A VERY COOL GUIDE TO COOLSCULPTING
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OK FOLKS, if you’re like most people considering CoolSculpting, you probably have lots of questions. More than likely you’ve talked to some friends or done research online. We know how quickly the information and opinions can get pretty overwhelming so we thought you’d appreciate some insider info from friends in the know…us.

Sure, we work here. Yes, we’re a little biased when it comes to recommending Natasha to do your CoolSculpting, but we wouldn’t advise anything in this guide if we didn’t hear it from our own patients.

Whether you end up choosing our office, another clinic, or decide CoolSculpting isn’t for you, we think the pages in this guide will be super helpful. If they are, please pass this along to your pals. If not, well…let’s just keep that between us!
CoolSculpting is the most innovative non-surgical way to get rid of areas of stubborn fat that resist diet and exercise. It targets and freezes unwanted fat cells in a selected area to achieve a noticeable, natural-looking reduction in your fat bulges. We were the first physician’s office to bring the technology to East Tennessee, and Natasha has been performing the treatments this entire time (which we think is pretty cool).

CoolSculpting is safe, FDA-cleared and equally popular with both men and women. Results happen gradually as treated fat is naturally flushed away by the body. With one treatment most patients experience a fat reduction of 22-25% after 4 months. Two treatments can reduce the fat by 42-45%.

CoolSculpting involves no needles, surgery or anesthesia. Instead, this body-contouring treatment relies on a suction and cooling applicator. Our CoolSculpting patients can read, work on their laptops or simply relax during their procedure. The best part? There’s little to no recovery time.

The trade-off is that CoolSculpting can’t provide the same results possible with liposuction or tummy tuck surgery in terms of removing larger amounts of excess fat and skin. Still, the results are real, measurable and pretty awesome.
Meet Natasha

Experience and training matter. Even though it’s a non-surgical procedure, CoolSculpting is very technique-driven. There is a steep learning curve before a provider understands how to get the most fat reduction when treating patients, and Natasha is among the very best.

In the eight years since we brought CoolSculpting to Knoxville, she’s performed more than 3,200 treatments. That’s a lot of fat she’s frozen!

Not only is she Knoxville’s most experienced CoolSculptor, Natasha is committed to being at the forefront of new CoolSculpting techniques. She trained for days with the top CoolSculpting practices in the United States and Canada, and is the only CoolSculpting provider in Knoxville who’s attended both the advanced CoolSculpting University in San Francisco and the elite CoolSculpting Masters Class.

Quietly effective and totally charming, spending time with Natasha is a pleasure. We’d say she has a very warm personality, but that’s not the way to describe someone who freezes away fat.

All of the CoolSculpting before and after photos you’ll see in this eBook are actual patients Natasha has treated. After working with hundreds of men and women, she has amassed a collection of amazing before and after results—and while we don’t have room for all of them in this eBook, you can check them out on the photo gallery of our website: CoolSculptKnoxville.com
Are you a candidate for CoolSculpting?

CoolSculpting is most effective on men and women that have exercise-resistant fat bulges. It works best on well-defined areas of fat with distinct borders that are pinchable and can be drawn up into the applicator such as the abdomen, love handles and bra line.

New applicators make it possible to treat the thighs, double chin and underarm puffs, too—we’ll explain more about that later.

The number of treatments needed will vary per patient, depending upon the size and shape of the individual. If you have a small frame, are within 10 pounds of your ideal body weight and have a small, defined bulge, you may only need one treatment. For larger areas, multiple treatments will be necessary for more noticeable results.

Being overweight does not necessarily mean you couldn’t benefit from CoolSculpting. It all depends on the area you want treated. For example, you might not be a great candidate for CoolSculpting on your abdomen, but you could see a real improvement in your chin or bra line.

At the time of your consultation, Natasha will be able to better assess the areas you wish to treat and prepare a treatment plan that fits your goals and budget.

Unfortunately, CoolSculpting is not a treatment for obesity and it doesn’t tighten skin. You most likely are not a CoolSculpting candidate if you have dense or visceral fat with no distinct bulges or loose hanging skin with little fatty tissue.
HOW MUCH DO YOU REALLY KNOW ABOUT COOLSCULPTING?

