

Treatment of the week

UNIVERSAL CONTOUR BODY WRAP

WHAT DOES IT PROMISE?

To help you shed a total of 10 to 12 inches off the combined areas of your tummy, hips, thighs and arms. In fact, it guarantees that if you don't lose at least six inches after your first session, you don't have to pay for the treatment. Your inch loss should last for at least 30 days, and your skin should be tighter and softer after the treatment, with less visible cellulite and stretch marks. Although the most dramatic inch loss is seen after the first treatment, a course of three wraps is recommended to help sustain your new svelte physique.

WHAT'S INVOLVED?

After measuring and recording my key body measurements at 18 points, the therapist asked me where I thought my problem areas were and, like most women, I naturally pointed out my stomach, hips and thighs. She then daubed a mixture of a warm, mineral-enriched clay directly on to these problem spots and wrapped me in elasticated bandages covered in the same concoction from head to toe.

The wrap acts like a giant poultice, drawing out toxins and stimulating the body's natural detoxifying processes. I then lay down and was

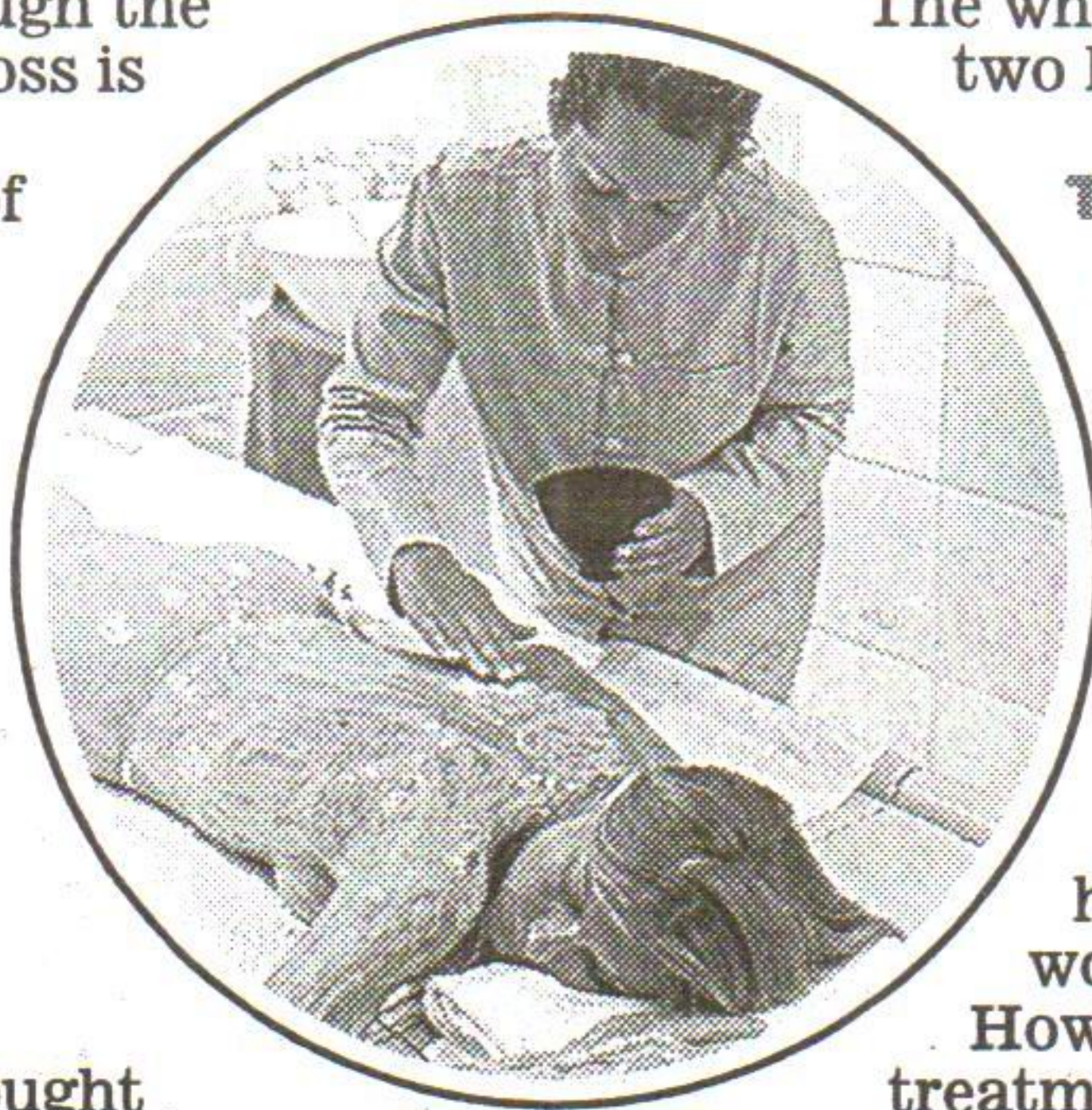
covered in insulating foil and a blanket to keep me warm. Although the bandages were very tight, I quickly got used to the feeling and even dozed off. I woke an hour later to be unwrapped and remeasured.

HOW MUCH?

From £50.

HOW LONG?

The whole process lasts about two hours.



THE VERDICT?

It's hardly the most dignified or comfortable process, but the end results were amazing. I had lost a total of 8.3 inches from my entire body, with most of the extra inches shed from my hips and thighs – every woman's dream.

However, after the one treatment, the results lasted approximately four days. It's the perfect treatment to have before a big event. The therapist also recommended it as a great way to kickstart a detoxing session.

● **INFORMATION:** I had my treatment at Emporium in London: 020 7723 6650. For treatments nationwide: 01784 259 988/universalcontourwrap.com

POLLY BUCHANAN