

REAL BRIDES REVEAL ...

“About nine months before my wedding, I started attending Hypoxi sessions (a treatment that claims to improve circulation and lymph drainage) three times a week. I combined these sessions with twice-weekly trips to the gym. I did 45 minutes of cardio and light weights for 20 minutes, finishing off with 15 minutes of ab crunches and stretching. Having started at 74kg, I slimmed down to 65kg by the time my special day arrived. I felt incredible.” *Maria, 24*

