



# Shaping the New You: A Journey Through CoolSculpting

TENSALONANDSPA.COM

# Helping you achieve your perfect T<sup>EN</sup>.



TEN opened in Dec. 2005 in Loveland, CO, right off I-25 within The Promenade Shops at Centerra, a lifestyle center mall. We have over 10,000 square feet for services and an additional 1,500 square feet dedicated to providing you with the highest quality retail products. We currently employ over 70 employees part-time or full-time.

TEN Salon and Spa's ultra-stylish, luxurious interior space preps clients for the pampering that awaits them. This nearly 12,000 square foot space boasts 24 hair stations, a full-service bridal suite for makeup and hair, two manicure stations, three luxurious pedicure chairs, and seven med spa treatment rooms. This ensures that no one needs to wait long for a soothing hot-stone massage, elegant updo, trendy cut and color, or age-defying Botox treatment.

TEN Salon and Spa is committed to providing you, our guest, with the very best experience in hair care, massage, skin care, nail care, and waxing for men and women.

We also now offer injectable services such as Botox treatments, fillers, and vitamin B<sup>12</sup> shots. TEN carries a wide array of product lines that include Kérastase®, shu uemura-art of hair®, Viviscal® MaxeyLash™, SkinCeuticals® and Sanitas® among others.

TEN is locally owned and operated. TEN is also one of 2 salons in the state of Colorado certified to offer Calligraphy Cut®, a revolutionary haircutting tool, and technique that is setting the styling world on fire. We encourage you, our guests, to experience different service providers and identify your favorite(s). TEN now offers you the option of booking your appointment online.

# What is CoolSculpting?

CoolSculpting is more than just a procedure; it's a tool for empowerment, allowing you to **reclaim control over your body** and shape your path towards a healthier, happier self.

CoolSculpting is a groundbreaking, FDA-approved fat reduction method that works on the principle of Cryolipolysis, a scientifically proven technique designed to minimize those stubborn pockets of fat that persist despite your best efforts at diet and exercise. It is an innovative response to the growing demand for non-invasive body contouring options, enabling individuals to achieve their body goals **without resorting to surgical intervention**.

This transformative procedure employs controlled cooling to freeze and subsequently eliminate unwanted fat cells, targeting only the fat cells while leaving the surrounding tissue unaffected. Once the fat cells are frozen, they die off and are naturally processed and removed by the body, leaving you with a leaner, more sculpted appearance.

The brilliance of CoolSculpting lies in its precision and effectiveness, with results that are noticeable and lasting.



Unlike weight loss, which simply reduces the size of fat cells, CoolSculpting removes them from your body for good.

By opting for CoolSculpting, you're not only choosing a sleeker silhouette, but you're also embracing a tool that works with your body's natural processes, respects your personal health journey, and champions your right to feel great about your body. This procedure is about more than just aesthetic enhancement; it's about making a choice to honor your body's potential and fuel your self-confidence. You're taking a step towards the new you.

**So, are you ready to freeze away the fat and sculpt a more confident you?** Welcome to the world of CoolSculpting. Let's embrace this journey together.

# How does CoolSculpting Work?

CoolSculpting is more than just a buzzword in the world of non-invasive body contouring; it's a testament to the power of science to transform our lives, our bodies, and our self-perception. The magic behind this revolutionary procedure is a scientific phenomenon known as Cryolipolysis. But don't let the technical term intimidate you. By the end of this chapter, you'll realize that the genius behind CoolSculpting's effectiveness lies in its simplicity and harmony with your body's natural systems.

Cryolipolysis, the cornerstone of CoolSculpting, is a process that translates to "cold-induced fat cell death." In simpler terms, it's a way to freeze fat cells in targeted areas of your body to trigger their natural death, without damaging the surrounding tissues or causing you discomfort.

During the CoolSculpting procedure, your technician uses a specialized device that safely delivers precise cooling to the fat cells located beneath the skin. As these fat cells are exposed to cold, they crystallize or "freeze." Now, why does this matter? Because your body is a beautifully efficient machine. Once these fat cells are frozen, your body recognizes that they are no longer functional and naturally initiates their removal.

