



CELLULITE BUSTER

Robbie Williams does it at home, while Katie Price and our own Pia Miranda are trying out the latest cellulite blasting treatment, hypoxi. We road tested it for you



WD tester Zoe Meunier, 36.

How it works You cycle while your lower body is encased in a vacuum chamber that gently

pulls at your skin. The theory is that it stimulates blood flow to stubborn areas (hips, thighs and bottom), which in turn transports fatty deposits back into the bloodstream to be burnt up. Essentially, it increases fat metabolism.

Pros You actually do have to do some exercise. For best results eat a healthy, balanced diet, drink lots of water, and avoid carbs for six hours after treatments.

Cons It costs around \$650 for 12 treatments. But cheaper and far less painful than surgery.

Evidence Magnetic Resonance Imaging undertaken by Salzburg University found that fat layers on the hypoxi-treated areas were reduced tenfold compared to untreated areas.

Weight lost "I definitely lost several centimetres from my thighs, butt and tummy. My skin also seemed noticeably smoother," says Zoe.

Our verdict - 8/10. If you have stubborn cellulite, give it a go! See www.hypoxi.com.au

Want to lose that ripple effect? Hypoxi treatment may be the answer.

PEEL POWER

Next time you peel an orange or grapefruit, don't pick away the spongy white bits of the rind, known as albedo. They're a great source of cholesterol-fighting soluble fibre.



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