



design your body

Press Release

HYPOXI-Method®: targeted body shaping without dieting obsessions and yo-yo effects

Breaks down fat deposits in the right places and at the same time firms your skin – two wishes that boom in spring. These can come true with the HYPOXI-Method®: An innovative combination of positive and negative pressure treatment and effective training promotes blood circulation, fat reduction and skin firming in problem areas. The best part of it: the method is also suitable for couch potatoes and the yo-yo effect is no longer an issue.

Alongside spring fever, some doubts are also raised with the first rays of sun: Women remember the festive season, when they over-indulged on favourite foods. Good resolutions immediately follow, and there are always new diet methods which promise impressive results in a short period of time. A word of caution, however: the euphoria over the lost kilos disappears quickly because most diets only help temporarily and end with a yo-yo effect. What's more: Crash diets can have a negative effect straight away on the metabolism and fat reduction.

HYPOXI® consciously opposes this dieting obsession and allows targeted body shaping alongside a balanced, rich and healthy diet. Four different HYPOXI® devices offer proper, individual and natural treatment for every problem area. The alternating pressure targeted towards the problem areas of the hips, stomach, bum and thighs stimulates circulation in parts of the body where this is usually poor. The metabolism is thus stimulated more in the desired area. The fatty acids are taken away and burned quickly and effectively by the circulatory system. This type of blood circulation promotion is combined with a moderate fat burning workout that doesn't even work up a sweat in couch potatoes.

The HYPOXI-Training® is offered in authorised HYPOXI®-Studios. The time required is limited: After one to three months of HYPOXI-Training® with three 30-minute units per week, there is not only a lasting reduction in the size of the problem areas, but connective tissue is also strengthened, the skin is tighter and cellulite is reduced considerably. A central part of the HYPOXI-Method® is the intensive, personal advice and support by trained HYPOXI®-Coaches. Individual training plans are designed according to the customer's situation and objectives. Furthermore the coaches also give tips and suggestions for maintaining a healthy and regular diet - an important requirement for a lasting body shaping without a yo-yo effect.



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The HYPOXI® devices at a glance:



HYPOXI-Trainer® S120

The S120 combines the three components of HYPOXI-Method® effectively: The computer-controlled alternation of high and low pressure takes place in a chamber that reaches up to the hips. The gentle exercise takes place sitting on the integrated bicycle ergometer. This puts the problem areas – hip, underbelly, buttocks and legs - under pressure, facilitates the activity of the veins and eliminates fat in a targeted manner.



HYPOXI-Trainer® L250

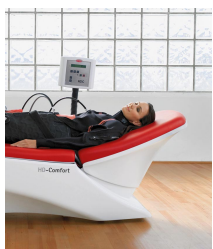
The L250 permits the alternating application of low-pressure for the underbelly, hip, behind and legs. The comfortable reclined position relieves the body of most of its weight during training and promotes the elimination of liquids and toxins. The results are beautiful, slender legs and a visible reduction of cellulite.



HYPOXI-Vacunaut®

The Vacunaut is used to reduce the girth of the stomach and hips. Training is performed in the HYPOXI®-PressureSuit with an integrated network of 122 high and low pressure chambers.

During moderate exercise - which can take place on a treadmill, exercise bicycle or other popular cardiovascular exercise equipment - the application of high and low pressure targets the abdomen and hips.



HYPOXI® HD-Comfort

In order to remain firm and strong the skin needs special treatments. 400 active vacuum chambers integrated in the problem areas in HYPOXI® HD-PressureSuit ensure that the skin gets the exercise it needs. A comfortable lounge chair with integrated high and low pressure technology ensures pleasant relaxation while the elastic connective fibres of the skin work diligently to achieve smooth, firm skin.

Released for publication

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