

## Body of work

**Problem:** Winter wobble.

**Solution:** If you remember one word over summer, make it Hypoxi. This targeted fat-reduction treatment can have you losing centimetres in just a few weeks. It employs “vacuum technology” to zone in on problem areas such as the stomach, waist, buttocks and thighs.

**The pitch:** This nifty treatment can help you drop a whole dress size in 12 sessions. It also smoothes out cellulite by toning and tightening the skin.

**Need to know:** The first appointment, which includes body measurements, takes one hour; then there are three 30-minute sessions per week for a total of 12 sessions. You're enclosed from the waist down with your feet strapped into pedals, and you'll be sweaty afterwards – but not out of breath. Drink lots of water before and after. \$690 for 12 sessions, visit [www.hypoxi.com.au](http://www.hypoxi.com.au) or call 1300 HYPOXI.

**At home:** To get results without a salon visit, try Dr. LeWinn's ToneUp Body Moisturiser, \$39.95. Call (03) 9676 1800. >