TAKE OUR QUIZ: TRUE OR FALSE?

The popsicle led to the invention of CoolSculpting.

STRANGE BUT TRUE. The CoolSculpting technology originated from the observation of a weird phenomenon known as “popsicle panniculitis” in children who sucked on a lot of popsicles. They had dimpling in their cheeks due to a loss of fat from excessive exposure to cold. The idea that cold can selectively affect fat cells led scientists at the Harvard Medical School to develop the science behind CoolSculpting. (Pssst...don’t get any ideas with the popsicles in your fridge. CoolSculpting is the only way to go.)

CoolSculpting can tighten skin.

FALSE. Despite some claims published online, CoolSculpting doesn’t “tighten” skin. If your skin is still elastic and the fat gradually goes away underneath it, your skin may retract a little bit. On the other hand, if you have loose or hanging skin, the only way to tighten it is to remove it surgically with a tummy tuck or body lift.

All CoolSculpting treatments take the same amount of time.

FALSE. CoolSculpting used to take anywhere from 60-90 minutes, but the new applicators are much faster and more effective. The majority of the applicators now take 35 or 45 minutes to complete a treatment. Only one applicator, designed for the outer thighs, takes longer because it doesn’t use suction. You’ll be in, out and sleeker in no time.

You’ll see instant results from CoolSculpting.

FALSE. After CoolSculpting, the fat cells that were frozen will crystallize and die. It won’t be until your body begins to naturally expel the cells that you’ll start seeing the results of the procedure. Some patients see a reduction in fat in as early as three weeks. The final results won’t appear until four months after your treatment, but you can maximize them by massaging the area and using TransFORM body treatment. You know what they say: “Good things come to those who wait” (and even better to those who use Alastin’s TransFORM).
The most popular areas to be treated are the abdomen and muffin tops.

TRUE, although the double chin is becoming more and more popular. Most patients start with their stomach or hip rolls and then move on to other areas of their body. The results are so good, it’s hard not to want more.

At our office, we have two CoolSculpting machines and nine CoolSculpting applicators.

TRUE. Having two CoolSculpting machines (DualSculpting) is a real time-saver for our patients. Instead of having one treatment on one side of your body and then the other, you can have them both performed at the same time. We like to think of it as double trouble — for your fat cells of course. We have so many applicators because they’re designed to fit different areas of the body and we need one for each machine.

You can get laser hair removal when you get your CoolSculpting procedure.

TRUE, YAY! Natasha’s not only a CoolSculpting expert, she’s a whiz at laser hair removal too. Her next-generation Excel HR laser is lightning-fast and soooo comfortable, and it’s in the same room as the CoolSculpting machines. Just ask.

CoolSculpting will make you lose weight.

FALSE. It will help you lose inches and your clothes will fit better. CoolSculpting reduces the number of fat cells in the area treated by 22-25%. It’s not weight loss. It’s fat loss.

You can return to normal activities right after your treatment.

MOSTLY TRUE. This isn’t the day to run a marathon. You can return to normal activities after the treatment, but know that you could be a little uncomfortable for a few hours/days after your treatment. If need be, take it easy and listen to your body. Just do it.

It doesn’t matter who performs your procedure. CoolSculpting is CoolSculpting.

SO FALSE. Experience really does matter. Even though it’s a non-surgical procedure, there is a steep learning curve before a provider understands how to get optimal results when treating patients, and to discern who is and is not a candidate. There’s CoolSculpting and then there’s CoolSculpting by Natasha.
DEAR CURIOUS
COOLSCULPTING PATIENT,

Let’s talk about your consultation.

My favorite part of my job is seeing my patients on cloud nine over their results, and the key to achieving great outcomes always starts with a great consultation. It usually takes 20-30 minutes depending on how many questions you have.

Because CoolSculpting is not a “one-size-fits-all” treatment, and everyone has different wants, needs and expectations, I always find out what your goals are before I decide how I can help you. So, a large part of the consultation is me just listening.

We’ll talk about your history and routine. We’ll go over how you feel about your current weight and whether or not you’re exercising. It’s important for me to know if you’ve lost a significant amount of weight in the past, and if you’ve had children. (Guys, no need to worry about that part.)

