested were measured and experienced decreases of between 15 and 40% as seen on CT scans. Additionally, the treatments are restorative for tissues by the increase of local microcirculation and collagen, which results in smoother and tighter looking skin.

## **How does it feel?**

The treatment is pain free and actually somewhat relaxing.

## **How often can I do a CryoToning Treatment?**

The usual frequency is once every 7 days. The reason is that when fat cells die, waste is formed. The waste is eliminated by natural routes (blood, lymphatic system, and urine). Metabolism must, therefore, be allowed to evacuate this waste overtime.

## **What do I need to bring?**

Nothing. If anything, the best possible diet and lifestyle to accompany the treatments (drink plenty of water in particular).

### **Should I do anything before and after my CryoToning treatment to maximize my results?**

Please DO NOT EAT or DRINK any sugar, foods that contain sugar or carbohydrates that convert into sugar (i.e. fruit, juices, white bread, white rice, pasta, etc.) 2 hours prior to AND after your appointment time.

Try to avoid working out or doing anything that increases your body temperature at least ONE hour before your session.

Drink plenty of water before and after your treatment.

### **Are there any side effects?**

There are few. Sometimes localized redness that disappears after a few hours. Sometimes some local pain that rarely exceeds 2 to 3 hours. There may also be some itching without consequences and often due to the reactions of certain cosmetic products used by clients. Hence it is best to not use anything before coming to do a treatment because some products can crystallize to the cold and cause discomfort.

### **How quickly will I see results?**

The first results are generally visible from the first session and often very encouraging. However, 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.

### **How long do those results last?**

Results remain as long as you do not put on more weight. Thus, results depend on the individual and their lifestyle and diet.