

Roadtesters...

The Products: **SHOWER TIME**



UK X-Factor host Cheryl Cole stays in svelte shape with regular hypoxi sessions

The Treatment: **HYPOXI FAT REDUCTION**

WHAT: Hypoxi involves gentle bike riding within a vacuum machine to blast fat and cellulite from the legs, tummy, hips and bum.

WHO: British celebs Cheryl Cole and Jordan swear by hypoxi to keep them toned. We sent beauty editor Sharon along for a body shake-up! **OUR EXPERIENCE:** I arrived in my gym gear for the first of 12 sessions over the next three weeks. First there was a consultation, where my fitness level and body measurements were recorded and assessed. Then it was time to get to work! I started by putting on a wetsuit-like skirt and lying in the machine with my feet strapped to bike pedals inside.

The machine then closed so everything from my waist down was inside the hypoxi vacuum. Once inside, I started gently pedalling for 30 minutes, with the vacuum going on and off

at regular intervals. The vacuum suction isn't uncomfortable - it simply pulls in around the skirt and releases seconds later. When the time was up, I hopped out of the machine to see I was quite sweaty, even though I never felt out of breath. My subsequent sessions followed the same routine.

THE VERDICT: 'Out-of-this-world amazing! After 12 sessions I lost 2kg and a total 23.5cm from all over my body - all of which happened without changing my diet or doing other exercise.'

WHERE: Sharon tried the treatment at the Hypoxi Surry Hills studio (left). Twelve sessions cost \$650. To find a studio in your area, phone (02) 9281 2033 or visit hypoxi.com.

	BEFORE	AFTER	TOTAL LOSS
STOMACH	93.5cm	88cm	5.5cm
HIPS	103.5cm	100.5cm	3cm
LEGS	95.5cm	91cm	4.5cm

Tip!

Hypoxi heats your body temperature up rapidly, causing you to sweat. Drink plenty of water before and after the treatment!

