

Why Losing Fat Doesn't Mean Tighter Skin: Singapore Doctors Weigh In Ahead of Festive Season

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SINGAPORE, SINGAPORE, August 27, 2026 /EINPresswire.com/ -- As body treatment enquiries pick up ahead of the festive season, doctors are correcting a common assumption — that losing fat automatically firms the skin above it.

With festive gatherings and year-end travel approaching, Singapore aesthetic clinics report enquiries about body treatments picking up earlier than usual. ClearSK doctors say many patients ask about reducing stubborn fat, but fewer initially consider skin quality in the same area, despite both often being part of the same underlying concern.

ClearSK doctors say consultations increasingly involve clarifying that fat reduction and skin quality support are assessed as separate concerns, even when a patient's original question was only about fat.

"A common misconception is that reducing fat automatically improves how the skin looks and feels afterward. Fat volume and skin quality involve different processes, so we assess them separately during consultation. Whether one treatment or more than one is appropriate depends on the individual's concerns and clinical assessment," said Dr Shiau Ee Leng, Co-Founder and Group Medical Director of ClearSK.

Fat reduction and skin quality are governed by different biological processes. Reducing the volume of fat cells in an area does not directly change the condition of the skin covering that area, which depends on separate factors such as hydration and collagen support.

[Cryolipolysis](#) uses controlled cooling, delivered through a specialised applicator, designed to lower the temperature of targeted fat cells so the body's own processes may gradually clear them over several weeks. Cryolipolysis works on fat cell volume and does not directly affect skin quality.

A [collagen-stimulating injectable](#) is designed to support hydration and activate the skin's own collagen-producing processes, gradually supporting skin quality over a series of sessions. This

works on the skin itself and does not reduce fat volume.

Because fat volume and skin quality involve separate processes, addressing one does not necessarily improve the other. Where both are relevant to a patient's goals, a doctor may discuss whether both approaches should be considered within the same treatment plan.

At ClearSK, treatment plans combining cryolipolysis and a collagen-stimulating injectable are developed following a doctor-led consultation, with suitability for each treatment assessed separately based on individual presentation. As with any aesthetic treatment, outcomes and suitability vary from person to person, and specific results are not guaranteed.

About ClearSK

ClearSK is a doctor-led aesthetic clinic group that is 17+ years trusted in Singapore, offering personalised, doctor-designed treatments across multiple clinic locations islandwide. Across its clinic network, more than 200,000 treatments and procedures have been performed, supporting patients with a wide range of skin and aesthetic concerns. Doctors draw from more than 100 treatment selections across skin, face, body and hair growth to develop personalised treatment plans based on each individual's clinical presentation. This approach is applied consistently across ClearSK's multiple clinic locations in Singapore.

Note: This release is intended for general informational purposes and does not constitute medical advice. Individual treatment outcomes vary and should be discussed with a qualified doctor. Collagen-stimulating injectables are administered by a doctor in Singapore.

Read more: [Fat Freeze and Collagen Booster](#)

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