Over the weeks following your CoolSculpting session, your body works diligently to process and eliminate these crystallized fat cells, gradually revealing a slimmer, more sculpted you. This is not an artificial, forced fat reduction method; it's a natural, biological process that respects your body's rhythm and mechanisms.

The true beauty of CoolSculpting lies in its subtlety and precision. The changes are gradual, natural-looking, and tailored to your body's unique shape. Instead of a drastic, overnight transformation, you get a smooth, progressive contouring effect. The results are not just visibly noticeable, they're durable too. Once eliminated, these fat cells are gone for good.

In a world where we're often forced to choose between health and appearance, CoolSculpting stands as a beacon of balance. It allows you to improve your physique without compromising your well-being. By choosing CoolSculpting, you're not just sculpting your body; you're sculpting your self-image, your confidence, and ultimately, your life.

So, let's unlock the power of Cryolipolysis together and embrace the journey towards a more confident and empowered you.

*The science is ready. Are you?*



# Is CoolSculpting for Me?

If you've read this far, there's a good chance you're asking yourself one question: *"Is CoolSculpting right for me?"* This revolutionary procedure is a game-changer for countless individuals, but it's essential to understand who can truly benefit from it.

CoolSculpting targets and eliminates stubborn fat - those pesky bulges and pockets that refuse to budge regardless of how many hours you spend at the gym or how careful you are with your diet. If you've been fighting a battle with resistant fat areas on your abdomen, thighs, flanks, arms, or under the chin, CoolSculpting could be the ally you've been seeking.

However, it's important to note that CoolSculpting is not a weight-loss treatment. It's a body contouring method, designed to trim and sculpt, rather than reduce the numbers on the scale. Ideal candidates for CoolSculpting are those who are already leading a reasonably healthy lifestyle but struggle with specific areas of fat that are hard to eliminate.



# Your CoolSculpting Procedure...

## Preparing for Your CoolSculpting Procedure

As you stand on the threshold of your CoolSculpting journey, it's essential to equip yourself with the knowledge and resources to optimize your experience and results. Preparation is the first step towards success.

There are no significant dietary restrictions before CoolSculpting. However, staying well-hydrated and eating a balanced diet in the days leading up to your procedure can set the stage for your body's natural process of eliminating fat cells. Comfort is key during the procedure, so wear loose, comfortable clothing on the day of your appointment.

CoolSculpting is designed to be seamless and straightforward, minimizing disruption to your daily routine. By preparing adequately, you're setting the stage for a smooth procedure and optimal results.



# What to Expect During CoolSculpting

Because TEN prides itself on delivering the best possible outcomes, transparency and patient selection is very important to us. If we do not feel you would be happy with the results, we will not recommend the procedure. During your initial consultation, we will go over the procedure thoroughly and ensure all of your questions are answered. Education is key during your consultation so you are informed of all safety information and know what to expect during your CoolSculpting procedure.

Your technician will apply a gel pad to protect your skin, and then place the CoolSculpting applicator on the treatment area. The applicator delivers controlled cooling to the targeted fat cells. You may experience sensations of tugging, pulling, mild pinching, and cold, but these are typically well-tolerated and subside as the area numbs.

The procedure is not a sprint; it's a journey. And every journey is an opportunity for personal growth. Whether you choose to read, work, or just relax during your treatment, CoolSculpting gives you the chance to take a moment for yourself while moving towards your body goals.





# Goals and Expectations...

As you navigate the empowering journey of CoolSculpting, it's essential to cast a vision. It's not just about what you're moving away from - stubborn fat and self-doubt - it's also about what you're moving towards. Setting goals and establishing realistic expectations from the procedure is an integral part of this transformative journey.

CoolSculpting works best when integrated into a comprehensive approach towards health and wellness, alongside a balanced diet and regular exercise. Its magic lies in its ability to fine-tune and sculpt your body, helping you target those stubborn areas that seem immune to your healthiest habits.

So, as you set your goals, picture your ideal body shape. Envision the areas you wish to contour and define. Whether it's your abdomen, thighs, arms, or flanks, CoolSculpting can help you take a step closer to your aesthetic aspirations.

However, temper these goals with realistic expectations. The full results of CoolSculpting are not immediate, they emerge over several weeks as your body naturally processes and eliminates the treated fat cells. Patience and self-care are your allies during this period.

