

SUPERSIZE YOUR EXERCISE

HYPOXI

WHAT	Hypoxi works by stimulating blood flow to particular areas of your body, therefore increasing your ability to metabolise fat in these areas. A low pressurised chamber encourages your blood to circulate as you pedal – around the hips, thighs or stomach – then high pressure is introduced to increase fat burning.
WHY?	You've busted your butt but just can't shift the weight from it, or you're a non-exerciser who hates gym classes and the gentle pace of Hypoxi exercise appeals.
COST & CONTACTS	From \$85 per session or \$650 for a course of 12. Three 30-minute sessions a week for a month are recommended to achieve the best results, so shop around for a gym or provider that gives the best deal for 12 sessions. See hypoxi.com.au
THE PROMISE	Targeted centimetre reduction and decreased cellulite are all promised, and there are a slew of celebs from Madonna to Robbie Williams waxing lyrical about its effectiveness. Independent research is touting you can lose up to three times the body area circumference by using Hypoxi over conventional exercise.
LEVEL OF COMMITMENT	You'll need to add the sessions to its regular weights routine to work-out your arms and upper body, but it could replace a lacklustre exercise regimen.
HOW WE RATE IT	We give it 4/5 for a simple work-out that works! Hypoxi claims 80 per cent of the fatty acids burned in a work-out come from the hips, buttocks and thighs – but although the machine moves the fat via your blood, it's still up to you to burn it off. Keep on pedalling...



SLIMWAIST EXTRA

WHAT	SlimWaist Extra is a two-step oil, spice and herb rub. It's applied to a target area (such as your waist), which is then wrapped in film and a band to increase penetration of the ingredients. The oil is detoxifying and circulation boosting, while the gel helps dissolve fat.
WHY?	You retain water or are susceptible to bloating, there's a dress-fitting disaster, or you truly can't exercise and want a temporary slim down that will last your honeymoon.
COST & CONTACTS	\$149 for the pack, including an essential oil complex, SlimWaist Extra gel, hypoallergenic film and waistband plus orange texture skin gel. See slimwaist.com.au
THE PROMISE	For men and women with 'above normal' waist size, an average reduction of 2.3cm around the waist. The results last for about three weeks, then you're back to your old self.
LEVEL OF COMMITMENT	You need to be religious about it – messaging in the oil and gel for two minutes each, then hanging around wrapped in plastic for an hour every day for 20 consecutive days. But 20 days of application should get you 20 days of skinny.
HOW WE RATE IT	It gets 3/5 for a short-term fix. While the ingredients may help fat loss, SlimWaist Extra is really about fluid drainage – making sure your blood is moving fluid and not stockpiling it in your belly! But it does seem to be effective. We say, use it in emergencies only.

