

tried
&
tested

HYPOXI

SARAH, 31

Wedding date: Saturday, 13 August 2011

Length of trial: Six weeks, three sessions a week (Hypoxi say 12 sessions over four weeks will get you results). I started six weeks before the big day, and loved it so much that I kept it up for another two weeks.

Location: Hypoxi Studio, Surry Hills. Call (02) 9281 2033.

The lowdown: Traditional Hypoxi machines – either the L250 or the S120 – are stationary bicycles (on the L250 you actually lie down and cycle) where the lower half of your body is enclosed in a vacuum chamber. It's meant to stimulate the blood flow and therefore increase the fat loss in stubborn areas, like the stomach, hips, butt and thighs, as well as target cellulite. Also available in the Hypoxi range is HypoxiDermology, a machine that promotes blood circulation, boosts metabolism, evens skin tone and aids in detoxing. This treatment – a large space-suit which you lie down in – uses a vacuum and massage technique that is based on the principles of Cupping (from Chinese medicine), and is sometimes recommended in conjunction with the cycling machine.

A typical session: 30 minutes on the HypoxiDermology, followed by 30 minutes on the L250 cycling machine.

The verdict: In that crucial few weeks before

the wedding, Hypoxi became my little oasis of calm. Three times a week, I arrived at the studio to undertake my half hour of 'space-suit massage' (which I actually fell asleep in on one session I was so chilled out), followed by my half-hour cycling session. The time flew – also because they had a big screen TV and great DVD collection – and for someone like me, who usually struggles to find motivation to work out or exercise, I found myself really looking forward to the Hypoxi sessions. My measurements were taken at the beginning, halfway through and then at the end of my Hypoxi sessions, but the whole experience became more about how I was feeling rather than my dress size or centimetre loss. It was the perfect last minute pre-wedding detox and body-toning kick.

Intensity rating: 3/10 – if you're not a 'gym' person, you'll love this. It's easy and extremely low (read no) impact. In fact, the HypoxiDermology is more like a massage than a workout.

Results: After one week of Hypoxi, I had people commenting on my overall appearance (especially my skin) and by my wedding I was feeling fantastic. At the end of 18 sessions I had lost a total of 18.8 centimetres – including 5.5 from my waist, 4.5 from my stomach and 4.7 from my bottom.

Cost: The RRP for a 30 minute session is \$69, but most studios offer a course of 12 sessions (the recommended amount) for \$690.

See hypoxi.com.au