

## ***SALON FIXES***

*Found: the best cellulite-busting treatments to firm, tone and blitz bumps*

### **The celebrity-preferred exercise machine**

Now you can get toning benefits without having to spend hours on the treadmill. Hypoxi is an exercise machine that targets your hips, thighs and butt; you lie down and pedal, with your lower half encased in a pressurised chamber. A gentle vacuum squeezes and releases, boosting circulation to encourage your body to burn fat faster. While you may work up a light sweat, this is great for exercise beginners or those who want to target their lower half. Oh, and did we mention Madonna is a fan?

Hypoxi L250, \$65 per session (or \$650 for 12 sessions); [hypoxi.com.au](http://hypoxi.com.au).

### **THE TRIPLE-SLIMMING SPA TREATMENT**

If you want three times the power in your cellulite treatment, here is one to try. The Guinot TechniSPA treatment uses three different slimming actions in one: massage using a roller with a vacuum chamber attached to help break down and shift cellulite; active gels which help dissolve cellulite; and muscle stimulation to burn kilojoules and firm the skin tissue. While it may take you a minute to get used to the feeling of the suction, your beauty therapist can adjust the pressure for you.

Guinot TechniSPA, \$120 per session; 1300 300 954.

### **The caffeine wrap**

Treat your cellulite from the outside...with caffeine. This wrap, which involves green coffee concentrate being applied to your whole body then being wrapped in a plastic sheet, helps to slim and tone by diminishing water retention and helping your body to break down fat. Made from 100 per cent pure green coffee, you can expect to see more tone and less "orange peel".

Pevonia Cellu-Lite Slimming Green Coffee Body Wrap, \$160; [pevonia.com.au](http://pevonia.com.au).