

HOME TECHNOLOGY

Glorious gadgets and chic gizmos

Pod People

Intégrée's space-age weight-loss system

INTÉGRÉE'S SILHOUWELL PODS look like bumper cars, but these cocoonlike seats have a more mature mission. The primary components in a multistep wellness system designed to promote weight loss, the pods target excess water retention and stubborn body fat.

Step one of the system is to meet with an Intégrée representative to undergo a morphology analysis, which determines your specific body and skin type. That data is then entered into a computer application, along with such relevant details as body fat percentage, weight and personal habits. "The machine spits out a customized program for the pods," explains Jeff Hui, business operations manager for Intégrée USA, an Italian

spa equipment and skin care company. "It tells you how many sessions of each machine you should have."

Next come the 8-foot-long pods. The first, Comfort, is used in conjunction with Intégrée essential oils to drain excess fluid from the body. After sliding into its ergonomically designed seat, the pod heats to 65 to 78 degrees Celsius (149 to 172 degrees Fahrenheit) and vibrates gently. "The vibration and the heat therapy paired with the sitting position, which is optimal for drainage, is what makes it effective," says Hui.

The second pod, the fat-fighting Fit, requires more effort. Essentially a lounge-positioned stationary bike, the pod heats to between 35 and 37 degrees Celsius (95 to 98.6

degrees Fahrenheit). As users pedal toward their target heart rate, the hypothalamus is stimulated. This action, Hui says, "jolts your body into burning fat."

The Silhouwell system is one of 12 Intégrée spa machines, but it is the only one available for residential use. The \$135,000 price includes nearly \$2,000 in accoutrements, including disposable tracksuits. You can opt for an in-home training session, or the company will send you to its headquarters at Palazzo Ben Essere, a 16th-century villa an hour outside Rome, to learn how to use the system during a free two-night stay.

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