



# isavera<sup>®</sup>

FAT FREEZING SYSTEMS

## ARMSCULPTOR<sup>™</sup> INSTRUCTION GUIDE



1. Neoprene Fat Freezing Wraps
2. Dual-Action Gel Packs

3. Body Fat Caliper
4. Measuring Tape

5. Body Fat Massager

*"Isavera is a safe and effective means to reduce fat without the need for expensive medications and invasive cosmetic procedures."*

**Ari Magill, M.D.**  
Board Certified Neurologist

*"Based on a large body of scientific literature on the efficacy and safety of targeted destruction of fat cells through cooling, Isavera - when used as directed - is a promising technique for obtaining targeted fat loss in problem areas that would be very difficult to obtain from diet and exercise alone."*

**Suneil Kumar, M.D.**  
Physician & Medical Consultant

\* Colors may vary between black and white



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WE SELL EXCLUSIVELY ON AMAZON.COM



# Thank You for Your Business

Thank you for ordering the *Isavera Armsculptor™ Fat Freezing System*. We hope that you love it as much as we do. If, for any reason, you are not completely satisfied with your purchase, we will take it back for an exchange or full refund (at any time - even past Amazon's 30 day policy).

We would be very grateful if you'd take a brief moment and leave an initial review of our product at [isavera.com/review](http://isavera.com/review). You can also go to your past Amazon purchases and click "Write a product review". It is a huge help toward establishing our business.

If you have *any* questions, comments, or requests, please contact us directly at [info@isavera.com](mailto:info@isavera.com) or me personally at [nadia@isavera.com](mailto:nadia@isavera.com).



*Nadia*

**Nadia Kensington**  
Inventor & Co-Founder

## WHAT OUR PAST CUSTOMERS ARE SAYING

About Our Main Product, the *Isavera Fat Freezing System*

*"Simply an awesome, innovative way to get rid of fat. I've had great results and they have lasted. Comfortable, easy, and it beats clinic prices any day."*



- Kim Marshall, Los Angeles, CA

*"I lost a noticeable amount of fat (in my abs) and my metabolism seems sped up. I also started a big workout program.. but it has never come off like this. Thank you!"*



- J.J., Wausau, WI

*"I've enjoyed every day I've spent with my Isavera Fat Freezing system. My sister keeps borrowing it from me and I've now made her purchase her own. I've definitely seen a reduction in inches, mainly from my sides and belly area."*



- Cassie, Houston, TX

*"I am fairly fit, but I've considered myself 'skinny-fat' ever since the birth of my first son. I eat well and exercise daily, but couldn't get rid of the excess fat. I did the Isavera system for 8 weeks and I have seen a significant reduction in fat around my waist. Glad I found this."*



- Lynn C, Bellingham, WA



See the research and medical studies that inspired the design of the Isavera line of products at [isavera.com/medical-studies](http://isavera.com/medical-studies)

## PRODUCT QUALITY WARRANTY



At Isavera, we stand by our products with a lifetime warranty. We want every Isavera customer to be satisfied for the lifetime of their product. Should you experience any defects in materials or workmanship, we will replace or repair the defective product, free of charge. We will also happily refund past the Amazon 30 day window. **Register your warranty here:**

[isavera.com/warranty](http://isavera.com/warranty)

If you have *any* questions at all, or need *anything* replaced (free), do not hesitate to contact us at [info@isavera.com](mailto:info@isavera.com)

# Instructions for Use

Do not begin without reading the disclaimer, warnings, and agreement. Consider using the body fat caliper and measuring tape to record your results as you go. Your progress can be marked on the Progress Log (page 6).

1

## Prepare Gel Packs

Place the gel packs in the coldest part of the freezer for a minimum of 24 hours (ideally have your freezer set to at least 0° F). Separate, lay flat and try to not stack.

2

## Insert Gel Packs into Wraps (Neoprene Belts)

Lay each wrap (with pockets visible) on a countertop with the Velcro ends facing inward. Starting with the outside pocket (A), insert the gel packs into as many pockets as needed (depending on the width of your upper arms).



**NOTE:** You will notice that there are two layers inside each of the pockets. Begin with the outermost layer for your first few sessions, as this will give your body more time to get used to the cold (by providing two layers of insulation).

3

## Roll and Fit the Wraps to Your Arms

With the wraps still on countertop, begin rolling one wrap completely from the outside (A) inward, with space for your arm inside. Adhere the Velcro. Slide the wrap up your arm (like a sock). If it slides off, re-tighten it slightly and slide it back on arm. Repeat until it is a snug fit. Continue this process with your opposite arm.