Furthermore, multiple sessions may be required to achieve your desired results, and long-term success is dependent on your commitment to maintaining a healthy lifestyle post-procedure.

By aligning your expectations with the potential of CoolSculpting, you're setting yourself up for a successful, fulfilling journey. A journey where every step, every choice brings you closer to the body confidence you've been seeking.

Remember, CoolSculpting is not just about removing fat. It's about empowering you to shape your body and your life in the way you desire. It's about embarking on a journey of self-discovery and transformation, and you've already taken the first, courageous step. Creating Sustainable Lifestyle Changes.



# Maximizing Your CoolSculpting Results

## Post-Procedure Care

Congratulations! You've taken a bold step towards your ideal body with your CoolSculpting procedure. But remember, your journey doesn't end here. Now, it's time to maximize and maintain those results.

After the procedure, you may experience minor side effects like redness, swelling, bruising, tingling, or skin sensitivity in the treated areas. These are temporary and will subside within a few days or weeks. The key is to listen to your body and take good care of yourself.

Remember, CoolSculpting works with your body's natural systems. Supporting your body during this time will help it efficiently process and eliminate the treated fat cells. So, nourish your body, stay active, and rest when needed. You've invested in your body with CoolSculpting; now, it's time to continue that investment with self-care.

## Nourish Your Body

While CoolSculpting has started the process of sculpting your body, maintaining a balanced diet is crucial in enhancing and maintaining the results. The fuel you provide your body will significantly impact how effectively it can process and remove the frozen fat cells.

Opt for a diet rich in whole foods, lean proteins, fruits, vegetables, and healthy fats. These nutrient-dense foods can boost your metabolism, aid your body in the fat elimination process and maintain your CoolSculpting results. Remember, your diet is not just about maintaining your physical appearance but also about sustaining your overall health and wellness.





# Maximizing Your CoolSculpting Results

## Beneficial Supplements

Adding certain supplements to your routine can also assist your body in accelerating the elimination of fat cells. Supplements like green tea extract, turmeric, and Omega-3 fatty acids are known for their anti-inflammatory properties and can aid your body's natural processes.

Remember, supplements are meant to complement a balanced diet and active lifestyle, not replace them. Always consult with your healthcare provider before beginning any new supplement regimen.

## Skin Tightening Tips

As your body processes and eliminates the treated fat cells, you may find your skin in the treated areas needing extra care. We recommend "**Body Tightening Concentrate**" by SkinCeuticals, which can be purchased in our Spa.

## Recommended Exercises

Exercise is another critical factor in maintaining your CoolSculpting results and improving your overall health. Regular physical activity can help keep your metabolism high, facilitating the ongoing elimination of fat cells.

Our recommended exercises are designed to keep you active, toned, and most importantly, feeling good. Remember, your exercise routine should not be a punishment, but rather a celebration of what your body can do.

## Massage Techniques

Gentle massage techniques can be beneficial in stimulating blood flow and aiding the lymphatic system in the removal of fat cells. Regular massages can improve skin texture, boost circulation, and speed up the body's natural fat elimination process. You can book a massage with one of our massage therapist using this [link](#).

# Lifestyle Changes for Long-Term Results

## Creating Sustainable Lifestyle Changes

Your CoolSculpting procedure is a powerful tool in your body transformation journey, but it's not a solitary one. For long-lasting results and continued progress towards your body goals, sustainable lifestyle changes are paramount.

From maintaining a balanced diet to cultivating a consistent exercise routine, the key is to make gradual changes that can easily be incorporated into your daily life. These changes shouldn't feel like burdens or punishments but instead, steps towards a healthier, happier you.

Remember, the power to maintain your CoolSculpting results and further enhance your body's shape lies in your hands. You've taken the first step with CoolSculpting, now let's continue the journey together.

## Long-Term Meal and Exercise Plan

Now that you've embarked on this body transformation journey, it's essential to have a plan that will carry you forward. This section provides a comprehensive long-term meal and exercise plan to help you maintain your CoolSculpting results and continue to improve your health and wellness.

With a variety of delicious, nutrient-dense meals and a blend of cardiovascular and strength training exercises, this plan is designed to be enjoyable, maintainable, and effective. We'll walk this path together, fueling our bodies with wholesome food and staying active in ways that feel good to us.



