

CLAIRE DAVIES HAS A TEST RUN WITH THE LATEST CELLULITE-BUSTING TREATMENT, *HYPOXI*.

THE PROBLEM

One word – cellulite.

THE TREATMENT

The scientific team behind Hypoxi originally specialised in post-operative and injury rehabilitation, using vacuum therapy to increase blood flow and accelerate the repair process. In their studies they discovered patients were not only recovering quicker but losing body fat in the areas the vacuum therapy was being applied. My Hypoxi treatment involves exercising on a stationary bike inside a vacuum-sealed chamber. Weird? Yes, very. The sealed capsule acts like a vacuum, pushing and sucking negative and positive pressure as you exercise for 30 to 40 minutes. It's a bizarre sensation, but the listed benefits of Hypoxi include increased fat metabolism, improved circulation, detoxification, lymph drainage, improved skin tone and reduced appearance of cellulite. My consultant gives me an eating guide to follow, which involves a carbohydrate ban for 4-6 hours after each treatment for full fat-burning benefit.

FREQUENTLY ASKED QUESTIONS

WHO'S DOING IT? Anyone with cellulite and those looking to firm and tone all those problem areas – stomach, hips and thighs. There are different machines for different problem areas – a running machine specifically designed for the abdominal area is popular with the guys. Simon Cowell and Robbie Williams have endorsed it.

HOW LONG DOES IT TAKE? About 30-40 minutes. You will probably raise a light sweat, particularly inside the capsule. It is recommended you undertake a program of 12 sessions – ideally three a week.

THE VERDICT

Hypoxi is certainly the strangest thing I've ever tried in the name of beauty, but surprisingly it has worked. I completed six sessions in two weeks (fast-tracked for this story) and have lost 19cm in total (the sum of eight different measurement points), in particular 4cm from my waist, and 5cm off both my stomach and hips. Skin tone is noticeably better – firmer and smoother.

I should note that I opted not to follow the eating guide (for a truer guide of the Hypoxi system), so feel that if I'd followed the program to the letter, the results would have been even more dramatic.

COST AND LOCATION

\$65 a session or \$650 for 12.

WHERE TO GO? For your closest Hypoxi studio, call 1300 497 694, or go to www.hypoxi.com.au.

BODY WORKS



BODY SLIMMING