Then, I’ll give you a nifty spa robe to change into and we’ll examine your areas of concern. I am looking for how much of the tissue is fat, which CoolSculpting can treat, and how much is excess skin, which it can’t.

During the examination, I’ll use templates that correspond to the size of each of the CoolSculpting applicators. To make sure we’re on the same page, I like to draw where I’ll place the applicator so you’ll know exactly where the 22%-25% fat reduction will be.

Once the exam is over, we can talk about whether CoolSculpting is going to give you the results you want. If CoolSculpting won’t be a good fit for you, I’ll tell you. If it’s not the right fit, we have other options. I can explain those for you, too.

Next, we’ll talk about side effects, what the treatment feels like, and I’ll be sure to answer any lingering questions you still have.

While you’re changing back into your clothes, I’ll prepare your price quote based on how many treatments you need. This is not an exact science since results are seen between two and four months, and some people respond more quickly than others.

Rather than telling you that you should have two treatments, I usually advise patients to start with one and have a follow up in two months to check progress.

For fast responders, I’ll suggest they wait another two months for the full results to see if they’re happy. For slow responders, I’ll give them the choice to have their second treatment at two months, or wait and see what it looks like after four.

Sometimes patients want to have their treatment right after their consultation, and if there’s time, I can certainly make it happen.

Regardless, it’s my goal that you leave your consultation with all the information you need to decide if CoolSculpting is right for you.

Can’t wait to see you at the office!
— Natasha
GET BETTER RESULTS & Shorter Treatment Times with our new CoolSculpting Applicators.

It’s hard to really understand how CoolSculpting works without a good grasp of the CoolSculpting applicators. So, we thought it would be helpful to give an overview here. That way, you’ll have a general idea of how the treatment works and understand why having the right applicator for the right area of the body is so critical to getting the most fat reduction.

With CoolSculpting, here’s what is important to recognize: Fat cells that are not physically in the applicator won’t be affected by the treatment. Having the largest variety of applicator sizes (yes, we’ve got ‘em all) allows us the most flexibility to treat different body areas in both men and women.

Terminology Defined

There are two terms that tend to confuse people when they start researching CoolSculpting treatments: suction and cycles. Let’s explain these first and then we’ll talk about each applicator and their heads individually.

SUCTION OR NO SUCTION?

Most CoolSculpting applicators rely on suction to pull the area treated away from the body and hold it next to the cooling plates during the procedure. There is one applicator specifically designed for the outer thighs which uses no suction.

LET’S TALK COOLSCULPTING “CYCLES”

Cycles are how the price of CoolSculpting is determined. CoolSculpting applicators use one cycle per area, so treating both sides of the body is two cycles.
COOLSCULPTING JUST COMPLETED A SUPER-COOL REDESIGN OF THEIR APPLICATORS. THEY’VE MAXIMIZED THE SURFACE AREA TREATED WHILE SHORTENING THE TREATMENT TIME BY NEARLY 50%.

As the CoolSculpting technology has advanced, the company has updated their applicators to shorten treatment times, maximize results and treat new areas of the body. When Natasha first started CoolSculpting back in 2012, she was unable to treat chins, arms, outer thighs, inner thighs, knees and armpit puffs. Treatments also took twice as long. Now, she has great results in all of these areas thanks to these new FDA-approved applicators.

These applicators ain’t cheap, that’s for sure. As such, most providers try to get by with what they have, instead of focusing on the newer, better and faster treatments. We’re the only clinic in Knoxville to have two of every advanced applicator available, which means you get both sides of your body treated in the time most providers treat just one. Twice the results in half the time? Yes, please.

Over the next several pages, we’ll go over each applicator in detail, explain which parts of the body each is designed to treat and share a before and after picture so you can visualize the results. By the time you’re finished reading this section, you’ll be an expert.

THIS PHOTO GIVES YOU A GOOD IDEA OF THE SIZE DIFFERENCE IN THE APPLICATORS.

