

Time to beat the bulge

Finding it hard to get rid of those pesky love handles? Then lie back and start pedalling!

Busting your butt at the gym and cutting back on treats only to find you still can't squeeze into those skinny jeans can be disheartening. But there may be a solution to help you lose those stubborn bulgy bits.

Hypoxi is a treatment that targets problem areas such as the tummy, thighs, waist and bum. Used by celebs including super-fit superstar **Madonna** and Aussie media personality Bianca Dye, Hypoxi works by stimulating blood flow in areas which often have poor circulation and accelerating fat metabolism – in other words, helping you burn fat faster!

SO HOW DOES IT WORK? With your feet strapped into pedals, you lie in a Hypoxi vacuum chamber, cycling while the technology sucks out the air around your lower body, creating slight resistance.

There are a few rules to follow for best results – besides exercising regularly, you'll need to keep your sugar, fat, alcohol and caffeine intake to a minimum.



If you can manage that and do the recommended 12 sessions – three weekly 30-minute sessions over four weeks – you could be trying on that skinny bikini sooner than you think.

The cost of 12 sessions is \$650, or \$65 for a single session. To find out more, check out hypoxi.com.au