

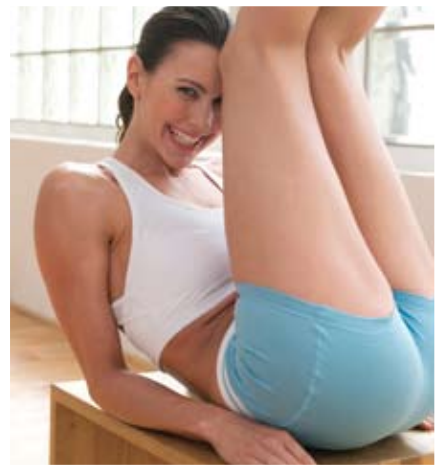
## New Year, New You

**Drop a dress size with HYPOXI®, a revolutionary body shaping treatment**  
by Katie Metts.

The problem with dieting is that you tend to lose weight from all the wrong places. For most of us, those wobbly bits around the middle, thighs, hips and bum simply refuse to budge. But now there's a treatment that promises to target these problem areas. It's called HYPOXI®. And it actually works – at least it did for me. The theory behind it sounds plausible enough; when you exercise or diet, fat burns off most readily from the areas of the body with the best blood circulation. So weight loss is relatively easy to achieve in the face and upper arms, for example, but difficult to achieve in the areas where circulation is poorer, such as the thighs, bum and midriff. The solution, as proposed by HYPOXI®, is simple: increase blood circulation in those problem areas and the body can more easily break down and metabolize the stubborn fat accumulated there. And the way the HYPOXI-System does it, is with sophisticated machinery programmed to apply a rhythmic massage of alternating high and low pressure. HYPOXI® isn't exactly new; in fact it has been around for several years. But now that celebs like Cheryl Cole, Robbie Williams and Madonna have acquired their own machines, the system is becoming more widely known. Tracking down a HYPOXI-Studio in the US wasn't easy, as there are only a few yet, but luckily since this European based company decided to approach the US market last year, they decided to open their first studio here in Charlotte. HYPOXI-Studio Ballantyne opened its doors last summer, so I headed off to find out more. HYPOXI-Studio Ballantyne is owned by Alejandra Grepels, and she is definitely her own best advertisement. One look at her to-die-for figure and I was already halfway convinced. We discussed where I would most likely shed fat from, the answer being, without doubt, from around my middle. There are four types of HYPOXI-Machine, including ones that target the legs, hips and bum. But it turns out that the one most suited for myself is the

one favored by Robbie Williams, namely the Vacunaut. First, though, I would be spending 20 minutes on the HYPOXI-Dermology machine. This would boost the effects of the Vacunaut, and firm and tighten my skin. The sight of several futuristic 'space suits' hanging along the walls had me wondering what I was getting myself into. If you're a technophobe, one look at the HYPOXI-Website will probably be enough to have you running for the hills. Don't be put off though, because it's actually quite fun. Once I was lying down, encased from neck to toe in my suit, I was hooked up to the machine. As it sucks the air out of the suit you get squeezed tight. For a moment it takes your breath away, but it settles down into a pattern of squeezes and releases. It feels odd at first, but you quickly become used to it, and it is rather relaxing. I was even beginning to fall asleep! Next was to spend half an hour on the Vacunaut. Getting into the Vacunaut suit wasn't terribly easy, but eventually I had been funneled in, and was zipped up ready to go. This time, rather than lying down, I was set walking briskly on a treadmill to get my circulation going, the suit massaging my midriff as I did so. Again there was that strange sensation of being sucked in and released, but it was pleasant enough. It wasn't long until I reached my target heart rate, and before I knew it the session was over.

Getting in and out of the suits was the toughest part of the whole experience, and I wondered how many more sessions I could cope with. After a few visits, though, I had it down to a fine art and suiting-up took just seconds. I started to look forward to going to the studio, because at the end of each visit the endorphins had me feeling completely euphoric. Not only that, but after four sessions my clothes were feeling looser and my skin was looking much firmer. After six sessions I was weighed and measured, and to my delight found I had lost 3 inches from my waist and tummy and at least 1 inch from the tops of my legs. The belt on my jeans was down a couple of notches and I could fit into skirts that hadn't seen the light of day for ages. And after completing twelve sessions the combined total loss



from my waist, tummy and hips was a whopping 15 inches. It has to be said that signing up for a program of HYPOXI-Treatments doesn't license you to eat what you want and guzzle as much wine as you like. You are advised to have a meal of complex carbohydrates two or more hours before each training session, and to stick to high protein meals in the 6 to 8 hours afterwards. And alcohol is definitely a no-go on treatment days. If you're going to cheat, you will be wasting your money. For best results you need to be committed, and keep to regular sessions. I have already booked another course, but unfortunately there has been so much going on that I haven't been able to start it yet! Even so, despite not having had a session for a month, my measurements are still the same. I'm usually very skeptical about weight-loss programs that promise the earth, but there's no arguing with my fantastic results. HYPOXI® has certainly helped me get back into shape, and I'm absolutely delighted.

**HYPOXI-Studio Ballantyne** is located in the Toringdon Shopping Center right across the Earth Fare Supermarket and Red Robin. For further information visit [www.HypoXIStudio-Ballantyne.com](http://www.HypoXIStudio-Ballantyne.com)

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