



Quick fixes

Confused by all those body treatments on the market? We test a few that promise instant inch-loss!

THE TREATMENT: **Universal Contour Wrap**, £64 for a two-hour treatment or £155 for a course of three

THEY SAY: Universal Contour Wrap guarantees you'll lose at least six inches in just two hours (on your first treatment), making it the perfect solution when you have to look your best for that special occasion.

WE SAY: Not the most indulgent of spa treatments, this involves being wrapped in 25-30 elasticated bandages that have been pre-soaked in a clay solution. The theory is that while the bandages compress your soft tissue, the mineral rich clay draws out toxins stored between fat cells, causing inch loss on treated areas. Not one for the shy, it involves the therapist taking measurements all over your body... while you stand, starkers but for a pair of paper knickers, with your arms held out to the side. I rather enjoyed being wrapped up, even though it was quite businesslike – no scented oils or massage are involved in this treatment! However, the hot bandages smelled pleasant enough, and were cosy on the skin. You're then left to relax while the wrap does its work. This bit, I didn't enjoy as much. Just when I was nodding off a really loud and irritating conversation started in the treatment room next door, and there I was, trussed up like a mummy, unable to escape the incessant nattering. However, once the bandages were removed and I was re-measured, I was pleased to find I'd lost just over eight inches in total, with the biggest individual losses being half an inch each from my buttocks and waist.

THE VERDICT: While the overall inch loss sounds good, in real terms my trousers were just a little looser when I left the salon. Having said that, my skin tone was greatly improved, and I felt much trimmer for at least 24 hours afterwards. A great option to give you confidence for a special day or big night out!

FOR MORE INFO: Emporium, 90 York St, London W1H 1QU, 020 7723 6650. For national stockists call 01784 259988 or visit universalcontourwrap.com