

THE BIG REVEAL

Extreme BRIDAL MAKEOVERS

We chat to three brides about how they perfected their wedding-day beauty look with the ultimate overhaul

Jodie got the waistline she wanted for her big day.



"HYPOXI helped me drop a dress size in five weeks"

Jodie, 31, Sutherland, NSW

"I wanted an hourglass shape"

"For my wedding, I had my heart set on a corset-style dress. I have big boobs, bum and thighs, so I thought it would look good to choose a dress that defined my waistline. But I needed to lose weight off my hips and stomach to achieve the body shape I was after. I'd tried every single diet and form of exercise I could, from meal replacements and cutting out carbs to hiring personal trainers when I became engaged. But nothing worked. I felt like I couldn't kickstart my body into losing weight. Time was running out as the wedding day drew closer, so I needed a quick result. I came across a few ads for HYPOXI [hypoxi.com.au; a training concept that combines high and low pressure with exercise to target fat], which motivated me. I didn't want to spend a lot of money on wedding photos only to think that I looked terrible in them later on. I had nothing left to lose, so I just went for it."

"A few weeks was all it took"

"I went to the HYPOXI clinic three times a week for half an hour at a time, five

weeks out from the wedding day. All I had to do was lie on a bed, which had pedals at the end, and pedal at the rate set according to my fitness level, weight, heart rate and height. A door enclosed the bottom half of my body, then the chamber was activated to put pressure on my problem areas with vacuum suction and compression. This stimulated my metabolism, promoting weight loss.

Within the first week I started losing weight, and by the end of the five weeks, I'd lost five to six kilos in total, 32.5 centimetres all over. I began as a size 16 and ended up as a size 14. To avoid disappointment, I didn't set goals. I was happy to take whatever loss I could."

"I was thrilled"

"With the combination of the kilos coming off and the reduced size of my hips, I was over the moon! My husband Matt was definitely impressed too. What I'd achieved meant I didn't have to think about my body on my wedding day, when normally I'd be self-conscious. I didn't tell my dressmaker I was planning to lose weight. Instead, I got them to make the dress extremely tight with a corseted back so I could pull it in as needed.

When I got my wedding photos back from our photographer, the first thing I thought was thank God I didn't look fat. I was happy to show the photos to other people. After the wedding, I managed to keep the weight off, but now that I'm pregnant, I've put a bit back on. Since I was so pleased with my results, I got my mum onto HYPOXI and she's successfully lost weight too." > HYPOXI costs from \$69 per session.



The HYPOXI chamber encloses you while you pedal.



BEFORE