

## FEELGOOD FACTOR

**Amy Williams** tries out an instant slimming treatment designed to squeeze you back into your favourite party dress in an afternoon

### The Universal Contour Wrap

**What is it?** Though not a weight-loss treatment, the aim of the Universal Contour Wrap is to make you slimmer. Its makers claim that by tightly wrapping the entire body in clay-soaked bandages, fatty tissues will contract, your skin will tighten and you will physically lose inches from measurements all over your body. They claim that as long as you do not put on weight, you will be able to maintain this inch loss for 30 days following the treatment. So confident are the makers that you will lose at least six inches from your combined measurements at your first full wrap, that you'll pay nothing if you don't. For the best results a course of three to five treatments is recommended.

**Any science to it?** The wrap was created during 12 years of "historical and clinical" research by American chiropractor Richard Stern. The mineral-rich solution the bandages are soaked in contains sea-clay, which has traditionally been used in spa products for its firming and detoxifying properties, and also magnesium, which the makers of the Universal Contour Wrap claim will help draw out any carbon-based toxicity through the pores.

If you squeeze fatty tissues hard enough it makes sense that they will shift and shrink slightly — even if temporarily. The makers also strongly recommend you to drink lots of water and cut down on fatty foods for at least two days after treatment — and common sense dictates this in itself will help you feel a little slimmer.

**What is it like?** There is nothing relaxing about this treatment, and dignity also has to go out of the window. But I was prepared to grin and bare it — literally. For the first part of the treatment I stood up wearing only regulation paper pants while my therapist, Diane, measured and marked 18 points of my body from my ankle to my chin.

Starting at my feet, she then began wrapping me in the soggy, muddy-looking bandages. I did feel a little awkward as she reached to cover every inch of skin and I struggled with my balance as my posture contorted with the tightness of the wrap.

When the bandages were removed my skin felt tighter and smoother. I was re-measured immediately and had lost 10.8 inches (this is a total loss from all 18 points, and it included three inches from my waist and one from my thigh). I did feel energised after the treatment — it wasn't going to get me back into my size 10 jeans overnight but my usually snug size 12s slid on easily and that's enough to give a girl a spring in her step on the way home.

**Where can I get it?** I was wrapped at Emporium, 90 York Street, W1, 020 7723 6650 where one wrap costs £59; a course of three costs £140. Call 01784 259988 for other salons.



It's a wrap: Amy Williams feels the squeeze