CoolAdvantage

This is the most frequent applicator used. It has three different heads to choose from: the CoolCurve+ Advantage, CoolFit Advantage, and the CoolCore Advantage, which we’ll go over with you in detail. Each head is designed and shaped to perfectly fit different areas of the body to draw the most fat into the applicator. Again, fat cells not covered by the applicator won’t be reduced by the treatment.

**Treatment time:** It only takes 35 minutes per treatment. If you’re told it takes an hour, your provider still uses the old, outdated applicator.

**Suction:** Yes
CoolCurve+ Advantage

The CoolCurve+ Advantage head has a cup design which allows it to have the best placement on curved or narrow areas of the body. We typically use it on the hip rolls, love handles or muffin tops. It’s very versatile and sometimes fits on the bra line as well.

Treatment time: 35 minutes per treatment
Suction: Yes

LET’S LOOK TO NATASHA’S BEFORE AND AFTERS TO SHOW THE BENEFITS — AND RESULTS — OF EACH APPLICATOR HEAD.
coolsculptingbynatasha
David Reath - Knoxville Plastic Surgeon

This is an area where I treat as many men as women. Because the hip rolls fit so perfectly in the CoolCurve applicator, they respond beautifully to CoolSculpting. #nomoremuffintop #hipsdontlie #coolcurveplus
coolsculptingbynatasha The bra line is an area that responds particularly well to CoolSculpting. Even patients that aren’t good candidates for CoolSculpting in other areas of the body can get their bra lines done and see a big improvement. It’s one of my favorite areas to treat with the Cool Curve+. #braline #feelinfine #coolcurveplus
CoolCore Advantage

The CoolCore Advantage head best matches the contour of most abdomens. The number of treatments depends on the size of your abdomen and the fat distribution. Most patients have both their upper and lower abdomen treated.

Treatment time: 35 minutes per treatment

Suction: Yes
coolsculptingbynatasha

David Reath - Knoxville Plastic Surgeon

You don’t have to wait for bathing suit season to start thinking about CoolSculpting your tummy with the CoolCore. Sweaters and jeans will look better too. #fatbegone #everyseasoniscoolsculptingseason #coolcore
CoolFit Advantage

The CoolFit Advantage head is designed specifically for treating vertical areas of fat on the body with the CoolAdvantage applicator. This is the new head that makes it possible to treat the inner thighs/thigh gap.

**Treatment time:** 35 minutes per treatment

**Suction:** Yes

**COOL TO KNOW:** Dr. Reath actually prefers CoolSculpting to liposuction in this area because there can be some skin looseness. A gradual, less aggressive method of fat removal often gives better results.
coolsculptingbynatasha It’s always hard to appreciate the extent of the changes on the inner thighs from photographs, but it’s really obvious when you see how differently your clothes fit. #smallerpairofpants #coolfit
CoolAdvantage Plus

This is the largest applicator that is mostly used on the lower abdomen. It can sometimes be used on the upper abdomen as well. It comes in two different shapes for a better fit.

**Treatment time:** The newest version of the CoolAdvantage applicator only takes 45 minutes.

**Suction:** Yes

**COOL TIP:** When you’re treating an area this big, it’s important to double-check that your provider has the advanced CoolAdvantage Plus applicator and not the old, outdated one. Not only is the treatment time reduced, but the results are significantly better with less chance of pain after the procedure.
coolsculptingbynatasha We get so many phone calls asking if men can have CoolSculpting too. The answer is YES. Yes, you can. #dadbodtoradbod #cooldadscoolsculpt #cooladvantageplus
CoolMini

This miniature applicator is a real game-changer because it allows us to treat small areas of fat we couldn’t access with the larger applicators. It was designed to treat the submental area (double chin), but we’re also using it on the armpit puffs and knees.

Although CoolSculpting and liposuction are equally effective on the neck, we’re certainly doing more CoolSculpting here since the CoolMini applicator arrived. In fact, just the other day Natasha made her rounds through the office sharing her latest before and after photo saying, “I love treating chins!”

