Begin Your Fat Freezing Journey:

isavera.com/start

Instant Access to Individual Product Instructions, Warranty Activation, FAQs and More

- Downloadable Instructions
- Updated FAQs (Updated Daily)
- Premium Customer Support
- Training Materials
- Private Facebook Group

(coming soon)

- Gel Pack + Belt Replacements
- Special Discounts
- Bonus Diet and Fitness eBooks
- Activate Warranty
- Printable Progress Log + More

We stand by our products with a lifetime warranty of all parts. Quickly and easily register your product at isavera.com/start

We are extremely confident in our products. If you are not completely satisfied within 90 days of purchase, please contact us directly for a full refund.
The Science of Fat Freezing

In the 1970s, several doctors noticed children developing dimples after sucking on popsicles. It was later discovered that the children’s fat cells were damaged from the cold. They called this phenomenon “Popsicle Panniculitis”.

It was soon found that fat cells freeze (form crystals) at higher temperatures than other cells, nerves and muscle tissues. Once crystallization occurs, fat cells begin apoptosis (programmed cell death) and eventually die. Once destroyed, they are slowly excreted from the body over several weeks.


How Isavera Products Work

Method #1: Fat Freezing

(Destroy Fat Cells)

1. We have a finite amount of fat cells that shrink and expand, depending on our diet and exercise.
2. Cells are exposed to temperatures that cause crystallization. This triggers apoptosis (programmed cell death).
3. The fat cells slowly die off and are gradually flushed out through the body’s lymphatic system.
4. The result is less fat cells. The remainder condense and there is a noticeable reduction in the appearance of fat.

Method #2: Cold Thermogenesis

(Shrink Fat Cells)

1. Have you ever wondered why swimmers often have extremely low body fat? One key contributing factor: cold temperatures shrink fat cells by increasing calorie burn.
2. Exposing your body to the cold causes your body to use extra energy to stay warm. This means that your existing fat cells shrink and you lose weight.
3. Although Isavera’s products are primarily designed to cause apoptosis, they can also help shrink your existing fat cells through the process of cold thermogenesis.

Ready to Begin? For Full Instructions and to Start: isavera.com/start
Skin Temperatures that Show Fat Cell Apoptosis

We did not create our products without rigorous scientific research. Several medical studies (bottom) show that fat cell apoptosis (natural ‘programmed’ cell death) can be triggered when a specific temperature range is met. We developed our wraps and gel packs to meet this range. During our prototyping we used a thermocouple to monitor skin temperatures.

Our Dual-Action Gel Packs

- Tested and proven to safely bring subcutaneous fat to ideal temperatures and maintain it (using proprietary gel formula).
- Wick and distribute heat from target area to sustain optimal temperatures for fat cell apoptosis (cell death).
- Flexible when frozen to contour to stubborn areas (without the dangers of frostbite).

Do not use other gel packs with Isavera. Our gel packs are custom formulated for our products. Traditional gel packs do not function in the same manner and can cause frostbite. If you need more gel packs, simply contact us. Our product is patent pending and our gel is proprietary. Our research was verified by board certified physicians.

Medical Studies (Used in Top Chart)


The Science of Fat Freezing

Subcutaneous Skin Temperatures

Although our skin temperatures match the temperatures that have been seen several fat freezing studies, we wanted to be confident that our products also adequately penetrate the subcutaneous layer.

The subcutaneous layer begins at 2mm. With each application of Isaivera, this layer of fat cells is targeted.

To determine the correlation between surface skin temperature and subcutaneous fat, we examined three studies that suggest an increase (on average) of +3.5°C in the subcutaneous layer [1][2][3].

The compression of the wraps, however likely reduces the increase in temperature. This is due to blood being forced from the area and more efficient skin contact with the gel pack [4].

Lastly, our gel packs are designed to contain ‘wetted ice’, which has been shown to penetrate and cool far more effectively than all other methods [5].

Fat Freezing Summarized

The objective of fat freezing is to cause crystallization within the fat cells, which triggers apoptosis (natural cell death). Isaivera products effectively bring skin temperatures to a range of 6-12°C, with an average of 8.5°C. We concluded that the subcutaneous fat layer is approximately 3.5°C warmer than the skin’s temperature [1][2][3]. This increase in temperature, however, is likely significantly countered by the compression of our wraps and the formulation of our gel packs [4][5]. As a result, our products can effectively bring the top layer of subcutaneous fat to the temperatures that cause apoptosis.

Medical Studies


Getting the Most out of Isavera

Read the following to get the most out of your Isavera product. Get individual product instructions at isavera.com/start.

Our Products are Based on Proven, Validated Science

Using cold to cause fat-cell apoptosis (programmed cell death) is a tested, proven occurrence that has been demonstrated by clinical science in dozens of medical studies. We used two thermocouples to test skin temperatures (see previous page) to show that our products can effectively meet the ranges that are seen in several studies [1][2][3][4].

Our data was carefully reviewed and verified by four physicians and several other individuals in the medical and engineering communities.

Our Gel Packs are Uniquely Formulated for Fat Freezing

The objective of our gel packs is to transfer temperatures to trigger lipid (fat cell) crystallization. When lipids are crystallized, they begin the process of apoptosis (cell death)[1].

Our gel packs are designed to melt quickly. Once the ideal skin temperature range is met, our gel packs start to melt and begin to wick heat away from the target area. This wicking effect helps retain the optimal skin temperatures without cooling the area further (and risking skin damage).

