

SALON FIXES

Found: the best cellulite-busting treatments to firm, tone and blitz bumps

The celebrity-preferred exercise machine

Now you can get toning benefits without having to spend hours on the treadmill. Hypoxi is an exercise machine that targets your hips, thighs and butt; you lie down and pedal, with your lower half encased in a pressurised chamber. A gentle vacuum squeezes and releases, boosting circulation to encourage your body to burn fat faster. While you may work up a light sweat, this is great for exercise beginners or those who want to target their lower half. Oh, and did we mention Madonna is a fan?

Hypoxi L250, \$65 per session (or \$650 for 12 sessions); hypoxi.com.au.