**TIP:** See following page for additional hints and tips.

4

## Test + Begin Fat Freezing Process

Test the process. Make the duration of your first 2-3 treatments be around 10 minutes to gauge your skin's response. If an adverse reaction occurs (besides temporary pink skin), contact us. In future sessions, be sure move the gel packs to the innermost layer (in front of the plastic layer) and extend your sessions to 45-60 minutes. Log your sessions (page 6). Retighten the wraps throughout the process.










5

## Massage Treated Area

After each session, thoroughly massage with the body fat massager (or hands) for 1-2 minutes. This will help break up the fat cells that were damaged by the cold. The product can be worn daily, but 2-3 times per week is adequate. Wear for 8-10 weeks. Some results can be seen in 3-6 weeks, but final results will show at around 12 weeks.

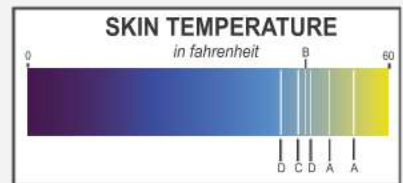
**GEL PACK WARNING:** Because our gel packs are specially designed for fat-freezing, they are formulated differently than traditional gel packs. After use, do not leave thawed gel packs at room temperature for over 4 hours. Try to always keep stored in freezer after initial use.

If you ever need replacement or extra packs, please contact us. We are happy to help.

-  Many users use items such as piece of tape or plastic hair clip to mark exactly where the upper left corner of D pocket touches the back of the wrap. This allows them to quickly roll the wraps for the perfect fit without readjusting. Other users leave their wraps pre-rolled and freeze the entire wrap.
-  Be sure to wipe down excess water/condensation that may exist on the gel packs after use. It is best to keep the gel packs as dry as possible to avoid moisture within the wraps. Always air-dry the wraps in a dry, well-ventilated area.
-  As mentioned above, some users prefer to freeze the wraps without removing the gel packs. If you choose to do this, be aware of condensation and wipe the wraps down after every use. Also be certain the gel packs are freezing as well as they would if isolated.
-  Never allow the frozen part of the gel packs to touch your skin (of treated area). You do not need gloves to touch the gel packs.
-  Individual results will vary and are never typical. To make sure you can tolerate the cold and start the process slowly. If it becomes painful, remove the wrap immediately.
-  After wearing the wrap for 5 minutes, the packs will soften. This is normal. We recommend undoing the Velcro and re-tightening the wraps.
-  Slide your hand between the wrap and skin every 15 minutes. If any point the skin feels firm, remove the wrap and allow your skin to warm.
-  Try to not shower, exercise or consume warm drinks one hour before or after treatment. The heat can possibly make the fat freezing less effective.
-  Be patient. Fat freezing takes time. The cold exposure will cause apoptosis (cell death), but it can take up to 12 weeks for body to fully flush out the compromised fat cells.





## The Science Behind Isavera

We did not create our products without rigorous scientific research. Several scientific studies (below) show that fat cell apoptosis (cell death) can be triggered within a specific temperature range. We developed our wraps and gel packs specifically around this data. During our prototyping we used a thermocouple to monitor skin temperatures to replicate this range.



Our product is patent pending, and our gel is proprietary. Our research was verified by board certified physicians.

### Medical Studies

-  GH, Sasaki, N. Abelev, A. Tevez-Ortiz, **Noninvasive selective cryolipolysis and reperfusion recovery for localized natural fat reduction and contouring.**, *Aesthet Surg J*, volume 34, issue 3, pages 420-31, Mar 2014
-  H. Pinto, E. Arredondo, D. Ricart-Jane, **Evaluation of adipocytic changes after a simil-lipocryolysis stimulus.**, *Cryo Letters*, volume 34, issue 1, pages 100-5
-  Jessica A. Preciado, John W. Allison, 59. **The effect of cold exposure on adipocytes: Examining a novel method for the non-invasive removal of fat.** *Cryobiology*, volume 57, issue 3, 2008, pages 327
-  S. Y. Jeong, T. R. Kwon, J. Seok, K. Y. Park, B. J. Kim, **Non-invasive tumescent cryolipolysis using a new 4D handpiece: a comparative study with a porcine model.** *Skin Research and Technology*, volume 23, issue 1, 2017, pages 79–87

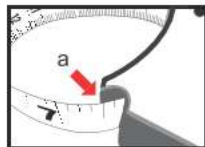
## ? How can I tighten the wraps?

