



design your body

## Press release

### **HYPOXI® Anti-Aging during the Menopause**

Wals-Siezenheim, June 2018

#### **HYPOXI® – Complementary treatment for Menopause**

Time to adapt your physical activity and dietary habits to the challenges of the Menopause, induced by hormonal changes.

Wisdom, goodness and serenity may grow as you get older, but the same isn't true for many of your hormone levels. During Menopause, lower levels of oestrogen have a big impact on a women's well being. Menopause isn't a one-size-fits-all event. It affects each woman differently. Some woman reaches natural menopause with little to no troubles, others have severe symptoms. Psychological uneasiness, vulnerability and stress symptoms as well as physical discomfort, as hot flashes, night sweats can be difficult symptoms to cope with.

#### **Good shape and beautiful skin**

Many women are affected by faster weight increase. For middle-aged women, what used to disappear after a few days with a bit of sport and self-restraint when eating, suddenly presses very stubbornly against the waistband of their favourite jeans.

In this phase of women's live, overall metabolism slows down and the production of female hormones drops significantly. This results in unfamiliar fat deposits on problem zones, thighs, stomach and buttock, especially if there is no change in diet and activity levels.

Attempting to combat this stage with sport is often successful in the wrong places. Fatty tissue on the bust and upper arms disappears more quickly than on the stomach, legs and bottom, leaving behind flabby skin that no longer wishes to adapt to the new shape. This is because connective tissue loses elasticity without cease during menopause. To crown it all, water deposits cause some women's bottom and legs to swell and set off even slight cellulite in an unsightly manner.

This is where the HYPOXI-Method® comes in, which tackles stubborn problem areas in a targeted fashion. An innovative combination of compression and vacuum treatment with moderate fat-burning training stimulates the circulation of the blood to problem areas and activates metabolism. Fatty acids are thereby taken away and burned more quickly and effectively by the circulatory system. Four different HYPOXI® devices offer appropriate natural treatment for every problem area. The HYPOXI®-Coach puts together an individual training plan for every user, designed according to their situation and objectives, also giving tips on maintaining a healthy diet.



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### **Menopause and Good Nutrition**

In this phase, right and balanced nutrition is the key for wellbeing and a healthy body.

The Certified HYPOXI®-Coach will give valuable advice on the variety of foods to get all the nutrients you need to nourish your body, skin from the inside out, plus enhance the HYPOXI® results.

After one to two months of HYPOXI-Training® with three 30-minute units per week, not only is there 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.

Anyone devoting extra attention to themselves with this relatively small time outlay is well prepared for taking on daily exercise or sporting activities following HYPOXI-Training®. These can alleviate further complaints associated with menopause such as sweating and sleeping disorders. This is because exercise increases the distribution of endorphins and thus promotes the physical and mental wellbeing that has to be rebalanced, in particular, during menopause.



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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**

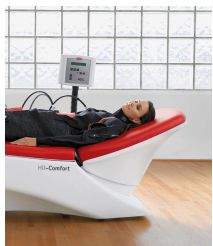
The L250 permits the alternating application of low-pressure for the underbelly, hip, behind and legs. The comfortable reclined position relieves the body of most of its weight during training and promotes the elimination of liquids and toxins. The results are beautiful, slender legs and a visible reduction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

For more information, please visit [www.hypoxi.com](http://www.hypoxi.com).