



UK glamour girl **Jordan** is hooked on Hypoxi's cellulite-reducing effects

HYPOXI

The lowdown: With a host of celeb fans vouching for its effectiveness, Hypoxi has made headlines since it arrived in Oz three years ago (and is a tried-and-tested fave of OK!). Combining gentle exercise with vacuum therapy, the treatment works on the premise that boosting circulation in problem areas results in targeted fat-burning. There are a few different Hypoxi machines. For mild cellulite, try the L250, which involves 30 minutes of cycling while lying on your back, encased from the waist down in a vacuum chamber. As you pedal, the vacuum therapy is applied, increasing blood flow to the hips, bum and thighs, with results that range from fat loss to improved fitness to cellulite reduction. For stubborn cellulite, it's recommended you combine the L250 with the HDC machine, which gives you a deep massage in the hip and thigh area while you're trussed up in a neck-to-toe compression suit.

The fine print: It's one of the more affordable options – a Hypoxi session will set you back \$65, or better still, \$650 for a package of 12 sessions, which is how many you'll need to maximise results. Check it out at www.hypoxi.com.au.