Tightening the wraps may seem foreign at first but it's very simple. To tighten, simply slide the wrap off of your arm and tighten the Velcro. Once tightened, pull the wrap back up your arm (like a sock). Some users leave their wraps pre-rolled and freeze the entire wrap. If you choose to do this, however, please be aware of condensation buildup.

## ? Why is the tape measure missing the first ~1.5 inches?

The tape measure is designed this way on purpose. This is to account for the width of the plastic mechanism (that contours to your body). The tape is completely accurate.

**TIP:** To accurately read results, be sure you read the very tip (a) of the hooked side of the measuring tape mechanism (the side the tape gets pulled from). Use this same device for your before and after measurements (Note: Depending on our suppliers, not all measuring tapes will be designed this way.).



This reading says 7.5 inches

## ? The gel packs seem to thaw / melt quickly. Is this normal?

Yes, absolutely. Fat freezing, also known as cryolipolysis, is more about cooling the skin and underlying fat to a temperature range (and maintaining it). Once the area is cooled, the gel packs serve as a mechanism to wick heat from the tissue (and maintain it at a steady temperature) while the neoprene insulates the area. Simply wear the belt as instructed despite the gel packs melting. It is completely normal.

## ? Are the gel packs different than regular gel packs?

Yes. The gel packs are formulated differently than regular gel packs. They have been designed to do three things: reach ideal temperatures (for fat cell apoptosis), wick and distribute body heat, and remain flexible when frozen. They have undergone extensive testing (with a thermocouple) to make sure they reach optimal fat freezing temperatures while avoiding risk of frostbite. They contain proprietary non-toxic ingredients.

## ? How do I use the rolling body fat massager?

After using the wraps, we highly recommend a simple massage in a pulling motion for 1-2 minutes. This helps break down the damaged fat cells. The massager also works well in the shower for any areas with cellulite. If massager is uncomfortable, massaging with your hands (without massager) can also be effective. Be sure that the rollers are pointing outwards (in a V shape) and you always pull the roller towards you. Otherwise it can pinch the skin.

## ? The gel packs are not freezing solid. What can I do?

The gel packs are designed to be *slightly* flexible when frozen. In some cases, they will never freeze completely solid. A properly frozen gel pack should turn slightly white and not "droop" when placed off the edge of a countertop.

**If they are not reaching this point, the following tips may help you:**

- Keep your freezer at its lowest possible temperature setting - at least 0° F.
- Different areas within freezers can often have dramatically different temperatures. Try testing your gel packs in different areas of the freezer.
- Place the gel packs completely flat and isolated from each other within the freezer. Because they are designed to wick heat, they will not freeze well when near each other. Try experimenting with different locations.
- Try to not open your freezer often. It will significantly impact the freezing process.

**If you are still having issues, we will happily replace the gel pack for you. Please keep in mind, however, that it is very rare to have a defective gel pack. It is most commonly an issue with the freezer temperatures and the gel pack locations.**



# Warnings and Precautions

## DISCLAIMER

Results may vary from person to person depending on goals, duration and frequency of use. We cannot guarantee specific results. As always, diet, exercise and a healthy lifestyle are the most critical elements towards an ideal body type.

Please consult with your primary care provider before using our products or any other weight loss product. Isavera's products are not intended to prevent, diagnose, treat, or cure any condition or disease. Individuals who have problems sensing cold should proceed with caution when using our products. Do not use our product if you have Buerger's Disease, panniculitis, cryoglobulinemia, or Raynaud's phenomenon.

The Food and Drug Administration has not evaluated these statements. Individual results may vary depending on the user.

The ideas, procedures, and suggestions contained within this document are not intended as a substitute for consulting with your physician. All matters regarding your health require consultation with your physician.

