

Beautiful Body Clinics

FAT FREEZING SPECIALISTS

Fat Freezing Information Pack

It's time to love your body!

Congratulations!!

Get set to celebrate you - because **you have taken the first step** in recognising:

- That what you are doing isn't working
- That something needs to change
- That you need some help

and we are delighted to meet you.

Getting to the point where you are fed up with your body is when we step in. You are probably sick of diets and sick of exercise as they aren't realistic long term in your life and they don't ever really work to change your body shape. You are probably sick of experts telling you that you aren't motivated/orgaised/committed enough or perhaps they have labelled you lazy. The media tells us the perfect body is easily achieveable but the reality of a busy life with work commitments, houses to manager, kids, age, genetics and hormones defy this.

We know how busy you are, and rather than spend another minute criticising yourself or another day, week or year committing to another diet or exercise app. Let's get this sorted. Permanently

So take a moment to congratulate yourself getting to where you are right now.

Crack that bottle of champagn

CALL 1300 263 966



*And I said to my body softly
I want to be your friend.
It took a long breath and replied
I have been waiting my whole life for this.*

- NAYYIRAH WAHEED

Hi, I'm Linda, the Founder of Beautiful Body Clinics.

I designed this document with you in mind. I want to help support you on your journey to deciding whether fat freezing is the best option for you.

It will answer the questions you have and show you how fat freezing can help you achieve your desires and also provide resources and tools to make your decision-making process that bit easier.

Also... at Beautiful Body Clinics, we don't just do fat freezing. We work with our clients through the "mindset" transformation that occurs as well.

We celebrate with our clients their decision to make that change and start focusing on themselves (because we don't do enough of that right!) and help them learn to love their body - applauding its awesomeness!

From a young age, I have always wanted to help people - so I studied to become a nurse and spent the period between 1994-2007 working in various hospital settings. Fast forward 15 years, two kids and slowing metabolism, and I wasn't happy with how my body looked.

I knew I needed to change something because I had desperately tried every new exercise and diet fad going (despite knowing that it wouldn't work long term), yet I still couldn't shift my belly. I was uncomfortable in my jeans and hated them. This hurt all areas of my life.

The constant self-criticism had been going on for 20 years. I had been berating myself (for having the latte, eating the carbs or not going for a run), and unless I did something different, I knew I would be having this negative conversation with myself for the next 40 years. Enough was enough. I ate well and rarely drank alcohol, yet still couldn't move my belly.

I had heard of fat freezing but was dubious that it was another bull-dust beauty/weight loss treatment. So I used my medical knowledge to investigate and understand the clinical trials and results. This due diligence proved PERMANENT FAT CELL LOSS. That is suitable - permanent. The fat cells in the area that is treated are gone for good. It is similar to liposuction but non-invasive. There is no need for a general anaesthetic or day surgery admission. There is no blood, no needles, and there is no downtime. So I finally prioritised myself and had some treatment. And the results - well, they were life-changing. I was not only comfortable in my body, but I loved it. I finally had a body that I was proud of and deserved. I loved my new shape. So I opened Beautiful Body Clinics to specialise in fat freezing. I wanted honesty and truth in the weight loss/beauty industry to help women love their bodies just like me (and me, too).

Can you imagine loving your body and being free of that internal criticism (and muffin top) forever? Well, you can!



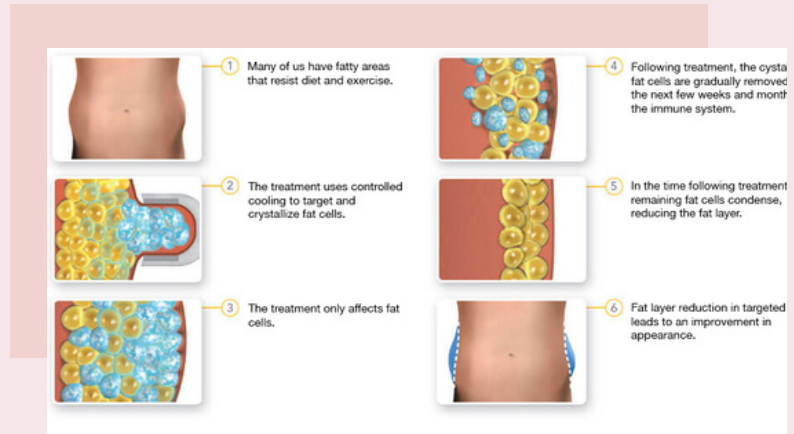
What is fat freezing?

