

WIN \$5000 CASH! BONUS FLING PUZZLE

# FAMOUS WEEKLY

## Lindsay... BEYOND HELP!



### HOLLYWOOD'S HOTTEST EXCLUSIVE PHOTOS



**Infra Sauna**  
What is it? A heated tent that uses far infrared light to heat your body from the inside out. It's a safe, non-invasive way to burn fat and detoxify your body. It's also a great way to relax and unwind after a long day.

**Hypoxi 1.250**  
What is it? A fitness machine that uses low oxygen levels to increase your heart rate and burn fat. It's a great way to get a cardio workout without the need for a gym.

**Lamologix Detoxifying Vacuum Therapy**  
What is it? A non-invasive treatment that uses vacuum suction to break down cellulite and improve skin texture. It's a great way to get rid of those stubborn lumps of fat.

**At-home cellulite busters**  
What are they? A collection of products designed to help you get rid of cellulite from the comfort of your home. They include creams, gels, and rollers that target the problem areas.

## TOP 5 fat burners

Want to shed kilos but not spend hours at the gym? We show you how to get results - without breaking a sweat.

# TOP 5 fat burners



ELLE MACPHERSON SWEARS BY THE POWER PLATE - SHE USES IT TO TONE HER STOMACH AND LEGS.

### Power plate

**What is it?** A fitness machine with a vibrating platform that, when used correctly, causes your muscles to contract involuntarily and at a more efficient rate to improve muscle tone and help prevent cellulite.

**When will I see results?** While it has no cardio benefits, it's said that holding a squat pose for 30 seconds on the lowest setting is the equivalent of doing 900 squats. For noticeable toning it's advised you use the machine for at least 30 minutes three times a week.

**Where can I get it?** If your local gym doesn't have one, you can (for the price of a small car!) buy a more compact at-home version. Prices range from \$6000 to \$15,000. Phone 1800 633 009.