# Lifestyle Changes for Long-Term Results

## Staying Motivated

Maintaining changes in your diet and exercise habits isn't just about discipline; it's about motivation. It's about remembering why you started this journey in the first place and recognizing the progress you've made.

Stay connected to your goals and the reasons behind them. Remember the feeling of empowerment when you chose CoolSculpting, the excitement of seeing your results come to life. Use those memories to keep yourself motivated.



Celebrate every victory, no matter how small. Every healthy meal, every workout, every positive change is a step towards your goals. Staying motivated isn't always easy, but with the right mindset and tools, it's entirely possible.

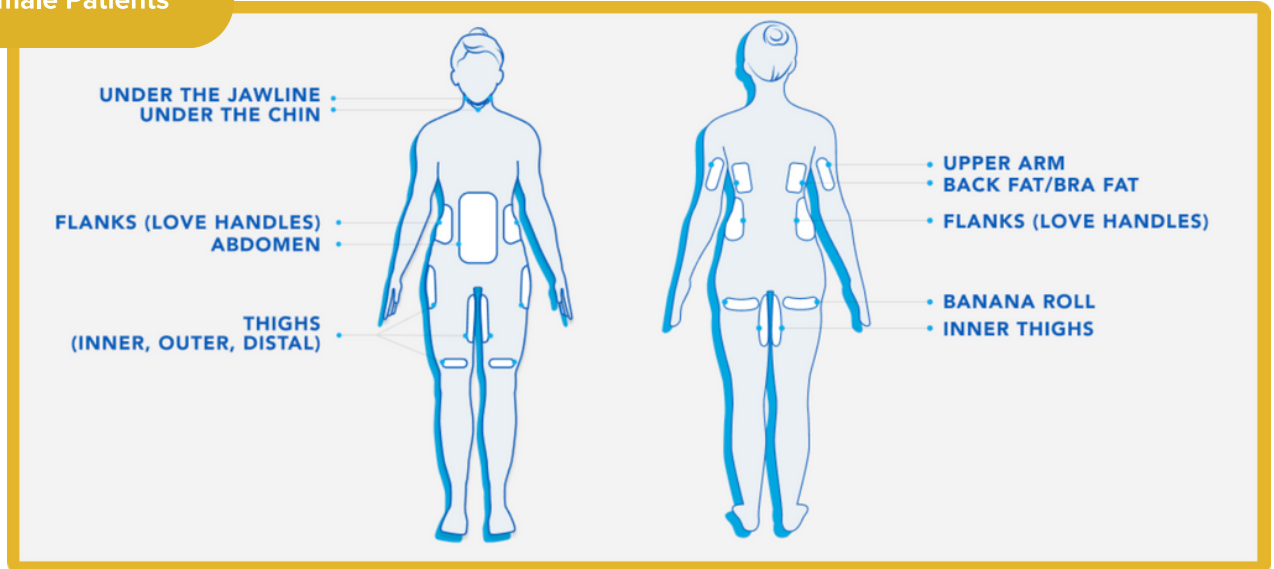
With this comprehensive guide, you're well-equipped to maximize and maintain your CoolSculpting results, creating a sustainable lifestyle change. You've taken control of your body goals with CoolSculpting. Now, let's make those results last and continue this journey towards an even more confident and empowered you.

Your CoolSculpting journey has been an adventure of transformation and self-discovery. And remember, it doesn't end here. You're not just a CoolSculpting patient; you're a member of a community committed to body confidence, health, and well-being. Welcome to the best version of you.