Fat freezing treatment is a permanent fat reduction technique that involves the process of applying cold temperatures to the skin and subcutaneous tissue whereby the fat cells are damaged and subsequently die and are then passed out of the body through the lymphatic drainage system. The skin and other cell types are spared from injury.

The fat freezing treatment is similar to liposuction as it creates a permanent reduction in the number of fat cells in the treated area, however it is non-invasive (this skin is not punctured during treatment).

Fat Freezing - the Facts

The results are permanent - the fat cells are eliminated from the body and never return
It is non-invasive - no needles or risky anaesthetic
It is clinically proven to remove fat by up to 30%
There is no recovery "down time" - simply walk in and walk out, resuming your normal life straight away.



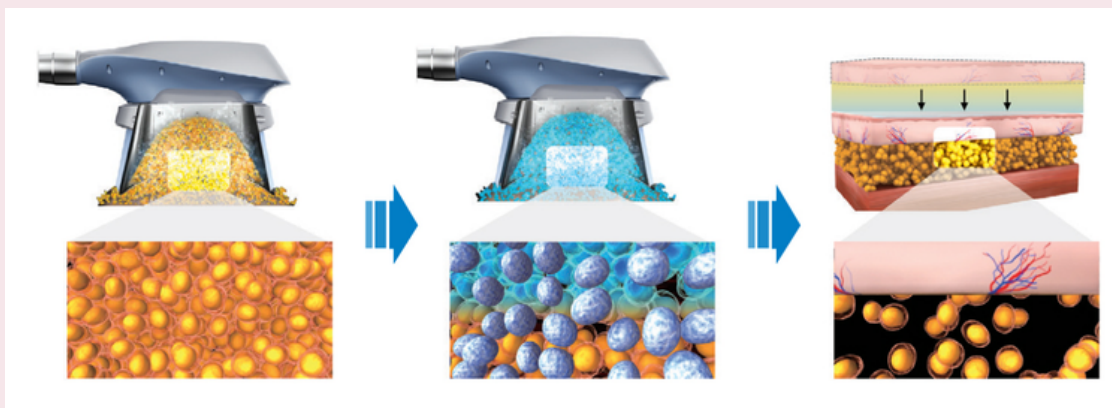
The Process Explained

The 'cup like' handle is placed on the area identified for treatment. This tissue (skin and subcutaneous fat cells) are then suctioned up to fill the cup over the course of treatment - these cells are taken to -9 degrees centigrade. At this temperature the fat cells are damaged whilst no damage is caused to the skin because of a protective membrane placed over the skin.

Once the desired time and temperature of the the treatment has been completed, the handle is removed.

The skin and treated fat cells are then massaged back to body temperature and normal texture, allowing you to leave the clinic with no evidence of treatment having been conducted.

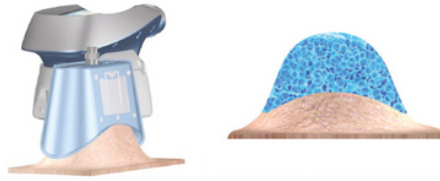
The damaged fat cells then undergo a cell death process (apoptosis). These dead and damaged cells are naturally removed from the subcutaneous area via the lymphatic system, resulting in a reduction of the number of fat cells in the treated area and hence a new shape. This process or removing the fat cells takes up to 3 months.



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Our Technology

New technology has 360* cooling handles = smoother results and larger surface area coverage.



VS.

Cheaper technology has 2 freezing plates inside the handle = smaller surface area coverage.



Our devices are TGA approved - meaning they have proven safety and are proven to work.

During the Treatment

While you are busy selecting the Netflix show you would like to watch during your treatment (yes, you heard it right so we advise wearing your "comfies"), one of our lovely fully trained practitioners will set up the machine and number of handles required for your customised treatment.

Once you are lying back relaxing, the practitioner will prepare your skin with a gel membrane cover to protect and moisturise the skin.

Once the handles are applied (strategically to ensure maximum coverage and effectiveness), the next few hours are yours!

