

The Pamper Page

This month Emma Van Hinsbergh tries a shrink-to-fit bandage session

THE TREATMENT Universal Contour Wrap at Emporium, 90 York St, London W1. Tel: 020 723 6660 or call 01784 251177 for nationwide salon details

COST Around £50 according to salon

WHAT THEY SAY The original, natural sea clay body wrap is a great way to achieve a firmer, smoother outline when there is little time to spare

WHAT WE SAY Don't expect miracles, but this is one of the few treatments that will achieve visible results so you can get back to your former streamlined self after the festive blowout

WHAT TO EXPECT There's no room for modesty here, as I discovered when I was asked to strip naked and don a paper G-string which - disturbingly - made me look not unlike Peter Stringfellow in a posing pouch

First, every part of my body was measured, in order to ascertain how many inches I had lost at the end of the wrap. Don't expect to feel remotely glamorous or pampered during this process - unlike some treatments, this is all about end results and not the actual experience. I began to realise what lay in store for me when the bandages arrived. These were soaked in a sea clay and mineral solution which looked like a bucket full of paper maché and wallpaper paste.

Then my long-suffering therapist began the arduous task of wrapping every inch of my body. And I mean every inch, including hands, feet, neck and even head. Within 15 minutes I looked like an extra from some B-list horror film. All right, amusing. So amusing, in fact, that my editor almost wet herself with laughter when she popped in during the middle of my treatment.

Finally, bandages in place, all trussed up and nowhere to go, I was manoeuvred on to the

treatment couch and left to flick through magazines while the clay worked its magic.

THE RESULTS

After an hour, it was a huge relief when the bandages were unravelled and hallelujah! To my amazement, I had lost a total of eight inches. Before you get too excited, bear in mind that this is an overall total. I actually lost about a quarter of an inch from my arms, half an inch from my thighs, an inch from my waist, and so on and so forth, but it's still a result worthy of celebration.

HOW DOES IT WORK The wrap acts like a giant poufée, drawing out toxins and stimulating the body's natural waste disposal processes. The wrapping process compacts the fatty areas of the body, while special sculpting techniques (ie being wrapped very tightly in bandages) helps smooth hips, thighs and stomach, define the waist and lift the bust and bottom.

THE LOWS Catching sight of yourself in the mirror when you're swathed from head to foot in soggy, grey bandages. If you've ever felt like being an extra in *Return From The Crypt*, this is your chance.

THE HIGHS Going from feeling like *The Mummy* to feeling like the lead role in *Pretty Woman* (after the swanky makeover) - all sleek and slim and toned and gorgeous!

STAR RATING I have a feeling it just pushes all your wobbly bits into other places, as you don't actually lose any weight, but whatever it does, it works. This gets 8 out of 10 for results and 10 out of 10 for comedy value.

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