

LUNCHEBREAK BODY
SHRINKERS:

What treatments work



What to
expect
from the
"magic" fat
busters on the
market right now

4. The mother of all...

What: Hypoxi
(hypoxi.com.au).

How much? \$69 per
session, or \$690 for the
recommended 12 session
course over four weeks.

Promises: An average
5 to 30cm total loss off the
stomach, hips, bottom and
thighs within four weeks.

What to expect:

Imagine riding an exercise
bike while lying down with
your lower half encased in
a vacuum chamber for half
an hour, three times per
week. For maximum fat-
burning, you also need to
abstain from carbs for four
to six hours after sessions,

and do light exercise on
non-Hypoxi days.

Results: By session four,
skin feels firmer and there's
noticeable reduction on the
lower body by session six.

Best for: Kick-starting
a weight-loss program, or if
you have a special occasion
you're preparing for.