

TONE UP WITH THE TRIMAX BELT

By Sarah Whiteley

I tried out the OTO Trimax TX-908 High Performance Multi-purpose Belt recently. The belt uses a combination of acupressure point theory and sports science to provide three different functions, slimming, detox and massage.

The device stimulates acupressure points to release toxins, stimulate fat release and provide massage therapy for tired and aching muscles. For those who don't believe in acupressure - it is scientifically proven that there are points in the body with lower electrical resistance in the skin and these are the points that for centuries have been treated by acupressure and acupuncture practitioners. In fact, you can even buy electronic "point finders" that measure electrical skin resistance to accurately pinpoint acupressure points in the body.

The Trimax Belt is incredibly light and easy to use. You put it on, chose your setting, slimming, detox or massage and press go. The motion of the machine takes a little getting used to, you can see the unique bi-directional oscillating motion indicator while the belt is working, it is highly effective, by the end of my slimming session I could feel my muscles had worked. Detox is a gentler setting but no less impactful and after 3 x 20 minute sessions in one day I found I was going to the toilet more often than usual which would be a side effect of the toxins being broken down and draining away. The massage setting was lovely for my back, sitting at my computer all day I, like many others, suffer from 'office worker back' and this device gave relief to my aches. The instructions recommend that you start with 10 minute sessions then increase the time gradually to build up the effect. Having used the Trimax belt for 10 days I'd lost half a cm from my waistline! Used regularly I have little doubt that you would see results quite quickly. This belt would make a great addition to any slimming or detox plan you may have for 2007 so why not go for it?! For further enquiries, please visit www.sasaki.co.uk

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