

## **Before your CoolTone Treatment**

CoolTone focuses on firming and toning the muscles to give you a more sculpted physique. Cleared by the FDA, this treatment is virtually painless and lasts as little as 20-30 minutes. Targeted treatment areas include the abs, glutes, and thigh muscles.

Have a consult first to determine if you are a candidate, and to make a plan for scheduling treatments.

When coming for your appointment please do not wear jewelry or metal. Wear comfortable clothing (preferably without metal; sweats or yoga pants instead of jeans). Bring a book or non-electronic pass-time as we cannot have any smart devices in the treatment room (due to potential for interference with CoolTone machine).

### **After your CoolTone Treatment**

CoolTone is similar to an intense workout for a targeted area. You know the feeling you experience when you hit the gym hard and a certain muscle group aches and even burns following that workout? That's about what your muscles may feel like following a CoolTone treatment. It isn't a long-lasting discomfort, although it can remain for a few days.

Beyond this well-worked muscle feeling, you will experience, you may also experience some minor temporary side effects such as:

- redness
- tingling
- some swelling

This happens because an increase in oxygen and blood will be pumped out the muscles that are targeted. This is because the body sends additional blood and oxygen to the areas in order to repair damaged muscle fiber. This, essentially, is what happens following a CoolTone treatment.

Result times will depend on a number of factors, and everyone's a little bit different. Results will be amplified by healthy eating and regular strength training/exercise. During clinical trials, individuals saw an increase in muscle mass by about 16 percent in the targeted areas; this took about two months to achieve.