**Treatment time:** 45 minutes

**Suction:** Yes
coolsculptingbynatasha I love treating chins with the CoolMini applicator! Just one treatment makes such a difference in the way my patients look and feel. It’s hard to believe a change this big only takes 45 minutes. #doublechinbegone #tataturkeyneck #coolmini
coolsculptingbynatasha

The underarm puffs become very noticeable in strapless and sleeveless tops. My patients are much more confident wearing them after a CoolMini treatment. Usually just one will take care of it. #puffypitsnomore #hellosleeveleesstops #coolmini
CoolPetite

The CoolPetite is the newest applicator—so new that only a few offices have it. It’s designed for the upper arms and other smaller pockets of fat on the body. It comes in three different shapes for versatility and contour.

**Treatment time:** 35 minutes

**Suction:** Yes
coolsculptingbynatasha We’re starting to see the results from our newest applicator designed specifically to treat the arms. For the right patient with skin that’s elastic, the CoolPetite works like a charm. #nomorebatwings #ilovemytonedarms #coolpetite
CoolSmooth Pro

The CoolSmooth Pro requires the longest cooling time because it rests on the skin rather than using suction.

This is the only applicator that can treat non-pinachable areas of fat on the body. It is designed for the outer thighs but can also be used on the abdomen and back flanks. Another nice feature of the CoolSmooth Pro applicator? It bends to “hug” the areas being treated.

**Treatment time:** 75 minutes

**Suction:** No
coolsculptingbynatasha

David Reath - Knoxville Plastic Surgeon

When everything else fits but their outer thighs still stick out, that’s where the CoolSmooth Pro can help. #seeyasaddlebags #coolsmoothpro
While liposuction remains the gold standard against which all other methods of fat removal or reduction must be measured, there are some areas of the body where CoolSculpting is now my “go-to” procedure recommendation.

Surgical liposuction does have the advantage of being a single procedure (one and done) where a larger volume of fat can be removed. However, it has the disadvantage of being an operation with anesthesia and recovery time.

CoolSculpting, on the other hand, doesn’t require surgery and has almost no downtime. This is balanced by the fact that it is a less aggressive method of fat removal and may require several treatments to achieve the same results.

Liposuction and CoolSculpting are equally effective for many parts of the body. Some of these areas are:

- The abdomen
- Hip rolls, love handles, muffin tops
- Outer (lateral) thighs

On the other hand, there are some parts of the body where I think CoolSculpting can actually be better than liposuction. In these areas, there is a lesser amount of fat removal needed and the shape of the area being treated is ideal for a CoolSculpting or CoolMini applicator.

**4 AREAS COOLSCULPTING Works Better Than Liposuction**

1. **The armpit puffs (axillary fat).** While this area can be difficult to treat otherwise, the CoolMini applicator is a perfect fit. Usually, there is only a moderate amount of fat to be removed, so CoolSculpting is the winner.

2. **The upper, inner thighs.** Again, the shape here is right for CoolSculpting. The other consideration is that this is an area where there can be some skin looseness, and a gradual, less aggressive method of fat removal may do better than liposuction.

3. **Bra-line fat of the mid back.** CoolSculpting all the way.

4. **The neck to treat a double chin.** Although CoolSculpting and liposuction are equally effective here, we’re certainly doing more CoolSculpting than liposuction since the CoolMini applicator arrived.

**IDEAL COOLSCULPTING AREAS**

- **The armpit puffs (axillary fat).** While this area can be difficult to treat otherwise, the CoolMini applicator is a perfect fit. Usually, there is only a moderate amount of fat to be removed, so CoolSculpting is the winner.
- **The upper, inner thighs.** Again, the shape here is right for CoolSculpting. The other consideration is that this is an area where there can be some skin looseness, and a gradual, less aggressive method of fat removal may do better than liposuction.
- **Bra-line fat of the mid back.** CoolSculpting all the way.
- **The neck to treat a double chin.** Although CoolSculpting and liposuction are equally effective here, we’re certainly doing more CoolSculpting than liposuction since the CoolMini applicator arrived.
#ICYMI: Lori Tucker from WATE News followed one of our patients during her CoolSculpting procedure. We were still using the old applicators so the treatment is shorter now, but Natasha looks exactly the same (we blame our SkinPen).
TODAY’S THE DAY!

