A cool way to sculpt the body

Everyone knows there is no cheating to losing weight and getting rid of that spare tyre. You need to eat healthy and exercise, it’s simple math of burn more calories than you consume.

There are of course things that can help you achieve and maximise your results and progression to getting healthy. Cryotherapy, which is the name for using extreme cold temperatures in local or general therapy has long been known to burn calories as an unexpected bonus to its intended use of managing pain and reducing inflammation.

A more powerful effect to being treated with targeted extreme cold (usually between about -5 and +5 Celsius) is that the bodies subcutaneous fat tissue can be destroyed without apparent damage to the overlying skin. It is believed this was first noticed in the 1970s by a doctor that noticed fat degradation in the cheeks of children sucking on ice lollies. Technology has now been developed with a few devices on the market using targeted cold therapy to induce the destruction of the fat cells. The modalities do however differ on their method to get this effect to various degrees of success. The Breaking down of the fat cell which is then flushed through the lymphatic system is called cryolipolysis and the public has called this treatment the catchy term “FAT FREEZING”.

A UK based team of engineers called TruCryo launched last year with what they say is an effective way to achieve amazing results in aesthetics and cryo contouring with their handheld portable cryo device.

The device looks like a futuristic laser and uses ice cold gas to spray the body with high pressured CO2. Whilst using the device you do feel like you are sculpting the body by following the contours and underlying muscle groups with the beam of ice firing from the device. It sounds like it would be painful or too c-c-c-cold but it is actually quite comfortable and makes you feel really pleasant and energised afterwards. Another great thing is because its hand held you can apply this treatment evenly to any part of the body meaning you can do bums, thighs, bingo wings ect, even the face and jawline.

Different powered spray nozzles and tactile ice massagers means you can adapt your technique from getting rid of fat to reducing fine wrinkles and tightening skin. Frotox which is what people have termed the cryo facial is a great way to finish off after the cryo sculpting. Faces can be revitalised, and Jawlines can be tightened after just a quick treatment…and that’s another thing the treatments are fast.

To achieve thermal shock the cold must be applied rapidly so treatments per area are done in no longer then 90 second blasts. Progressive cold would give the body the wrong kind of cold where your body will start to shiver and not get the vaso constriction and dilation which happens with cold stressing the body. If done weekly (they recommend 5 treatments, 3 days apart) you are giving the fat cells time to start dying and pass through the lymphatic system and targeting a new layer of fat at the next session.

There is a whole variety of different treatments you can do with this business in a box ( actually a nice brief case), I was amazed when using it on a sufferer of psoriasis who had been suffering with itching and very red angry flaky skin. Knowing cryotherapy was introduced to reduce inflammation it makes sense that using targeted cold could potentially reduce itching and work and slow down the skin cells building up. With this knowledge ive also tried it with great success with teenagers and young adults suffering from acne.

The cryo industry is still in its infancy here in the UK and with new studies coming out all the time, targeted Cryotherapy has some exciting prospects in its uses from using as a treatment for depression to using with treating arthritis. For now though, I can say my patients love the results and energised feeling they get with The KaasenLIfe device and diversifies our portfolio of treatments we offer at our clinic.