



CELLULITE BUSTER

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Once a hot secret among Hollywood stars thanks to its speedy results in reducing lower-body circumference, Hypoxi is now out in the open. We tried it out so see if it lives up to the hype!

What it is: The Hypoxi is basically an exercise bike with the actual peddles in an air-tight chamber. As you cycle, a vacuum varying in intensity is used to increase circulation in the lower body. This pressure is claimed to boost fat metabolism and improve the appearance of cellulite.

How it works: It really isn't very different to your regular cycling stint in the gym. Actually it's a lot nicer because you are lying on your back (dvd and all!) with your lower body in the chamber. As you cycle (your heart rate and speed are monitored by staff) the resistance builds and falls as the vacuum gets to work.

Effort level: You will be happy to hear, Hypoxi is nothing like a spin class! Yes you have to break a sweat for results but it's a steady pace that doesn't leave you feeling exhausted. Let's say a little flushed.

The pros: It is time efficient. You can literally go, do your session and leave within 40 minutes. It's also more than just exercise, the team give you nutritional advice to maximise results. Panic not, nothing extreme more what types of food to eat post-Hypoxi.

The cons: It is an investment. The sessions aren't cheap so you need to commit to your regular visits if you are to get the results you are after!

Does it work: In short, yes. It won't transform you completely of course, but it does help you get the best out of your figure. As well as losing centimetres off bum, thighs and tummy, skin feels smoother and more firm. It's the perfect confidence booster for a special occasion and a great way to get yourself into regular exercise to maintain results!

Cost: \$690 for 12 sessions. For more information visit www.hypoxi.com.au

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