Our gel packs contain a non-toxic antifreeze element called propylene glycol. Our ratio of this ingredient makes them flexible when frozen. Because there is a finite amount of this ingredient inside the gel packs, it is chemically impossible for them to lose their freezing power over time.

Our gel packs should not need to be replaced. However, we will replace them upon request.

Our Products are Different from Clinical Fat Freezing Systems

Our products are significantly different from clinical fat freezing systems. The largest differences are:

- Our products do not use suction, making them easy to apply and lessening inflammation.
- Our products do not get as cold. This makes them more comfortable with less side effects.
- Our products require repeated applications.
- Our products are far more cost effective.

The largest advantage of commercial fat freezing is that it can be done in one session.

Because our products do not use suction and do not get as cold, they need to be worn numerous times. This allows a new layer of fat cells to be targeted with each application.

Results Will Vary From Person to Person

Each individual responds differently to Isavera. Do not compare your results to others (such as your friends or product reviews). Some individuals get very dramatic results from our products, very early. Many seem to take much longer.

Because your lymphatic system has to flush out the dead cells, it should take several months to see true results.

For best results, consume plenty of water to aid the lymphatic system in flushing out the dead fat cells. Diet and exercise will aid in this as well, as they will speed up your metabolism.

Results Can Be Subtle

Many users report one to three inches in fat loss (circumference). This amount of fat loss is significant, but may appear to
Getting the Most out of Isavera

be subtle. We highly recommend using the calipers, progress log, and taking before and after photos.

Patience and Persistence Are Critical

If you do not use Isavera regularly and do not stay motivated, you simply will not reach your fat loss goals. Be sure you stay persistent, do not give up, and do not use the products more (or less) than intended. There needs to be ample time to allow reperfusion (blood flow) between uses and for your lymphatic system to flush out the dead fat cells.

Although some users have reported subtle changes at three weeks, the majority report seeing their best results at around three months and beyond.

If you aren’t fully satisfied with the results you achieved from the first treatment, consider undergoing it again. Multiple treatments have been proven to be more effective.

Massage Treated Area for Better Results

Be sure to gently massage the treated area after each session and drink a significant amount of water. This will aid in speeding up the adipocyte (fat cell) breakdown and help flush out the dead fat cells from previous applications. One fat freezing study showed a manual massage made fat freezing 68 percent more effective [6].

Maintain Your Baseline Calories And Exercise

While diet and exercise are not required, it is critical to not exceed your baseline calories. Doing so may reverse the noticeable effects of our products. Furthermore, improvement in diet and exercise will increase your metabolism. This can help speed up your body’s removal of the dead fat cells.

Watch Your Fat, Not Your Weight

Although the cold thermogenesis effect of Isavera may help you lose weight, Isavera is primarily not a weight loss system. It is a fat loss system. Weighing yourself can skew your perception of Isavera’s results. Weight is ever fluctuating -- it has been proven that up to 61.2 percent of the weight you lose when dieting can be pure water [5].

Our product primarily helps destroy targeted areas of subcutaneous fat. Instead of weighing yourself, we recommend using the calipers, measuring tape, and the progress log. We also recommend taking clear before/after photos.

Results are Permanent But Diet and Exercise are Critical

Once fat cells (from a specific area) are destroyed, they are gone for good. However, a calorie surplus can still cause existing cells to enlarge. This can make the results of our products less noticeable.

Our Products Work with Any Body Type

Our products have been proven to work with all body types. For smaller-sized individuals, we recommend using one or two gel packs. Please check the FAQ section for demonstrations on how to tighten our products.

We Replace Gel Packs

Isavera’s gel packs have been designed with a thin plastic ‘skin’ so they can transfer temperature in the most effective manner. Because of this, they can be more fragile than traditional gel packs.

If one of your gel packs breaks or has any other issues, simply contact us for a replacement at info@isavera.com.

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Isavera Has Been Tested to Be Safe from Causing Frostbite

Frostbite begins at below −4 °C (25 °F). We’ve designed our gel packs to prevent skin temperatures from reaching this range. Dual pockets have been implemented into all of our product designs, which allows your skin to safely adapt to the temperatures. You will find that you will quickly adjust to the cold within approximately 10 minutes. Please use Isavera carefully and check skin frequently. Always conduct test sessions first.

Make Sure You Consult Your Doctor Before Using Isavera

Always consult with your medical professional before using our products. Some people may have health conditions and skin sensitivities that prevent them from safely using our products. Please follow the instructions closely and always conduct test sessions first.

Additional Benefits

Aside from cold-induced apoptosis (fat freezing), our products have two additional benefits: activation of cold thermogenesis and a potential increase in brown fat production. Cold thermogenesis and brown fat work in conjunction with each other to burn additional calories along with a multitude of other benefits. Please visit isavera.com/start to see the additional benefits of cold thermogenesis.

We Back Our Products with a 90-Day Guarantee

We are extremely confident in our products. Because of this, we proudly extend our guarantee period beyond any vendor’s policy.

Medical Studies


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.
Free 7-Day Supply
Get Results Faster
Free IsaSlim™ Supplement Sample  + Slim-Fit Challenge eBook

IsaSlim™
Green Tea + 5-HTP
Natural Fat Burner, Metabolism Booster & Appetite Suppressant
Rated Most Effective Weight Loss Supplements @ Examine.com

On Instagram? Enter to Win
We’d love to hear from you regarding your experience with our products.

We invite you to share your experience with us on Instagram by featuring the product in a photo with the #freezefat hashtag and be entered to win a $100 Amazon Gift Card!

Follow us on Instagram: @get.isavera

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