

# Tone up with Hypoxi

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*Hypoxi Australia*

*Getty images*

The *Grazia* team put the latest and greatest beauty innovations to the test. This month we geared up for Hypoxi.

**The mission, should you choose to accept it:** Spend 30 minutes exercising three times a week for four weeks in the Hypoxi vacuum machine. Cut out carbohydrates three hours before and after each session, exercise regularly (on top of Hypoxi sessions) and eat healthy portion-size meals. No chocolate, no chips, no coffee, no soft drink and most important — no alcohol!

**The case in favour:** If you're anything like us and always say you'll exercise and never do, if wasting money on gym memberships and not going after the first month sounds familiar, then Hypoxi is for you. It's fun, keeps you wanting more and won't take up too much of your time.

Basically, all you do is lay in a vacuum chamber cycling for 30 minutes while watching SATC. What more could you want? After the recommended 12 sessions there were strong results; 27cm lose all up. The highlight - a smaller derrier and 2 kilo weight loss.

**The case against:** To achieve great results you need to do three Hypoxi sessions per week, plus regular exercise, so that's about three hours per week. You need full commitment for this to work! It's also an investment so skipping sessions is not an option!

**The verdict:** Warning! It's addictive. Hypoxi is the perfect solution to great legs, breaking down cellulite and getting a flat stomach in a short time.

**Where to buy:** Nation wide visit [www.hypoxi.com.au](http://www.hypoxi.com.au) or call 1300 497 694

