

# Understanding the Science of Cryotherapy for Cryosculpting: A Look at the Kaasen Device

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## First, What is Cryotherapy?

**Cryotherapy** simply means "**cold therapy**." It involves the application of low temperatures to the body to trigger specific biological responses. In the medical world, we often use cold to reduce inflammation or pain. In aesthetics, however, cryotherapy serves a different purpose: **targeting and breaking down fat cells**.

This is where **cryosculpting** comes in — the art and science of using cold temperatures to **reshape and refine** the body's contours without the need for surgery.

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## How Does Cryosculpting Work with Kaasen?

The **Kaasen** device makes cryosculpting highly effective by delivering a **controlled flow of super-cooled air** directly to a chosen area of the body.

Here's the science: fat cells are more sensitive to cold than other types of tissue. When exposed to the specific temperatures delivered by Kaasen, these fat cells undergo a natural process called **apoptosis**, programmed cell death.

Once these fat cells are damaged, the body identifies them as waste and gradually clears them out through the lymphatic system over the following weeks.

**Key point:** Skin, muscle, and other surrounding tissues remain unaffected because Kaasen's targeted cold exposure is precisely calibrated. That precision is a major advantage over other types of treatments.

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## Why Choose Cold Over Heat or Surgery?

Some might ask, why use cold therapy rather than heat or traditional surgery?

First, **non-invasiveness**. Kaasen treatments require no cutting, no needles, and no anaesthesia. Clients can walk in for a session and resume normal activities immediately after.

Second, **selectivity**. While heat can sometimes indiscriminately affect various tissue types, cold therapy through Kaasen is highly selective, primarily impacting fat cells while sparing healthy tissue.

Finally, **natural results**. Since the body removes the damaged fat cells over time, the outcome appears gradual and natural, with no sudden, drastic changes that might otherwise seem unnatural.

## Why is Kaasen Unique?

The **Kaasen** device differs from many traditional cryotherapy methods in a few critical ways:

- **Portability:** It's lightweight and handheld, allowing treatments on almost any area of the body with greater ease.
- **Precision:** Because it is manually operated by a skilled practitioner, Kaasen allows for highly customised treatments.
- **Speed:** Sessions are quick, often less than 15 minutes per area, making cryosculpting more accessible for clients with busy schedules.

In contrast to full-body cryo chambers or large, fixed machines, Kaasen provides a **highly targeted, convenient, and client-focused** solution.

## Additional Biological Benefits

Beyond fat reduction, Kaasen stimulates **blood circulation** and promotes **collagen production**. This leads not only to a leaner silhouette but also to improvements in **skin elasticity, texture**, and even **cellulite reduction**.

Thus, Kaasen treatments offer a dual benefit: body sculpting **and** skin rejuvenation.

## Conclusion: The Future of Aesthetic Cryotherapy

In summary, the **Kaasen** device is a leading example of how modern technology can leverage basic biological responses, like fat cell apoptosis through cold exposure, to achieve impressive aesthetic results safely and effectively.

For those considering a career in aesthetics, or simply interested in how the human body responds to its environment, Kaasen represents an important step forward in non-invasive body contouring technologies.



**Remember:** In science, elegance often lies in simplicity, and Kaasen's approach to cryosculpting is a perfect case in point.