



# GET RID OF UNWANTED FAT WITHOUT PLASTIC SURGERY



M I R R O R M I R R O R  
BEAUTY BOUTIQUE

## Our Facility: Mirror Mirror Beauty Boutique

Mirror Mirror Beauty Boutique brings clients a full range of cutting-edge, noninvasive treatments in a relaxing, serene environment. Founded by Houston's top cosmetic surgeon, Dr. Paul Vitenas, the office is also home to the most extensive selection of physician-grade skincare products in the area. Located just a few miles from the Houston Galleria, the Johnson Space Center, and Galveston Island, Mirror Mirror Beauty Boutique is conveniently situated amongst the city's finest dining, shopping, and accommodations.

As one of the premier providers of CoolSculpting in the Houston area, our office offers patients several unique features. These include multiple graduates of the CoolSculpting University on staff, a CoolSculpting Certified practice, with two Cool Sculpting machines.

If you are interested in additional information on the CoolSculpting procedure at Mirror Mirror Beauty Boutique, or any other noninvasive treatments, contact our office at 281.810.9083.

Coming to Mirror Mirror Beauty Boutique from out of town? Not a problem! We can help with travel arrangements, transportation, and even dining reservations.

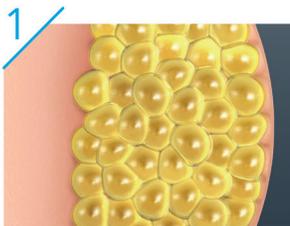
We hope you enjoy Mirror Mirror Beauty Boutique's guide to CoolSculpting. Please share it with anyone else you know that wants to look and feel their best.



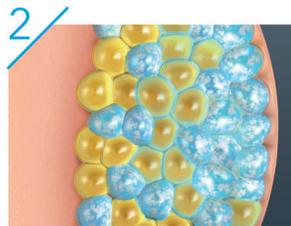
## What is Coolsculpting?

CoolSculpting is the first and only FDA-cleared method for successfully eliminating stubborn body fat without surgery. The procedure utilizes cold temperatures; freezing away the pockets of fatty tissue that are difficult to address through diet and exercise alone. The results from CoolSculpting are safe, dramatic, and long lasting.

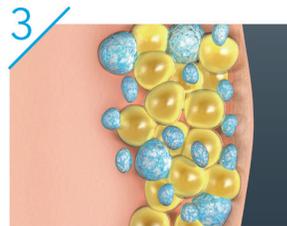
The science behind CoolSculpting is simple. Using technology known as cryolipolysis, CoolSculpting gently freezes the fat cells of a predetermined target area. During treatment, the healthy surrounding cells remain unharmed. As the cells freeze, they are damaged; and overtime, will die. The body will then naturally metabolize and eliminate the unwanted cells, leaving smooth, taut tissue.



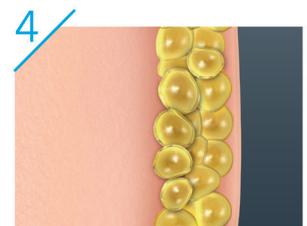
Many of us have stubborn fat despite diet and exercise.



CoolSculpting® technology uses controlled cooling to target and kill only these fat cells.



In the weeks to follow, your body naturally processes the fat and eliminates these dead cells.



CoolSculpting procedure results are long-term,<sup>1</sup> as treated fat cells are gone for good.

Reference: 1. Data on file. ZELTIQ Aesthetics, Inc.

## The CoolSculpting Treatment

The first and only nonsurgical fat reduction technique of its kind, CoolSculpting eliminates isolated areas of unwanted, unattractive deposits of fat. Cleared by the FDA, CoolSculpting uses increasingly cool temperatures to gently, freeze away fat. Performed as an outpatient procedure, patients are back to their routine only an hour after their CoolSculpting treatment.

CoolSculpting will decrease fatty tissue on the:

- Abdomen
- Flanks or 'love handles'
- Thighs
- Under the Chin



## The CoolSculpting Consultation

CoolSculpting consultations at Mirror Mirror Beauty Boutique are complimentary, and generally last about 30 minutes. New patient paperwork will be completed first, including basic demographic information and health history, as well as signed acknowledgements of the practice's privacy policy, payment policy, and photographic release.

