The effectiveness of fat freezing has been proven by a number of studies. It has been found that fat cells can be killed by placing a frozen mass against targeted areas of the body for prolonged periods.

Around 40 years ago, it has been observed by scientists that children that ate a lot of popsicles developed dimples in their cheeks. They discovered that that white fat cells are susceptible to cold temperatures. Consequently, they would literally freeze and die when exposed to the right amount of cold for the right amount of time, which caused dimples.

The process of fat freezing is also called Cryolipolysis.

Freeze2Trim is the ultimate body sculpting technology, which uses the fat freezing process to freeze fat away. It is easy to use. You can target the problematic areas of your body: your waist, hips, thighs, buttocks, abdomen, back, flanks and chests.

Freeze2Trim's kit includes proprietary dual targeting technology, which targets both inner and outer fat layers. It is designed to keep them at their optimal fat freezing temperature giving you the best results in the shortest amount of time. Fat cells respond directly to cold. They convert themselves into heat to counter that cold.