

Fashion & BEAUTY

What causes dimply skin, and how can you smooth it? Read on for the best tips and tricks

What is cellulite?

→ Dimpled skin can be found on women and men of all shapes and sizes. In fact, it's said that up to 85 per cent of women over the age of 20 will experience some form of cellulite in their lives! **So what exactly causes it?** Lumpy skin forms in areas which receive least circulation, when the structure of the body's fat cell chambers break down. This causes cells to bulge, resulting in a dimpled effect at the surface.

Banish those bumps!



Spotlight on Cellulite



Brush up!

→ Brushing or massaging the skin stimulates circulation and helps to eliminate toxins. This will encourage blood flow to stubborn areas, leaving skin looking and feeling softer. Try *Lush Hottie Solid Massage Bar*, \$9.95, www.lush.com.au or *Manicare Cellulite Bristle Brush*, \$14.95, www.manicare.com.

→ Brushes can be used dry, before showering, or with water and body wash if you prefer. Start at your feet and work up your body, using long, upward strokes. Avoid the bust. Skin may appear a little red, but this should settle down quite quickly. Use a hydrating body lotion to lock in moisture.



Win!

12 HYPOXI sessions!

We have one 12 session package to give away – worth \$690

Email tl.lifestyle@pacificmags.com.au with 'HYPOXI' as the subject heading, along with your name, phone number, postal address and 25 words or less on why you would love to win this prize. The winner must be able to get to one of the 75 HYPOXI studios in Australia. Entries close at midnight 14/05/2014. For full terms and conditions go to www.thatslife.com.au/terms. Closes 14/05/2014 at midnight AEST. Judged 15/05/2014 11am AEST. Max total prize: \$690. The Promoter is Pacific Magazines Pty Ltd (ABN 16 097 410 896).

1. BUDGET BUY

Try *Palmer's Cocoa Butter Formula All Over Body Firming Lotion*, \$7.40, www.palmersaustralia.com. Formulated with cocoa butter, collagen, elastin and shea butter, it helps support elasticity and tones and tightens the skin.



2. MID BUY

Try *Avon Solutions Cellu-Attack Intensive Cellulite Lotion*, \$29.99, www.avon.com.au. This hydrating cream has been formulated with coffee bean extract and hawthorn fruit, to visibly improve the look of cellulite.



3. LUXE BUY

Try *BodyShaper Cellulite Contour Crème*, \$59, www.bioelixia.com.au. Natural ingredients like caffeine and forskolin help to improve the appearance of cellulite, while retinol initiates skin rejuvenation, elasticity and firmness.



Tried & TESTED



HYPOXI

As Beauty Director, I was invited along to trial HYPOXI, a cellulite and fat reduction program that promises results in four weeks. I'd be lying if I said I wasn't sceptical. Can something that's hailed as a 'lunchtime miracle treatment' deliver on its promise? – *Nina Catt*

→ Each 30-minute session sees the user strapped into an airtight pod, which is closed from the waist down, while you gently cycle like you're on a bike. Being someone who doesn't exercise as much as they should, I actually found the pedalling really easy. The machine that I used was a lie-down version, so it really was quite effortless – I even read a book during some sessions!

→ As you cycle, air is vacuumed in and out of the pod, which increases blood flow to your lower half. This accelerates the body's ability to burn fat and reduces the appearance of cellulite. A heart rate monitor ensures your pulse is kept at the optimal 'fat burning' level – and really, that's it! Twelve sessions are recommended, but you can start to see improvement in skin tone after just three or four.

→ After three sessions a week, for four weeks, and no carbs for four hours after each session, I was astounded at my results. Cellulite was visibly reduced, I'd lost almost three kilos and a total of 22.5cm from areas including the hips, stomach, bottom and thighs. As you can imagine, I was thrilled!

Try it for yourself at one of the 75 HYPOXI studios in Australia.

that's life! readers can get an exclusive discount on a Starter Package of 3 HYPOXI sessions for just \$99 (the usual price is \$189). Go to the 'Shop Hypoxi' tab at www.hypoxi.com.au and simply enter the coupon code THATSLIFE2014 at the checkout. The code is valid for use between 9am May 8, 2014, and midnight May 22, 2014.