After the CoolSculpting paperwork is complete, a member of the Mirror Mirror team will escort the patient to the private consultation room, where a three-hundred-sixty-degree evaluation will occur. In the exam room, the Mirror Mirror team member will take time to discuss the patient's longterm aesthetic goals. Next, they will be asked to disrobe and identify the trouble areas. Once an evaluation has been completed, the team member will create a customized CoolSculpting treatment plan, taking the patient from treatment to transformation. Finally, photographs will be taken to use as 'before images'. If the patient decides to move forward with CoolSculpting, they will generally be able to have their first treatment done within a few days of the initial consultation.

Recommendations for a CoolSculpting treatment will be based on the four families of applicators: Purple, Gold, Blue, and Green. One treatment area can be defined as:

- 2 Purple applicators
- 1 Gold applicator
- 1 Blue applicator
- 2 Green applicators



## Double Your Results with DualSculpting

What could be better than eliminating an isolated area of unsightly fat with CoolSculpting? Freezing away fat in two areas at one time with DualSculpting™.

Two CoolSculpting machines = DualSculpting

DualSculpting™ = Twice the fat elimination results in half the time.

Mirror Mirror Beauty Boutique is one of the few practices to have two CoolSculpting machines on site. Patients can sit back, relax, and have both legs, or 'love handles' treated during an hour-long session. Multiple areas can see dramatic fat elimination with a single DualSculpting™ treatment.



## Treating Your Love Handles

The most commonly used applicator at Mirror Mirror Beauty Boutique is used to treat your love handles. A member of the Purple family of CoolSculpting applicators, this device is uniquely designed for round, curvaceous areas, such as the flanks or 'love handles'.

This applicator provides the ultimate in body sculpting results.



## Treating Small Areas of Your Belly

One of the most popular in the Purple family of CoolSculpting applicators, this applicator can provide exquisite results for almost anyone.

Predominantly used to meticulously sculpt the areas surrounding the belly button, the applicator is perfect for the patient looking to jump start their journey towards washboard abs.



## Treating Your Lower Abdomen

This applicator belongs to CoolSculpting's Gold family of applicators. It is a fantastic way to debulk the lower abdomen. The applicator can also be used for treating the flanks, or Love Handles, on patients requiring more extensive correction. The tissue grab for the device is almost double that of its smaller cousins in the Purple family.

Therefore, when considering CoolSculpting pricing, remember: 1 Gold applicator = 2 Purple applicators



## Treating Your Inner Thighs

This applicator is part of the CoolSculpting family of Purple applicators. These paddles are most commonly used to treat the inner thighs. The streamlined applicator can also successfully handle harder to treat areas along the mid-section. Comfortable yet efficient, the applicator delivers superior fat elimination results.



## Treating Your Outer Thighs

Uniquely designed, this applicator can address hard to treat, 'un-pinchable' fatty areas, such as the outer thighs. Using the same, cutting-edge cryolipolysis technology as traditional CoolSculpting, The applicator was created to fit smoothly and easily against firm areas of unwanted fatty deposits.

In addition to the applicator, Mirror Mirror Beauty Boutique has a total of seven different CoolSculpting applicators. That means no matter what the treatment area, CoolSculpting will have the perfect tool to obtain your desired results.



## Treating the Double Chin

This applicator is the first and only member of CoolSculpting's Green family of applicators. Cleared by the FDA for the treatment of submental fat, the applicator can reduce the dreaded Double Chin. The applicator is quickly becoming one of the most popular CoolSculpting applicators, renowned for its ability to improve one's appearance in selfies and other photographs. The small size of this vacuum-based applicator also lends itself well to the treatment of smaller, more stubborn trouble spots, like around the knees and bra fat.



## CoolSculpting University

At CoolSculpting University, select providers from around the globe have the chance to experience both classroom and real-life training, directly from the experts who created the CoolSculpting technology. Located in Pleasanton, California, CoolSculpting University is one-of-a-kind training facility, designed around the innovative fat elimination technique.

The university gives practitioners an opportunity to learn about the history, science, and the art of CoolSculpting. Graduates of CoolSculpting University bring their practice unparalleled skill and knowledge of the CoolSculpting fat elimination system. All of the providers at Mirror Mirror Beauty Boutique have been to CoolSculpting University to receive this advanced training.