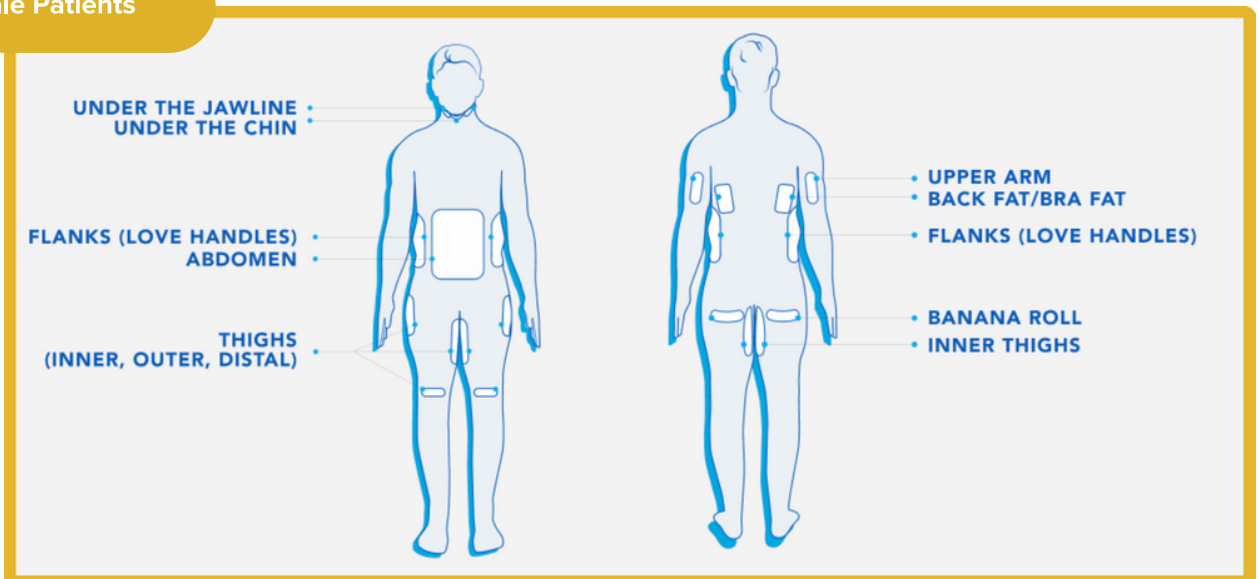


# CoolSculpting Treatment Areas

## Female Patients



## Male Patients





# Understanding the investment of CoolSculpting?

When considering CoolSculpting, it's essential to understand that this procedure is an investment—not only financially but also in terms of time and commitment. To achieve the most noticeable and satisfying results, multiple sessions are often required. These sessions will be spaced out over time to allow your body to naturally eliminate the destroyed fat cells and adjust to the changes.

The total cost of your CoolSculpting journey will depend on several factors. The primary ones include:

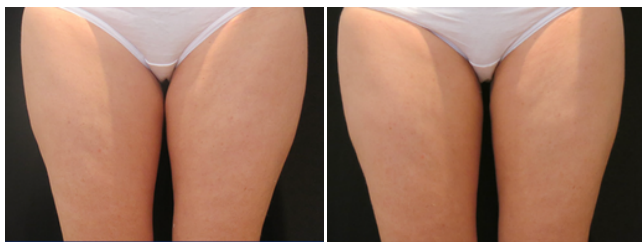
- **The Treatment Area:** Different body parts require different levels of attention and varied treatment times. Large areas may need multiple applications or sessions.
- **The Amount of Fat:** The volume of fat you wish to eliminate will influence the number of sessions required. More sessions will be necessary for larger amounts of fat.
- **Your Personal Goals:** Your personal body goals also play a significant role in determining the cost. If you have more extensive aesthetic goals, you may need more sessions to achieve your desired outcome.

Given these variables, it's difficult to provide an exact price for CoolSculpting without a personal consultation. We recommend scheduling a consultation with our specialists to discuss your specific needs and goals. At TEN Salon and Spa, we're dedicated to crafting a personalized CoolSculpting plan that aligns with your body goals and budget. We'll provide you with a clear and detailed estimate to ensure there are no surprises along the way.

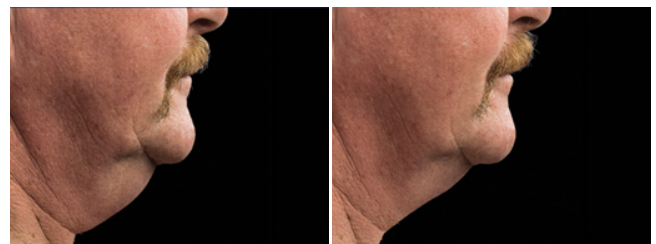
Remember, CoolSculpting is an investment in your confidence, self-esteem, and happiness. While it does have a cost, the benefits of feeling comfortable in your skin are priceless.

# CoolSculpting Results

## Female Patients



## Male Patients



# TEN

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MED AESTHETICS

Book your transformation today!

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