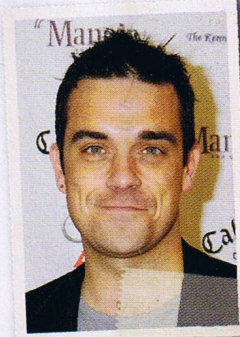


# Treatment of the week

A FAT AND CELLULITE TREATMENT THAT ACTUALLY WORKS...

**What:** Hypoxi L250 is a reclined, vacuum cycling machine designed to specifically target fat deposits on the thighs, stomach, hips and buttocks. It works by increasing blood flow into stubborn fatty areas.



**Celebrity fans:** Robbie Williams (above) uses it to get in shape before concerts.

**Our experience:** After being zipped into a tight foam skirt – with a thermometer strapped to your thigh and a heart rate monitor to your chest – you climb onto a reclined bike. A coffin-like machine is then clipped onto the foam skirt to form an airtight seal from the waist down. The trainer sets a program on the computer attached to the machine, determined by your goals and physical condition. Once you start peddling, you feel the air inside the machine being sucked out. The suctioning comes in stages for the whole 35 minutes that you are peddling.

**The verdict:** After 12 sessions over four weeks, we have had amazing results – a total 30cm loss from the thighs, hips and stomach. On one leg, the cellulite has completely gone! Take your gym clothes as, although it's not difficult, it is exercise.

**Where:** We tried it at Hypoxi Australia in Surry Hills, Sydney, ph (02) 9281 2033. Each session costs \$55 (prices may vary). To find your nearest Hypoxi clinic, visit [www.hypoxi.com.au](http://www.hypoxi.com.au).

*With a low-kilojoule diet, results will be more dramatic. Fat and cellulite shouldn't return if you keep exercising and eating well*