## After Your CoolSculpting Procedure

Unlike more traditional fat elimination treatments, CoolSculpting does not require any downtime or special after care. The treatment area may be temporarily numb, red, or mildly sore. However, these minor side effects will not be anything to keep you from returning to normal daily activities. As CoolSculpting requires no incisions or sutures, there is no chance for scarring, infection, or other serious complications.

While no changes in diet or activity level are necessary for fat reduction after a CoolSculpting, a healthy lifestyle after treatment encouraged. Many people find that the dramatic results from CoolSculpting can be an excellent motivator for adopting a healthy eating and exercise routine.



BEFORE

8 WEEKS AFTER  
COOLSCULPTING<sup>®</sup> TREATMENT  
Procedure by Bruce Van Natta, MD

## The Price of a CoolSculpting Treatment

The price of a CoolSculpting procedure can vary. The final cost will depend on the area being treated, the extent of correction, and how many sessions are required. During the complimentary consultation appointment at Mirror Mirror Beauty Boutique, the exact cost of your upcoming CoolSculpting treatment will be determined.

On average, the cost of one CoolSculpting treatment at Mirror Mirror Beauty Boutique will start at \$1,650, with additional sessions on the same area discounted. We accept cash, check, all major credit cards, and CareCredit medical financing; so getting the sculpted body you have always wanted is finally within reach.

## CoolSculpting's Frequently Asked Questions

- What areas can be treated with the CoolSculpting technology? Almost any localized deposit of fat can be addressed with CoolSculpting, including the stomach, 'love handles', thighs and now the double chin.
- Who is the best candidate for CoolSculpting? Anyone with bulges of stubborn, unwanted fatty tissue can make a great candidate for CoolSculpting. The procedure is not, however, a substitute for weight loss.
- How much improvement can be seen after one CoolSculpting treatment? Each CoolSculpting session will provide a 20-30% reduction in the fatty tissue. Additional procedures can be safely performed, further improving the area.
- How many CoolSculpting sessions are needed? Depending on the severity of fatty tissue, between two and three CoolSculpting treatments will be required. For optimal results, these should be spaced eight to twelve weeks apart.
- How long does a CoolSculpting treatment take to perform? Each CoolSculpting session will take an hour to complete. With Mirror Mirror Beauty Boutique's DualSculpting, two areas can be treated during the same, 60-minute appointment.
- Is CoolSculpting safe? CoolSculpting has been cleared by the Food and Drug Administration (FDA) as a safe and effective method for the reduction of fatty deposits. As there are no incisions, CoolSculpting holds little chance for complications to occur.

## Frequently Asked Questions Cont.

- What are the side effects of CoolSculpting? While CoolSculpting is generally accepted to be an extremely safe treatment, there are risks to be aware of before your treatment. The most common side effects, all of which typically resolve within 1–3 weeks, are redness, swelling, and bruising.
- Is CoolSculpting painful? During the first few minutes of a CoolSculpting treatment, a small amount of pressure and intense cold may be felt, although these sensations will quickly fade. The lower abdomen can be a bit more sensitive of a treatment area, so patients may experience more discomfort during and after this particular treatment; however, the results here are particularly impressive.
- Does CoolSculpting require anesthesia? No, since the CoolSculpting procedure is not painful, no anesthetic is required.
- How long can you expect the CoolSculpting recovery to last? Normal activities can be resumed as soon as the procedure is over. In just a few days, discoloration and bruising will face away.
- How fast can I see the results from CoolSculpting? Initial results from treatment can be seen in as few as three weeks. However, the full results from Cool sculpting will take up to four or six months to be noticeable.
- Should I take special supplement or follow a strict diet after CoolSculpting? No, there is no need to alter your lifestyle in order to see optimal results from CoolSculpting. To maximize the benefits of treatment, it is always encouraged that you stick to a healthy lifestyle.
- Will I gain the weight back? No, new fat will not regrow in the area treated with CoolSculpting. The fat cells that die are eliminated. However, the surrounding fatty tissues can continue to change, so a healthy diet and exercise routine is suggested to maintain the sculpted results.

