

HYPOXI

Can space-age technology and swanky suits really combat stubborn centimetres and help with weight loss? Stephanie Mikkelsen finds out.



Let me start by saying I hate the gym. I'd rather take carbs over cardio any day. But that means my exercise habits aren't always up to scratch. Determined to find another way to shape up and banish some stubborn jiggly bits, I jumped at the chance to try something new.

Hypoxi was the perfect solution. The high-tech machines and neoprene suits tackle areas that I struggle to shift (thighs, hips, stomach), plus the targeted technology means no losing centimetres on areas I didn't want to change. The sessions combine light exercise with high- and low-pressure vacuum to stimulate circulation and get your bod in peak fat-burning mode. Each workout goes for 30 minutes, but you continue to burn fat once the session finishes (if you follow the rules of no carbs and no booze for six hours).

I signed on for 12 sessions over four weeks, but a lingering cold meant this later became six weeks. Every session

started with 20 minutes in the HypoxiDermology machine, followed by 30 minutes in the S120 or L250. HypoxiDermology is like a lymphatic massage that accelerates progress and helps with cellulite and skin tone. Once I was in the astronaut-like suit and on the bed, I was hooked up to a machine that removed and refilled the suit with air through a couple of hoses. The small cups inside the suit pop like a massage. Sure, it sounds (and feels) odd, but I loved it. I'd zone out and listen to a podcast, but some people chat on the phone or, yes, fall asleep.

Then, it's shoes on and into a Judy Jetson-style neoprene skirt, ready for the S120 or L250. The skirt acts as an airtight seal to create a pressure chamber inside each machine. The chamber compresses and decompresses around you as you gently cycle. Your heart rate and temperature are monitored too.

The sessions themselves are a breeze; I barely worked up a sweat. The hardest part for me was not eating once I left the studio, so my tip is to make sure you have a salad or something handy for when the munchies strike. Confession: I wasn't super strict with my #cleaneating diet and, as a result, felt like I didn't see immediate results. It wasn't until my final measurements that I learnt just how much I had lost. I shed a total of 14 centimetres all up, and that made me one happy chicken! 🍗

	Session 1	Session 12	Reduction
Waist	72.5 cm	71.1 cm	1.4 cm
Stomach	80.5 cm	76.5 cm	4.0 cm
Hips	98.2 cm	94.5 cm	3.7 cm
Bottom	105 cm	101.5 cm	3.5 cm
Legs	100 cm	100 cm	0 cm
Relaxed leg	59 cm	58 cm	1.0 cm
Contracted leg	59.3 cm	59 cm	0.3 cm
Knee	42.2 cm	41.5 cm	0.7 cm
TOTAL REDUCTION			14.6 cm