At the start of treatment you may feel sensations of pulling, tugging and mild pinching. These sensations subside as the area becomes numb due to the freezing process.

Once the treatment has finished you will have what looks like a "frozen stick of butter" on the surface of your skin. This is the just the frozen fat cells. Don't worry, this is massaged away before you leave!

After the Treatment

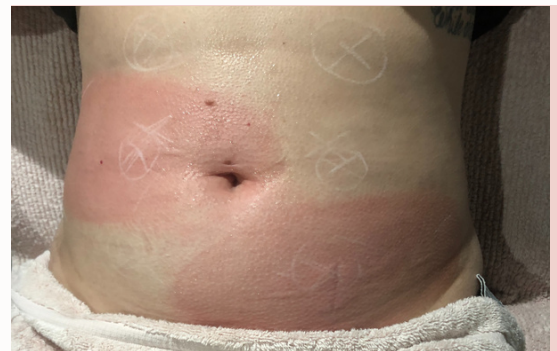
Immediately after the treatment you may have:

- Redness and firmness
- Transient blanching and/or mild bruising around the edges of the treatment area
- Tingling and stinging

One to two weeks after a treatment:

- Redness, bruising and swelling
- Tenderness, cramping and aching
- Itchy skin

*** These are all normal. Some people will require oral analgesia (like Paracetamol) but this won't last for long. ***



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When Can I Expect to See Results?

Fat Freezing is clinically proven and has demonstrated fat layer reductions across multiple treatment areas of up to 30%.

The clinical evidence for fat freezing is that it takes up to 3 months to see the maximum results. This is because it requires your body to use its normal metabolic processes to identify the damaged fat cells and then remove them through your elimination system (lymphatic system, liver and then down the toilet).

This natural physiological process therefore has differing results and time frames for most people. A slow metabolism and an unhealthy diet will slow down the time it takes for your body to process the damaged and dead fat cells.



Yes We Can Treat Men As Well!

Although most of our clients are predominantly female, we have seen an increase in men wanting fat freezing treatment as well. Men now make up 30% of our client base.

Men's bodies are just as suitable for fat freezing as women's are. The most common areas of concern for men are hips/flanks treated and abdomens.

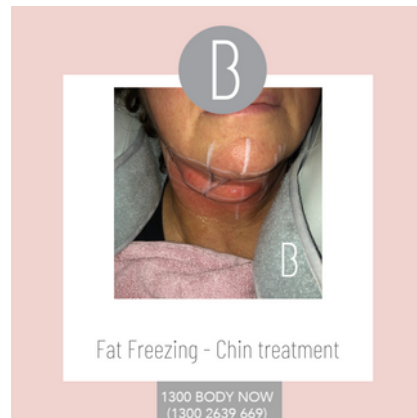
The same rule applies: If we can pinch it - generally we can treat it.



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The "Problem Areas" We Can Treat

Upper and lower abdomen, ribs, waist, hips, flanks (love handles) submental (double chin) upper arms (bingo wings) Under arm pit, bra bulge Back (bra fat) and bra puff (beside bra and armpit) inner and outer thighs (saddle bags) knees - above and inner area and under the buttocks (banana rolls) . If you can pinch it - then generally we can treat it.



Is it Safe?

Yes. The treatment has been FDA and TGA approved since 2009 and 2010. Only after rigorous safety analysis is a treatment allowed to be conducted in Australia and the USA. Also - because the process is non-invasive, there are far fewer risk than liposuction, abdominoplasty where a general anaesthetic is required. There is also no risk of heat burns like laser lipolysis.

Most clients experience slight tugging and discomfort at the site (as the tissue is drawn in). Once the tissue is cold there is normally no pain. After treatment the area may feel sensitive or sore (like it has been bruised) but this usually resolves within 1-3 days.

There are a few anatomical conditions (hernia, recent scarring in the area) and a few pathological conditions that are contraindicated for treatment - however an in-clinic or video consultation will allow us to review your medical history and discuss any potential side effects.

How Many Treatments Will I Need?

The answer depends on a few different things:

- The more fat cells or thicker the subcutaneous fat layer in the area the more treatments that are required to remove all of the fat cells.
- Your individual desired results will also determine how many treatments you will need. Some people just want a reduction in the area whilst some people want all of the subcutaneous fat cells gone.
- Your individual response to treatment.

