

# A Laser Lipo Guide: How It Works, What It Costs, What to Know Before You Go

Traditional liposuction requires an invasive procedure to remove fat from areas such as the abdomen, thighs, neck, and arms. But there's another way to slim down without surgery or even downtime. It's called noninvasive [laser lipo](#), and it relies on laser energy instead of incisions to slim the body quickly and with minimal effort on the part of the patient.

We asked Heather of Spa Boutique 2go in Chicago to help us understand how exactly the treatment works. To get started, click one of the links below:

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*Note: Sometimes the term "laser lipo" is used to describe conventional surgical liposuction that incorporates lasers to enhance the results, but that's not how we're using it here.*

## HOW DOES LASER LIPO WORK?

Unlike conventional liposuction, the idea of noninvasive laser lipo is not to remove fat cells, but to shrink them.

During each session—the brand of laser-lipo device Spa Boutique 2go uses—a technician places pads equipped with laser diodes directly onto the skin. The laser energy penetrates down to the fat cells and creates tiny holes in their membranes. This causes the fat cells to release their stored fatty acids, glycerol, and water into the body and then shrink, potentially resulting in lost inches. The body then flushes out the expelled fat-cell contents via the lymphatic system or burns them for energy.

"Think of your fat cells as groups of juicy grapes," Heather says. "The laser beam reaches the fat cell and shrinks the contents, and those grapes become raisins."

## WHO'S ELIGIBLE FOR LASER LIPO?

The pool of ideal candidates for laser lipo is a little bit smaller than for traditional lipo because the procedure isn't perfect for extensive weight loss. It might be right for you if you're:

- Only about 25 pounds over your ideal weight
- More concerned with "problem areas" than total-body weight loss
- In good health with good skin elasticity

Still not sure? Make sure to [schedule a consultation](#)! If you book a consultation and are not a candidate, we'll refund your money. Should you decide to move forward with the procedure, the consultation fee will be deducted from the cost of your service.

## WHAT IS THE LASER LIPO PROCESS LIKE?

The atmosphere is a relaxed one.

From there, the technician applies the pads to the targeted area, inundating it with laser energy for about 10 to 20 minutes; followed by RF tightening, finish with abdominal cupping to assist lymphatic flow. You may see a difference immediately, but for best results, you'll need to return weekly for eight weeks.

Here are some fast facts about the recommended cycle:

### Treatment schedule

Though some clients begin to notice results after only a few sessions, most require 6–8 treatments to see maximum results.

### Frequency

Two treatments per week for four weeks or weekly for eight weeks are recommended.

### Downtime

Because the treatment is not invasive, no downtime is required.

## HOW MUCH DOES LASER LIPO COST?

The cost of laser lipo can vary considerably depending on the size of the area you want to treat, as well as your location and the experience of the clinic you visit. A typical series of eight sessions can easily cost upward of \$1,000. However from us your cost about \$99 for a single treatment; purchase multiple sessions at once and save (Buy 7 get 8).

# WHAT AREAS CAN BE TREATED WITH LASER LIPO?

All parts of the body that store fat can be treated.

The most common treatment areas include:

- Abdomen
- Waistline
- Thighs
- Arms
- Under the chin

# HOW LONG DO LASER LIPO RESULTS LAST?

Because i-Lipo does not destroy fat cells but rather empties them of their contents, the fat cells are capable of storing fat again. A balanced diet is the only way to ensure lasting results.

When you're at home, we want you to make some good dietary choices, [Eat] lean protein. Stay away from alcoholic beverages and sugar. Those who take in more calories than they burn will see their improvement start to decrease over time.

Products to assist you in reaching your personal goals and becoming your personal best!

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