

insiderobody

By Ruth Adams

IT WORKED FOR ME

Banish cellulite – the scientific way

Sick of her cellulite, Rita Lewis, Red's publisher, took a futuristic approach to smooth thighs...

Forget New Age love-your-body notions, the relationship I have with my cellulite is firmly hate-hate – and

I've tried almost every treatment going to shift it. I'd heard great things about Hypoxi Training,

which combines exercise with a vacuum suction, supposedly burning fat as well as eliminating toxins to break down cellulite. Proven to burn three

times more fat than standard fat-burning exercise methods, I

swallowed my cynicism and had a go. My London therapist, Priya Calay, explained I would be cycling in a spaceship-style vacuumed unit, and that the vacuum creates a sucking action, which increases blood supply to the problem areas, encouraging fat to break down and reducing inches and cellulite. Once in the Hypoxi vehicle, I felt like I was going for a bike ride in a giant Hoover. After the first session, it felt surprisingly pleasant and no harder than using the cycling machine in the gym. Priya said I'd need to have a minimum of three half-



hour sessions a week for a month to see results, and I also had to follow an eating plan, which banned carbs after 2pm. I did the training religiously, only cheating a little on the diet front, and the results were dramatic. Two months later, I've lost 11lb and nine inches off my hips, thighs and bum. My legs look smoother and feel firmer, and I'm thrilled to have found a treatment that does what it says on the tin.

WHAT'S IT ALL ABOUT?

The fine line? Exercising in a vacuum from the waist down for half an hour three times a week increases blood supply, causing fat breakdown and weight and reduce cellulite.

Who needs it? Anyone who wants to lose weight and reduce cellulite.

How much is it? Around £30 a session.

Where can I have it? Contact Priya on 07940 295307 or visit hypoxitraining.com.

