

Fat Freezing Is Not a Weight-Loss Treatment, Says Singapore Doctor-Led Clinic

ClearSK highlights the distinction between weight management and body contouring as fat-freezing enquiries form part of aesthetic consultations in Singapore.

SINGAPORE, SINGAPORE, August 27, 2026 /EINPresswire.com/ -- [Fat freezing](#) is not a weight-loss treatment, according to Singapore doctor-led aesthetic clinic [ClearSK](#), which is highlighting the distinction between overall weight management and the treatment of localised areas of fat.

The clarification comes as non-surgical body contouring remains part of the aesthetic treatment conversations taking place in Singapore. ClearSK says patients considering fat freezing sometimes ask whether the treatment can be used as an alternative to weight-loss strategies, making the distinction between the two important during a medical consultation.

Fat freezing, also known as [cryolipolysis](#), is a non-invasive treatment that uses controlled cooling to target fat cells in specific areas of the body. The cooling process is designed to target the treated fat cells, which the body may then process and remove over time. Results vary from person to person.

The treatment may be considered for localised areas such as the abdomen, thighs, arms and flanks, depending on the individual's presentation, treatment area and goals.

"One of the questions that can come up during consultation is whether fat freezing is intended to reduce overall body weight. It isn't. The treatment is considered in relation to specific areas of localised fat, and whether it is appropriate depends on the individual assessment," said Dr Shiau Ee Leng, Co-Founder and Group Medical Director of ClearSK.

"For patients considering body contouring, the consultation is an opportunity to discuss what they are actually looking to address and whether fat freezing is relevant to that concern. It may also be that another approach is more appropriate, depending on the person's clinical presentation."

Fat freezing is therefore considered a body-contouring treatment rather than an approach to overall weight reduction. A doctor assesses factors such as the location of localised fat, skin condition and general health before determining whether the treatment is appropriate.

The distinction is particularly relevant in Singapore, where patients may be considering non-surgical aesthetic treatments alongside their existing approach to weight management. Body contouring and weight management have different objectives, and a consultation can help establish which, if either, is relevant to an individual's concerns.

At ClearSK, treatment plans, including the number and frequency of sessions, are determined following a doctor-led consultation based on the individual's treatment area and goals. Suitability and outcomes 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.

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