



# CRYOTHERAPY: ICE COLD BEAUTY

*Breakthrough treatments to banish fat and smooth skin painlessly. Also check out our guide to a perfect complexion.*

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By **Jessica Prince** on Aug 12, 2011

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Whether it's to freeze and destroy fat cells in your belly, smooth facial wrinkles, or obliterate spider veins, cryotherapy — treatments that use extremely cold temperatures — is revolutionizing the spectrum of antiaging procedures.

## **ERASE VEINS — PAINLESSLY**

Chances are you've heard about sclerotherapy, the most popular and effective treatment to eliminate spider and varicose veins, which affect around 50 percent of women. During the procedure, doctors inject thin needles filled with a chemical solution into unsightly veins (usually on the legs), causing them to shrink and become reabsorbed by the body. Traditionally, doctors inject 40 to 80 needles in roughly 20 minutes, which needless to say can be more than a little uncomfortable. Now, with the use of a device called Cryo 6, which delivers freezing air (measuring minus 22 degrees Fahrenheit) onto the skin as injections are administered, sclerotherapy has become a virtually pain-free process. "Patients can now tolerate up to 100 injections without pain," says Luis Navarro, founder and medical director of the Vein Treatment Center in New York City. While a cold temperature is extremely effective as a topical numbing agent and at reducing inflammation, studies have also shown that a cooled sclerosing agent inside the needles can cause more damage to the inner part of the vein, which means it shrinks faster with less bruising. Katie F., 35, received treatments from Navarro. "I didn't even feel the 80 injections, and my veins completely disappeared in three weeks," she says. Cost: around \$500 for 40 injections.