Wondering what to wear to your CoolSculpting treatment? We’ve got you covered...literally. Our fleecy, blue CoolSculpting blanket will keep you toasty warm during your treatment.

Lots of folks come to their treatment straight from work or other day-to-day activities. If you have a choice, though, wear something easy to change into.

There is a protective gel that is applied to your skin under the applicator that can be messy, but Natasha will get you cleaned up before you change back into your street clothes.

NATASHA’S MOST IMPORTANT ADVICE? EAT FIRST!

TODAY’S NOT THE DAY TO COUNT CALORIES. IF YOU HAVEN’T HAD BREAKFAST OR SKIPPED LUNCH, YOU CAN GET A BIT WOOZY DURING THE TREATMENT.

To make your treatment comfy, we’ll have:

- WiFi
- Magazines
- Blankets and a robe for you
- Water and sparkling water

To make your treatment even cozier, please bring:

- A book or iPad to keep you entertained
- Warm socks. Everything else is covered, but your feet can get cold (which as we all know is the worst).
- A little snack
What to Expect **DURING AND AFTER** Your CoolSculpting Treatment

The most common question I get about CoolSculpting is, “Will it hurt?” And while I would say no, everyone is different when it comes to pain. The first 10 minutes after the applicator is applied, you’ll feel a cooling, burning, tingling sensation. After that, it gets pretty numb.

When I take the applicator off, the area treated looks like a stick of butter—it’s amazing. After the treatment, I’ll do a two-minute massage to break up the fat crystals. This is usually the most uncomfortable part.

You can return to normal activities after the treatment, but know that you could be a little uncomfortable for a few hours/days after your treatment. If need be, take it easy and listen to your body.

Expect to have a little swelling for 1-2 weeks. Wearing Spanx or compression garments helps this resolve quicker. Numbness lasting for 4-6 weeks after your treatment is also not uncommon.

**Two things you should do at home to maximize your results:**

1. Massage the area twice a day in the morning and evening for the first week. It will be sore but stick with it.

2. Apply Alastin’s TransFORM Body Treatment to the area religiously. It targets the fat layers under the skin and helps to accelerate the body’s natural removal process of post-CoolSculpting fat debris.

Order TransFORM from our online store.
Did you know that once we reach puberty we have all the fat cells we’re going to have for the rest of our lives? That’s right. Adults don’t produce any new fat cells, even though we obviously gain and lose weight throughout the years.

Fat cells are actually storage cells that get bigger or smaller depending on the amount of calories your body uses. Losing or gaining weight does not increase or decrease the number of fat cells. Instead, it changes the size of fat cells.

When you remove fat cells, either through CoolSculpting or liposuction, they’re gone for good.

After your CoolSculpting treatment, you may not weigh less, but you’ll look thinner and your clothes will fit better. When you see those stubborn fat bulges start to disappear, you’ll feel lighter in every sense of the word.

Now the bad news. Yes, those fat cells are gone forever but it’s not a license to go overboard with meat-lovers pizza and Duck Donuts.

If you don’t maintain a healthy lifestyle, you can gain weight after CoolSculpting but it will be distributed among the fat cells left behind. If you use CoolSculpting as a jumpstart and incorporate a healthy diet and regular exercise, you’ll be inspired by the changes you’ll see.
REAL Patients
REAL Transformations

“I was at a weight that I had maintained for a few years, but I didn’t like my inherited double chin. Even losing 25 pounds and working out hadn’t changed things. I knew it was time to seek help in changing those problem areas and so I made a consultation appointment with Dr. Reath. He felt that CoolSculpting, instead of a neck lift, was a better option for my chin.

I am very happy with the results. The volume of my neck has been greatly diminished and I don’t mind having my pictures taken now!”

Read all about her transformation in the latest copy of Your Beauty Magazine. To get your free copy just fill out the form and we’ll pop it in the mail to you right away.

MAKE YOUR TIME AT THE GYM
LOOK LIKE YOU’VE BEEN TO THE GYM

Many patients say they’re more motivated to take care of themselves after their CoolSculpting treatment. It’s as if they get a second lease on their body and want to start over by taking even better care of themselves.
OUR PRICE IS **RIGHT**

As a CoolSculpting Premier Crystal practice, we get the best prices on CoolSculpting cards to run our machines. Even better? We pass these savings on to our patients. You’ll find that our treatments are right in line with other practices in town, and for more than one treatment, substantially less.

