

Meta Title: SLC CoolTone Treatment | CoolTone Body Contouring

Meta Description: With CoolTone treatment in Salt Lake City, you can strengthen your core, define abdominal muscles, lift the glutes, and sculpt your thighs. Here's how!

Slug:

KW: {Salt Lake City variations} cooltone, cooltone muscle toning

Secondary KWs: body sculpting, body contouring, cooltone treatment, fat reduction,

H1 Salt Lake City CoolTone Treatments

H2 Strengthen Your Abdomen, Buttocks, and Thighs with CoolTone

Body contouring services continue to evolve, getting better with time to provide results unique to each individual. CoolTone is no exception. With Active Magnetic Pulse™ technology, CoolTone stimulates powerful muscle contractions in the body. This magnetic muscle stimulation is revolutionary in toning muscle groups. These muscle contractions are stronger than your body can produce on its own. This means you can achieve your body contouring goals faster, accurately targeting areas on the body that need muscle toning.

At Haus of Aesthetics, our highly trained professionals offer individualized treatments. We listen to your needs, understand your wants, and communicate realistic expectations. You deserve to feel confident in your aesthetic provider.

Choosing our team ensures that your results are of the highest quality. We are here to help you find the right treatment solutions and make them last for years to come. **Get in touch today to learn more, or [schedule your free consultation](#) for CoolTone body contouring in the SLC area.** The world of aesthetics is uplifting and positive. Let's work together to achieve your version of body positivity.

H2 CoolTone Procedure: What to Expect with CoolTone Muscle Toning

Before going in for your CoolTone treatment, you will first have a meeting with your Haus of Aesthetics provider. This gives you the chance to ask any questions and talk through the treatment area you might want to address.

Your provider will determine whether or not you are a good candidate for CoolTone before creating your custom treatment plan. Most patients will have anywhere from four to eight treatments to reach their final goal.

The CoolTone procedure involves:

1. Having before images taken to track your progress
2. Your provider placing applicators on specific areas to tone
3. Starting the toning process with intensity levels ranging from 1-100% based on your tolerance

CoolTone treatments last about 30 minutes, during which you will feel a shift between deep muscle contractions and resting.

H3 CoolTone Results

CoolTone comes from the creators of the revolutionary CoolSculpting. However, CoolTone goes beyond freezing fat cells to reduce stubborn bulges. The powerful muscle contractions this innovative treatment produces build and tone muscles. The result is a stronger, firmer, more solid physique. Perhaps best of all, the results you see are maintainable in the long term.

We look at it as a “use it or lose it” treatment. If you don’t exercise and take steps to maintain your physique, you can expect the results to last six months or longer. **Keeping your body properly hydrated and fueled with a balanced diet of healthy foods, in combination with regular exercise, will let you enjoy your stronger, more contoured body for a long time.**

H2 CoolTone Before and After*

B&A PICS

*Results may vary depending on desired results, treatment frequency, and treatment intensity.

H2 Combining CoolTone with CoolSculpting

Whether you’re already familiar with the dramatic effects of a [CoolSculpting procedure](#) and wondering whether you can add CoolTone treatments, or this is all new, you’ve come to the right place. Many patients want to achieve both fat reduction and muscle building simultaneously. With these two treatments, it is a realistic possibility.

CoolSculpt works to get rid of stubborn fat pockets or visible fat bulges. CoolTone works by toning muscles and strengthening the body. **One trip to our comfortable, clean facility can help you reduce fat, build and tone muscle, and tighten your skin.** Bringing the treatments together is a cost-effective solution to several different body goals. Love the skin you’re in with the benefits you can get from either or both sculpting treatments.

H2 Salt Lake City CoolTone FAQs

H3 What is CoolTone Recovery Like?

One of the major reasons patients choose a non-invasive procedure like CoolTone is the healing process. **Generally, you can anticipate having muscle soreness and mild swelling in the treatment areas as if you just finished a challenging workout.** Applicator locations can also leave some mild redness temporarily. However, you will be able to resume normal activities right after your treatment session without needing to take time off to recover for desired results.

H3 When Do You See CoolTone Results in Utah?

Over the next few weeks after your CoolTone session, you will notice more definition in treatment areas. You will start to feel stronger and find that you have more muscle tone. Though you can help maintain your appearance with physical activity, you may choose additional body sculpting sessions to amplify desired results.

H3 What Areas Can You Treat With CoolTone?

There are three treatment areas of the body that are FDA-cleared to sculpt with CoolTone: the abdomen, glutes, and thighs. Strengthening these major muscle groups with CoolTone magnetic muscle stimulation allows men and women to define their core, firm up their thighs, and lift their buttocks. However, it's important to note that this is not a weight loss procedure.

H3 Who Should Not Choose CoolTone?

For patients with metal, electrical, or electronic implants or devices, those areas should not receive CoolTone treatment. **Medical conditions that indicate you should talk to a doctor before being treated with CoolTone include:**

- Fever
- Malignant tumors
- Hemorrhagic conditions
- Epilepsy
- Recent surgery
- Pulmonary insufficiency
- Pregnancy

It's also important to schedule your CoolTone appointment away from menstruation cycles if you are a woman looking for body contouring. This is because the technology used in CoolTone can increase cramping in women.

H3 How Much is One Session of CoolTone in SLC?

Your individual treatment plan will lay out every aspect of your cost factors, from the treatment area to the number of sessions. With that in mind, **you can expect to pay anywhere between \$750 to \$1,000 per session.**

Also, bringing two treatments into one session (for example, combining CoolTone and CoolSculpt) can help you save overall as you reach your goals. Before your treatment session with Haus of Aesthetics, you will have a full breakdown of clear pricing so that you can make your body sculpting procedure decisions confidently. Cost is a valid concern, but keep in mind that finding the right provider makes all the difference in your safe body contouring experience.

H2 SLC CoolTone Body Contouring

You deserve the opportunity to let your natural beauty shine through. If diet and exercise aren't getting you the body strength and toning results you've been looking for, it might be time to try CoolTone. **Call (801) 997-8199 today for a complimentary consultation and more information on CoolTone treatments in the SLC area.** We are one of Utah's premiere medical spas with world-class skincare and body sculpting treatments. Welcome to our Haus.