



THE MACHINE

- **The product** Hypoxi treatment
- **The claim** Hypoxi boosts fat metabolism and improves the appearance of cellulite by increasing blood circulation to the lower body.
- **Frequency** Three times per week for four weeks. Each session is 30 minutes long.
- **The cost** \$69 per session, or \$669 for the 12-session course (\$600 if you decide on an 'off-peak' package).
- **The guinea pig** I have never worried too much about cellulite but, since having children, things seem to have taken a turn for the worse. Legs which were once smooth and toned have developed dimples, mostly around the upper-back of the thigh. No amount of exercise seems to make any difference so I am hoping for an overall improvement in the appearance of cellulite and in the tone of my upper legs.
- **The treatment** It's rather space age. After being weighed and measured (waist, hips, thighs, knees), a heart-rate monitor is attached and you are zipped into what can best be described as a wetsuit-type bodice. You then lie down on the machine, strap your feet in the pedals, and the lid closes leaving your chest, head and arms free. The bodice attaches to the lid creating a vacuum, and you start pedalling. Your heart rate is constantly monitored. It's mildly strenuous (about the same as a medium-paced bike ride) but I found it very enjoyable, especially as you are lying down. The clinic has all the latest gossip magazines so time passes quickly. There is no diet as such although they do recommend you eat carbs before your session (but no carbs for four to six hours after). Also, you must keep well hydrated and it's recommended you limit your intake of sugar, coffee and alcohol. **S**

THE RESULTS

AFTER ONE TREATMENT I felt really good after the first treatment, if for no other reason than I had just done 30 minutes of continuous exercise. However, there was no discernible difference in my body.

AFTER ONE WEEK At the end of the first week (three sessions) I felt very energised. I found myself looking forward to the following week. Although I couldn't see any real difference in my legs, I did feel fitter. Measured at the start of week two, I had actually lost a total of 10.5cm across all areas.

AFTER FOUR WEEKS My skin tone had definitely improved. My cellulite, while not completely gone, had diminished significantly. In addition, my thighs felt firmer and I felt fitter and healthier – very positive results all round. When measured on the day of my final session, I had lost a total of 20cm across the five areas.

THE GOOD The clinic is centrally located, open early to late and there is no waiting. You are exercising while having the treatment and there is a lot of support from the well-informed and professional staff.

THE BAD You have to be committed – you may not see the desired results if you don't follow a three-session-per-week regime. Also, it's not cheap, but it costs less than a personal trainer and a lot less than surgical options.

FINAL VERDICT I am very happy with the treatment and, in fact, I would consider doing another course of 12 sessions. This is light exercise with heavy benefits. Highly recommended.

The Hypoxi treatment is available at the Urbane Body, 324 Hay Street, Subiaco (08) 9381 3003 theurbanebody.com.au. 1300 HYPOXI (1300 497 694), hypoxi.com.au.