

City Woman

With Jennie Lawrence



WORKING MAGIC - Elaine Huddy and Jane Hibbard at The H: Room in Reading; right Kim Francis

It's a wrap folks

'Treatment made me feel good'



It's very easy to be seduced by products and treatments which promise to fix all our body woes, says **KIM FRANCIS**. But even she was impressed by the Body Boutique WrapFactor Detox Clay wrap at a Reading salon, which left her feeling noticeably slimmer

to perk up breasts and diminish stretch marks.

At £50 a time, it isn't cheap but it does promise immediate results on all those areas that women are most concerned about. Wild claims indeed.

So how does it work its magic? It all sounds very plausible, with just one treatment needed to help shift inches, tighten, firm, lift and sculpt the body.

The body is wrapped in bandages soaked in a unique formula that uses sea clay, well known for its purported health benefits, distilled to its purest level to draw toxins from and around the fat cells. These are then flushed out through the body's lymphatic (natural drainage) system, promoting instant inch loss and improved skin tone.

When the bandages are removed after an hour the skin is supposed to feel tighter, smoother and softer. And contrary to *City Woman's* images of being wrapped in bandages soaked in clay, the whole process is actually mess-free. In fact, there's no need to shower - you simply towel yourself down and dress.

The unique formulation used in the detox wrap contains special amino acids that can promote extended inch-loss benefits. It contains aloe vera to help tighten and tone the skin as well as an essential oil called Rose Absolute, which soothes, tones, cleanses, uplifts

the spirit and boosts confidence, as well as being good for thread veins.

And if you think the inch loss occurs because of the elimination of water, you'd be wrong. In fact, you are encouraged to drink water afterwards to assist with the flushing out of toxins. The inches should therefore stay off providing you don't gain weight and try to maintain a healthy diet and exercise regime.

City Woman tested out the wrap and was pleasantly surprised by the results. Measured by the therapist before and after the treatment, I lost inches from every place, including thighs, hips, abdomen, stomach and arms as well as calves and ankles.

Dressing afterwards, jeans felt slightly looser but the biggest effect was psychological. I felt so good. I felt sleeker and more confident. It is difficult to say whether I was noticeably slimmer but I believed I was and felt streamlined. Most importantly, I felt good about myself.

A body wrap would be the perfect way for somebody to embark on a health kick.

If you feel positive at the start, it gives you a great incentive to carry on.

It would also be a great boost for flagging dieters and the perfect pick-me-up prior to an important event where you want to look your best.

MUST WEAR



BE ROMANTIC in this beautiful Victoriana satin range from Knickerbox which features a floral print pattern and trimmed with eyelash lace. The padded bra comes in sizes 32A-38DD and costs £18. The thong comes in sizes 8 to 18 and costs £12.

MUST BUY

GIVE Your body a holistic treat with Dr Hauschka Rose Body Moisturizer containing a blend of rose extracts and botanical oils. To find out where to buy Dr Hauschka Rose Body Moisturizer, which costs £18 for 150ml, call 01386 792642. Or visit - drhauschka.co.uk.



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