CoolSculpting is priced according to how many cycles of the applicator you use. If you’re treating the same area on both sides of the body (love handles, bra line, inner thighs, outer thighs or arms for example), that’s two cycles.

If you want two or more areas treated or one area treated more than once, it’s difficult to tell you exactly what it will cost before seeing you. Your best bet is to come in for a free consultation with Natasha so she can work out a CoolSculpting plan that meets your individual goals.

**CoolSculpting**

$750 and up
COOLSCULPTING or LIPOSUCTION or TUMMY TUCK

WHICH IS RIGHT FOR YOU?
With so many options out there, it can be tough to figure out which body contouring procedure is best for you. In order to point you in the right direction, while maximizing your time and budget, consider these two things:

YOUR ANATOMY Not everyone is a candidate for every procedure so beware of clinics with only one choice. If you have loose or excess skin, unfortunately, CoolSculpting or liposuction will not give you the results you want. You may see a spa advertise one machine that's supposed to treat all of your problems. However, it’s easy to see that someone is trying to make the patient fit the machine, instead of the other way around. I call these “one-hit wonders”.

YOUR TIME FRAME Are you looking for a surgical procedure with more immediate results or would you rather have several, non-invasive treatments that don't require anesthesia or downtime but with results in three to four months?

1. Do you have one or two areas of your body that are out of proportion to the rest of your body? CoolSculpting or Liposuction
2. Have you tried diet and exercise but still have areas that stubbornly refuse to budge regardless of your weight? CoolSculpting or Liposuction
3. Do you have your mother’s thighs or your father’s hip rolls? CoolSculpting or Liposuction
4. Have you had children and are concerned with the contour of your abdomen? Tummy Tuck if you have any excess skin or stretching of the abdominal muscles.
5. Have you lost a large amount of weight and have excess skin? Tummy Tuck or Body Lift
10 THINGS YOU DIDN’T KNOW ABOUT NATASHA

1. I have one child, a daughter.

2. My 2nd toe is bigger than my big toe. (Word on the street is that these are “Princess Toes” — well if the tiara fits)

3. I dip my bacon in syrup.

4. I have been in the medical industry since I was 18.

5. I don’t like surprises but I love to give them. SURPRISE!

6. I always read the end of the story before I read the rest of the book. Again, I’m not much for surprises!

7. I always wanted to be a famous actress.

8. I’ve run a half-marathon and was on a relay team for a full marathon.

9. I like researching, problem-solving, and figuring out challenges. My friends tell me I would make a great detective.

10. My dream trip would be to visit Greece. Opa!
STILL IN YOUR RESEARCH STAGE? CHECK OUT THESE OTHER USEFUL RESOURCES:

Get your free copy of our 145-page glossy magazine called Your Beauty. It has all kinds of good stuff including interviews with beauty pioneers, quizzes, recipes and more.

More patient pictures! All of the CoolSculpting before and after photos you’ve seen in this eBook are actual patients Natasha has treated, but there’s plenty more to see. You can check them out on the photo gallery of our website: CoolSculptKnoxville.com

Read Dr Reath’s award-winning blog You’ll find articles about CoolSculpting, fitness and all the latest plastic surgery news.

CoolSculpting vs Liposuction vs Tummy Tuck Infographic If you’re still unsure about which body contouring procedure is right for you, this cool infographic takes you step by step. (We designed it ourselves and love to show it off.)

Score some TransFORM Body Treatment from our online store.

Still have questions? Ask Dr. Reath.

Follow us on social.

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THAT’S ABOUT IT

We hope you’ve enjoyed reading A Very Cool Guide to CoolSculpting as much as we’ve enjoyed putting it together for you. Again, feel free to link to it and forward it to anyone you know thinking about CoolSculpting.

We welcome your suggestions! Shoot us an email at Lisa@plasticsurgeryknoxville.com Please tell us what you liked and let us know if we missed anything.

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