To treat love handles for example you will need 2 applicators or handles (one on each side). You may desire additional repeated treatments on the same area depending on the three factors above.

We encourage our clients to progress through their treatment slowly so that they are able to ascertain the full result before committing to repeat treatments on the same area.

An in-clinic or video consultation will allow us to consider your existing shape and the amount of tissue in the area, the laxity of the tissue and the expected outcomes.

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Our Help Doesn't Stop When You Leave The Clinic

Fact - you can gain weight after fat freezing. So we want to help ensure you don't.

Fat freezing is not a weight loss treatment. It is a spot reduction of subcutaneous fat cells. The area that has been treated will have a reduction in the number of fat cells.

As we have fat cells from head to toe, if you consume (eat or drink) more energy than you burn, your body will put that excess energy into your remaining fat cells. These fat cells will grow in size and you will experience weight gain. Whilst fat freezing reduces fat cells in the treated area, it does not prevent all of your remaining fat cells from expanding.

This is why it is important to ensure that you follow a sensible eating plan and exercise program after your treatment.

To help with this, as a client of Beautiful Body Clinics, you will be invited into our Behavioural Change Program which promotes awareness of your current eating, drinking and exercising behaviours - all whilst really encouraging accountability for your daily activities.

There are 3 things we know for certain:

- People are 95% more likely to achieve their goals by sharing them publicly.
- You can't change what you don't measure.
- The simple basis of weight loss is calories in versus calories out.

which are the foundations that this program was built upon. It focuses on the accountability aspect of your commitment, helping you stay focussed and on track so it doesn't become another diet/exercise fail.

Our program ensures you are accountable daily. We give you hypnosis tracks, helping you with any emotional eating issues (boredom or frustration) and another track to help motivate you to exercise.

Our Behavioural Change Program helps you make positive behaviour changes and offers you the best chance for ongoing health and wellness.

Common Fat Freezing Transformation Desires

Feel confident wearing a sleeveless dress or top
Not constantly worry about belly fat hanging over the top of your jeans
Be able to choose tops because they look good, not their "bagginess factor"
Not have to make up excuses and skip family time at the beach because you don't want to wear your bathers
Feel confident, sexy and proud (in and out of your clothes)

Let me share some good news with you - you can with fat freezing!



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How Much Will it Cost?

If you need help with the cost of your Fat Freezing (Cryolipolysis) treatments we have a 6 month interest free option with ZipMoney and with Afterpay.

Imagine having your treatment now and paying it off over the next 6 months whilst your body transforms. For our standard package of 4 handles, through Zip money, it is less than \$50 per week. whilst your body transforms. For our standard package of 4 handles, through Zip money, it is less than \$50 per week.

If you currently have ZipPay (for purchases up to \$1000) or Zip Money (for purchases over \$1000) either of these can be used for your treatment costs. Afterpay has different finance levels depending on your personal history with them.

As we run specials from time to time, you will need to attend our clinic for an assessment to determine the number of areas or treatment handles you will need and therefore the cost of treatment. Our consultations are free and if you find it difficult to attend due to distance, work or children's responsibilities, we can conduct a video assessment to provide an estimate of how many fat-freezing handles you will need.

Please contact us to conduct a free consultation in person at our clinic, with one of our trained specialists. Call 0466 061 013 directly (or go to our booking page [HERE](#) and we will be in contact).

What Happens During the Consultation?

The reason we offer a free consultation is so we can get an opportunity to talk with you to listen & understand your desires as well as looking at your problem areas so we can customize a treatment plan specifically for you. It can be done via video or in our Moorabbin clinic. Whatever suits you best.

Oh goodness -I hear you say! Yes that is right, we get you to grab onto the bit that you want gone. Usually you can stay in your clothes and just lift your top or drop your jeans, (keeping your underwear on). We measure the area against the available handle and assess for suitability and handle shape.

We also make an assessment of the fat thickness and therefore the temperature and time needed to reduce the fat pocket.

We appreciate this is uncomfortable showing us the bits that you have spent years hiding, but we want you to know that we understand you will feel vulnerable and there is absolutely no judgement. We are here to help.