**Isavera, LLC shall not be liable or responsible for any loss or damage allegedly arising from any information or suggestions within this document. You, as a reader of this document, are totally and completely responsible for your own health and healthcare.**

## WARNINGS AND PRECAUTIONS

- Always consult your doctor before beginning any fat loss program. Our product is designed for individuals who are of average weight and are in good health. Ideal candidates have pockets of fat that are not responding to diet and exercise. Our product cools the 'white' subcutaneous fat that is located directly under the skin. It is not designed to target the visceral fat that exists underneath muscle tissue.
- Do not use while sleeping.
- Discontinue immediately if you feel faint, dizzy or extreme pain. Do not allow any of the frozen gel pack to touch exposed skin (touching with your hands is safe).
- In rare cases, some individuals may react to the fabrics in our product. If you have a rash or reaction, please discontinue and consult a physician immediately.
- Our product works with all body types, but the ideal candidates are -20% near their ideal weight.
- Do not put excess weight on gel packs as gel packs can rupture. Contact us for a replacement.
- Do not use on areas where skin is sensitive.
- Use as directed - never use for purposes other than which it is intended. Misuse could lead to injury or death.
- Those who have difficulty sensing cold should not use this product. Never use if you have poor blood circulation, Raynaud's phenomenon, rheumatoid arthritis, panniculitis, cryoglobulinemia, Buerger's disease, paroxysmal cold hemoglobinuria or cold urticaria.
- TSA may seize gel packs in certain situations. If this occurs, we will replace the gel packs for you.

## AGREEMENT

You agree to indemnify and hold harmless Isavera LLC, Isavera.com, its officers, employees, agents, and suppliers from and against any and all claims, charges, demands, damages, liabilities, losses, expenses, and liabilities of whatever nature and howsoever arising (including but not limited to any legal or other professional fees and the costs of defending or prosecuting any claim and any other direct or consequential loss) incurred or suffered directly or indirectly as a result of using this product.

**THE FOOD AND DRUG ADMINISTRATION HAS NOT EVALUATED THESE STATEMENTS. ISAVERA IS NOT INTENDED TO DIAGNOSE, TREAT, OR PREVENT DISEASE. CONSULT DOCTOR BEFORE STARTING ANY FAT LOSS PROGRAM.**



# Progress Log

Use the *Isavera Armsculptor™ Fat Freezing System* at least 2-3 times per week for 8-10 weeks. Fill in the circles to record each session. Measure with the caliper and measuring tape at the same time each week. Use massage tool after each use. Take photos at week 1 and week 12. Be aware that your results will be skewed if you exceed your daily caloric needs. Consume plenty of water throughout the process.

WEEK 1	MON	TUE	WED	THR	FRI	SAT	SUN	Measurements
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Body Fat Caliper    Measuring Tape
WEEK 2	MON	TUE	WED	THR	FRI	SAT	SUN	Measurements
	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	Body Fat Caliper    Measuring Tape
WEEK 3	MON	TUE	WED	THR	FRI	SAT	SUN	Measurements
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Body Fat Caliper    Measuring Tape
WEEK 4	MON	TUE	WED	THR	FRI	SAT	SUN	Measurements
	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	Body Fat Caliper    Measuring Tape
WEEK 5	MON	TUE	WED	THR	FRI	SAT	SUN	Measurements
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Body Fat Caliper    Measuring Tape
WEEK 6	MON	TUE	WED	THR	FRI	SAT	SUN	Measurements
	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	Body Fat Caliper    Measuring Tape
WEEK 7	MON	TUE	WED	THR	FRI	SAT	SUN	Measurements
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Body Fat Caliper    Measuring Tape
WEEK 8	MON	TUE	WED	THR	FRI	SAT	SUN	Measurements
	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	Body Fat Caliper    Measuring Tape
WEEK 9	MON	TUE	WED	THR	FRI	SAT	SUN	Measurements
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Body Fat Caliper    Measuring Tape
WEEK 10	MON	TUE	WED	THR	FRI	SAT	SUN	Measurements
	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	Body Fat Caliper    Measuring Tape

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# Real Customers, Real Reviews

From Our Main Product, the *Isavera Fat Freezing System*



*"I smoothed out some uneven bulges and lost about two inches, giving me a much better shape than I originally had."*

-Thomas D.



*"I've lost 2 inches off my waist and almost 1.5 off my hips."*

-Madison



*"Within two weeks I lost approximately 2" off of my belly. How cool is that?"*

-Warren C.



*"I have lost 2 inches across my chest and 2 inches in my waist. I am amazed."*

-R. Bowker



*"So happy with this product, I could sell it on street corners."*

-Lisa



*"I am extremely pleased to say that I have lost about an inch of surface fat at the midriff line. This is a great product."*

-J. Horton

Real reviews by real customers, submitted to Amazon.com. Some of the reviews above are segments of a longer review. To read full reviews, please visit the listing on Amazon.

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