

DOES IT REALLY WORK?

hypoxi therapy

It's the exercise that's more chill than thrill. By **Carla Grossetti**

Hypoxi is exercise for, dare I say it, lazy people. The theory behind the therapy is that in order to shift fat and reduce cellulite in the lower half of your body, you need to increase the blood flow to those areas.

Using vacuum technology will, says Sydney's Surry Hills studio supervisor Patricia Rogers, "accelerate the rate at which fatty acids are metabolised and therefore improve the texture of your skin".

Although skeptical, I put my body on the line for the recommended 12 sessions where – for 30 minutes, three times a week – I cycled away inside an airtight pod, with a heart monitor strapped to my chest.

As someone who enjoys pushing my body, I found it quite frustrating to slog out at a snail's pace. For the duration of my sessions, I pedalled

at a level so moderate that I was relaxed enough to thumb through magazines while watching TV. I can see why the gentle workout appeals to everyone from time-poor city types to cashed-up celebrities (singers Robbie Williams and Cheryl Cole are fans) and I concur it does seem to fast-track the fat blasting.

However, any euphoria I felt from whittling down my frame was diminished due to the fact I wasn't physically testing myself, which meant my body wasn't being flooded with the rush of hormones produced during rigorous workouts.

Hypoxi is for those who are perhaps too posh to push themselves. It's like a business-class version of a gym: all hushed tones, chilled ice water, well-groomed staff and about as far from the bump and grind of a boot

camp as you can get. Forget in-your-face antics designed to make you go harder. If I ever strayed from the so-called "fat-burning zone", I was reminded gently by the friendly staff to "speed up" or "slow down".

Although exercising in an airtight chamber isn't my thing, I was happy with the initial results: I lost 15 centimetres in total from my waist, stomach, hips, bottom and thighs and, best of all, I found the texture of my skin improved.

For people who are in a hurry to drop a dress size fast and don't have the discipline of a daily exercise regimen, Hypoxi will certainly help shift fat from problem-prone areas. **b**



The recommended 12 Hypoxi sessions costs \$690. Visit www.hypoxi.com.au