Is Fat Freezing Right for me?

As fat freezing (cryolipolysis) is non-invasive and freezes the subcutaneous fat cells (the cells underneath the skin), the treatment is generally suitable for everyone - provided we are able to gather a suitable amount of tissue into the applicator head. The size and location of fat pockets is different on every individual therefore we are happy to conduct a free consultation to assess your suitability.

We also appreciate that we all have our own idea of how we want to look. We do not judge as we have all been there. What one person believes is fantastic and what feels great may not be right for another. We appreciate that low weight and underweight people can have pockets of fat that they can't get rid of despite diet and exercise, however we do take a very responsible attitude when recommending treatment for underweight clients. Ideally our clients will have a BMI of between 18 to 30. For clients with a BMI higher than 30, the treatment will still work but the results will not be as visible.

Certain medical conditions and medications (particularly blood thinners) need to be considered/ paused before fat freezing (cryolipolysis) treatment. This will be discussed over the phone and during your pre-treatment assessment.

TAKE THE QUIZ! SIMPLY SCAN THE QR CODE



CALL 1300 263 966

Our Promise To You



We won't sell you something you don't need.



We will support your journey from start to finish.



Your safety is always our number 1 priority.

So what is stopping you?

For most of us our our main hurdle is a lack of priority (infact our research found that women put themselves at 7 out of 10 on the priority list, (men at number 6) in their family. We are all so used to prioritising everyone else, teh spare time we have for house work or taxiing the kids about, and where we spend our money - and all other aspect of our lives above our own needs. Whether it's time, money or just focus. And we all know the analogy of a filling your own cup before you can fill others....

And how many times have you committed to the latest diet or exercise fad and it hasn't worked? Then the self loathing and criticism sets in. Pattern repeated. It's scary to think that you will be repeating the same negative self talk and repeating these behaviours for the next 40 years. It doesn't have to be this way.

Plus there is so much external criticism for those who seek plastic surgery/or cosmetic enhancements like Botox or fillers, but we have used hair dye, razors and currrent fashion clothing to feel beautiful for years so why is getting a little hand from fat freezing any different? If it makes you feel good then why not do it?

It's ok to spend a little time and money on yourself - to put your oxygen mask on first. Fat freezing is permanent and will change your shape forever.

- Imagine not criticising yourself for drinking a glass of wine or eating pasta for dinner.
- Imagine going for a walk because you feel like it rather than because you should.
- Imagine having the head space to think of positive and nice things about yourself and your body or better still not think about it at all!

Take care of you and your needs. Prioritise yourself. We live in a busy world with busy lives and are overwhelmed with what we should and shouldn't do and how we should look. This is your body and your life. Do you really want to waste any more time and emotion on negative thoughts and patterns?

Fat freezing will give you peace and the freedom to love your body. Fat freezing safely shifts pockets of fat permanently and gives you the body you desire and the body you deserve.

When we flatten a belly we fatten a belly ...

How cool is this - with each business transaction at Beautiful Body Clinics, we help "Flatten a belly" and also "Fatten a belly" somewhere else in the world!

And the great news is that your treatment here is a part of this giving.

Beautiful Body Clinics was estblished to make a difference to peoples lives. So as an active member of the social enterprise Buy1Give1 - together we make a huge difference to peoples lives here with out fat freezing treatments and to those less fortunate elsewhere in the world. Through our membership we have access to various charities throughout the world and so - when we Flatten a Belly here - we Fatten one somewhere by donating money for seeds to be planted, meals, livestock (goats) and agriculture equipment. This is the most wonderful aspect of our business.

So with each fat freezing treatment at Beautiful Body Clinics, we flatten a belly and fatten ome too.



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Before & Afters

SEE THE RESULTS FOR YOURSELF!



