

## WE TESTED IT!

**PRODUCT:** HYPOXI Hypoxidermology and HYPOXI L250 machine

**TESTER:** Beauty editor, Aimée Leabon

**HOW IT WORKS:** I've always been naturally slim, but I wish my hips, butt and thighs were smaller and more toned. The Hypoxidermology (HD) and L250 machines are used in conjunction to promote weight loss, reduce the appearance of cellulite and improve skin tone and texture, all top of my list in the lead-up to summer.

**THE EXPERIENCE:** I'm zipped into the HD suit, which contains a network of 400 integrated pressure chambers around the stomach, hip, buttock and thigh region.

The air is sucked out, which feels strange at first, but I'm told the machine boosts circulation and encourages lymphatic drainage so I relax and soon I'm in a state of bliss. After my 20-minute 'massage', I'm transferred to the L250—a reclining bike encased in an airtight capsule that uses vacuum technology to increase circulation and blood flow, accelerating fat burn and the breakdown of cellulite. After 30 minutes, I'm just breaking into a sweat.

**THE VERDICT:** It's a huge commitment—three times a week for four weeks. You're encouraged to exercise on your 'off' days, too. But the results were well worth it.

**COST:** The HD and L250 are \$690 each, for 12 sessions. Visit [hypoxi.com.au](http://hypoxi.com.au) to find your nearest HYPOXI studio.

wearing it, but I'm told the 19 minerals, 17 amino acids and three vitamins in green coffee will do wonders for my skin.

**THE EXPERIENCE:** First, I'm treated to an all-over body scrub to get rid of dead skin cells and boost circulation. Next, anti-cellulite gel is massaged in. And yes, it was cold! Finally, my lower half is covered in crushed green coffee (which smells pleasantly earthy), then wrapped in plastic and layers of blankets. After 20 minutes it's washed off and a moisturising massage is applied.

**THE VERDICT:** While a minimum of six treatments is recommended to see the full effects, my skin definitely looked better and felt smoother after one session.

**COST:** Treatment starts from \$120 per session. Visit [pevoniacom.au](http://pevoniacom.au) to find your nearest Pevonia salon.

## WE TESTED IT!

**PRODUCT:** VelaSmooth

**TESTER:** Editor-in-chief, Sue Wheeler

**HOW IT WORKS:** I've loved my lower half so much over the last few years that a pair of thigh-hiding board shorts have become my beach look of choice! VelaSmooth is the first non-invasive medical solution for the reduction of cellulite to be cleared by the US Food and Drug Administration. The Body Applicator is a vacuum with special rollers that manipulate, suck and smooth skin, while infra-red light and conducted radio frequency trigger the release of stored energy and shrink the fat chamber. It also improves lymphatic drainage.

**THE EXPERIENCE:** A photo is taken of my legs so that I can compare 'before' and 'after'. I lay on a bed and they roll the applicator over my thighs. It feels like someone's giving me a good iron. I'd been warned it could be uncomfortable, but it wasn't at all. There was an occasional prickle, but it was actually quite relaxing.

**THE VERDICT:** I didn't expect to see a difference after the first treatment, but I did. My thighs looked smoother: the larger lumps looked smaller, which made the cellulite less noticeable. After four weeks my legs were significantly smoother and felt harder and firmer to touch.

**COST:** A course of 8 treatments (two per week) for one area is around \$1250. Visit [velasmooth.com.au](http://velasmooth.com.au) for more details. Sue was treated at The Clear Skin Clinic, Sydney.

## WE TESTED IT!

**PRODUCT:** Pevonia Botanica Green Coffee Wrap

**TESTER:** Editor, Jacqueline Mooney

**HOW IT WORKS:** Like most women, I tend to carry any extra weight around the hips and thighs, and having a few less dimples has long been on my wishlist. Pevonia's Green Coffee Wrap is a multi-step treatment designed to detoxify, refine and smooth. It works in two stages, causing an immediate reduction in measurements due to a diuretic effect and a progressive stimulation of lipolysis (fat breakdown). I'm used to drinking coffee, rather than

**2 Ambra Anti Cellulite Bike Short** (\$22.95; 1800 634 876). A massaging textured-knit fabric increases blood flow and breaks down stubborn cellulite, while compression technology smooths out unwanted lumps and bumps. Bonus: A dose of replenishing aloe vera is released with every wear to condition skin.



**3 Peachy Pink High Waisted Slimming Pants** (\$79.95; 1300 970 950). A sensation when they launched in the UK, these pants contain microcapsules of antioxidant-rich green tea (to detox), coffee beans (to reduce cellulite) and peach extract (to firm and moisturise), which are released as your body moves.

