

TRIED**HYPOXI** BY JANE WORTHINGTON, HEALTH EDITOR**HOW IT WORKS**

“Orange peel.
Cottage cheese.
Hail damage.
Whatever you
call it, I had
plenty on my

dimpled derriere, so I was
happy to try anything.

First, I spent 30 minutes

in a tight-fitting
rubber spacesuit
– an electronic
version of
Chinese cupping
that applies a
gentle suction to
stimulate blood
flow to the fatty

area. It’s incredibly relaxing!

“Stage two involved
climbing into a corset-like
skirt from boobs to bum, and
then cycling for 30 minutes
while lying down. During this
half-hour-session, a high-
pressure vacuum squishes
your body – just like the
space bags you store your
winter blankets in.”

VERDICT

“Great for fat and
cellulite. After
going three
times a week
for four weeks,
I had lost 2kg
and a total of
32.5cm off my

*A University
of Hamburg study
found that people who
pedalled on a Hypoxi bike
had significantly more fat
reduction in “targeted
areas” than people
who cycled or used
a treadmill.*

waist, tummy and hips
without doing any other
exercise. There were still
minor traces of cellulite,
but for a girl who spends
her beach days in board
shorts, I was thrilled.”

LASTED “Results started
to fade after four months.
Like most treatments, it’s
not permanent – although
you can maintain results
by going for sessions once
or twice a year.”

COST: \$690 for initial
four-week package.
Visit hypoxi.com.au.

**CELLULITE
BUSTER RATING****9/10**