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LET'S HEAR FROM SOME OF OUR CLIENTS

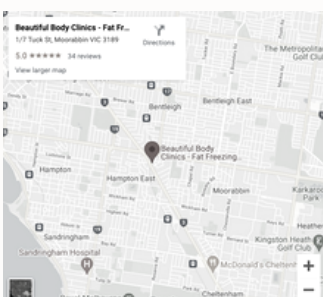
<p>Beautiful Body Clinics FAT FREEZING SPECIALISTS</p> <p>★★★★★</p> <p>TESTIMONIAL</p> <p>"I was initially very nervous prior to my treatment, I soon realised I had nothing to worry about! The treatment was pain free and I was made to feel very at ease by all clinical staff. I saw results after two weeks and as time went on I only kept seeing more and more difference. Having medical staff and medically approved equipment was a necessity for me, beautiful body clinics ticks all those boxes for me. recommend 10/10 :)" - H A 24 yrs</p>	<p>Beautiful Body Clinics FAT FREEZING SPECIALISTS</p> <p>★★★★★</p> <p>TESTIMONIAL</p> <p>Thank you so much for bringing my confidence back in with this treatment. Your staff is so wonderful, accommodating and fantastic. Keep doing the good job. Thank you - PP, age 36</p>	<p>Beautiful Body Clinics FAT FREEZING SPECIALISTS</p> <p>★★★★★</p> <p>TESTIMONIAL</p> <p>"Hi Linda. I saw you for fat freezing in 2020 and am interested in getting more done. It was/is fabulous! I've recommended you and fat freezing to anyone with ears!! It's time my batwings were dealt with, so I'd like to make another appointment. See you soon!" - Elizabeth, 55 yrs</p>	<p>Beautiful Body Clinics FAT FREEZING SPECIALISTS</p> <p>★★★★★</p> <p>TESTIMONIAL</p> <p>To all the lovely ladies at Beautiful Body Clinics. THANK YOU!</p> <p>Firstly, I think I should note that I NEVER have written a review. Not for anything, even though I have been more than impressed with items I have purchased or products I have tried. Having said that, I could not, not write a review for the results I have received at this clinic. They have been absolutely amazing! I have been blown away by the results and as such am a repeat client. I have had my tummy, arms and side/lower back treated and it has given me so much extra confidence in myself and my new wardrobe. ☺ I actually love what I see in the mirror. T.S 50yo</p>
<p>Beautiful Body Clinics FAT FREEZING SPECIALISTS</p> <p>★★★★★</p> <p>TESTIMONIAL</p> <p>"Highly recommended! Don't waste your time on those Groupons ... this is the real deal ... it works!! Great service, very professional and excellent customer service right from the start with follow ups to ensure I was happy and everything was fine. Thank you!! I have passed on your details to all family and friends. 10/10." - KM</p>	<p>Beautiful Body Clinics FAT FREEZING SPECIALISTS</p> <p>★★★★★</p> <p>TESTIMONIAL</p> <p>Wow, I can really tell the difference in before and after. Thank you. I can see and feel it in my clothes too. Lovely to see you again.</p>	<p>Beautiful Body Clinics FAT FREEZING SPECIALISTS</p> <p>★★★★★</p> <p>TESTIMONIAL</p> <p>Highly recommend if you're like me and have been exercising for years. That lower belly flab that I couldn't exercise or diet away. If I did lose the weight the weight was not sustainable. So happy with the results. Wish I knew about it sooner. Both Linda and Emily are fabulous - ST, age 54</p>	<p>Beautiful Body Clinics FAT FREEZING SPECIALISTS</p> <p>★★★★★</p> <p>TESTIMONIAL</p> <p>"I had treatment 10 weeks ago and cannot believe how good I feel & how fantastic I look. My tummy has virtually gone. I am a middle aged Mum & couldn't get rid of my stomach no matter what I did. Linda was so knowledgeable & helpful & knows exactly what to do. No pushy sales technique - just honest assessment & now A RAVING FAN! Thanks beautiful Body Clinics - you sure are the fat freezing specialists."</p>

Why You Should Choose Beautiful Body Clinics As Your Fat Freezing Clinic

3 KEY REASONS:

1. Fat freezing is permanent
2. Our main focus is fat freezing - we specialise in fat freezing
3. The quality of our equipment and our staff training is proven in our results.

Stay Connected & Follow Us



BEAUTIFUL BODY CLINICS ADDRESS



1/7 Tuck Street, Moorabbin, Victoria 3189

There is 2 hour parking on the opposite side to our clinic and 4 hour parking nearby. We are 1 minute walk from the Moorabbin Train Station.



<http://beautifulbodyclinics.com.au>

1300 2639 669

