

Therapy of the week: The contour wrap to give you a bikini body

By [Leah Hardy](#)

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Proven: The Universal Contour Wrap - involving mineral rich clay - really does work

When it comes to body wraps — those mummifying treatments involving bandages and mud that claim to make you instantly, effortlessly, thinner — I've always been the biggest sceptic around.

I've assumed any benefits would just be temporary fluid loss — you'd be back to normal dimensions after the next glass of water.

I could never understand why celebrities such as Zoe Ball, Tamzin Outhwaite and Rachel Stevens swore by them.

But it seems I was completely wrong. A new study by scientists at the University of Westminster has shown that one in particular, the Universal Contour Wrap, really does work.

Not only that, it works in 100 per cent of cases, and the results last for at least a month.

The idea behind this wrap is that the combination of detoxifying mineral-rich clay and specialist body-wrapping techniques will compress fatty tissue, leaving you tighter and more toned.

The clay solution is absorbed by the skin, drawing out toxins that are expelled through the pores.

So, could it work for me? Arriving at therapist Angela Taffinder's discreet London salon, I'm immediately invited to strip off completely and given a teeny paper

thong and plastic shower cap to wear.

Angela arrives with a bucketful of muddy brown bandages. First, she measures me from head to foot at 19 points of the body.

Then she starts wrapping. The first surprise is that the wrap is warm — I had assumed it would be horribly cold and clammy — and smells nice, like lavender.

She deftly embalms me.

The bandages are tight, but not uncomfortable, and are designed to lift as well as compress.

My bottom and two-children-later breasts are firmly hoiked up to where they used to be.

I end up looking exactly like something out of a Hammer Horror movie, especially as I lurch stiffly on to the couch, where I'm wrapped in a foil blanket and then a thick wool one to keep me warm as the bandages cool.

I lie there for an hour, happily dozing.

There are a couple of claustrophobic moments when I develop an inaccessible itch, and at one point a lost handyman blunders into the room and looks terrified by the sight of me.

After the hour is up, Angela unwraps me and it's time for the moment of truth. Has it worked?

The mirror reveals thinner thighs — even more noticeable is that they feel much firmer and more toned.

My skin feels tighter and smoother. Angela is thrilled to tell me I've lost a total of 15 inches all over, including (hooray!) more than an inch off each thigh, another inch off my bottom and just over an inch off my tummy.

I am astonished. At £64, this is the most brilliant, confidence-boosting pre-beach treatment for anyone worried about baring less-than-taut flesh.

■ *EMPORIUM, 90 York Street, London W1 (020 7723 6650).*

For details of other salons around the country offering the Universal Contour Wrap, call 0845 094 9461.

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I used to have Contour wraps regularly when they first became popular in the UK about 14 years ago - I found you needed to have a course of three if you wanted to look good on holiday - and they worked incredibly well - you do need to drink lots of water post having one to keep flushing out toxins...but , yup , they really work. Unfortunately I don't live near anywhere that does them anymore , but I might try the home kit....

- anna hemmingway, Nottingham, UK, 19/5/2009 15:41

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These "treatments" prey on the low esteem & desperate attempt for women to be perfect. Even if you did loose those inches (which I doubt- most likely the tape measure was just pulled harder) it is a temporary fix. Getting a "bikini body" can only be accomplished by diet & exercise. Any other option is a temporary, usually due to fluid loss.

- Rebecca, Iowa, USA, 19/5/2009 15:14

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I had one yesterday ... and I did loose 9.5 inches , but I did feel that the therapist pulled the tape measure just a little tighter than the Pre measure ... and over the 18 or sdo points measured its easy to loose 9 inches !!! BUT I do feel it kept working the next day as you dont shower until 12 hrs later , and felt firmer without a doubt

- jane bruce, harrogate, 19/5/2009 13:59

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I had one of these - lost 7 inches. Value for money.

- Anne, London, 18/5/2009 17:40

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I disagree I had one of these and barely noticed any difference. Waste of money

- Amanda, London, UK, 18/5/2009 15:10

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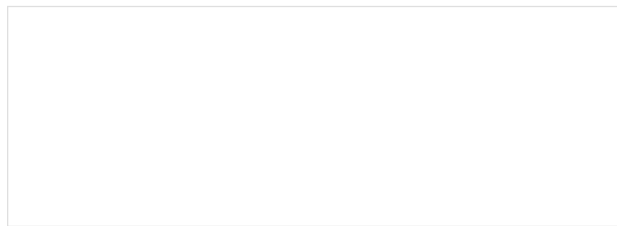
I had a couple recently and on the first visit lost a total of 9 inches - not bad considering I weigh only 9 stones.

- Amanda R, Tickhill, Yorkshire, 18/5/2009 08:21

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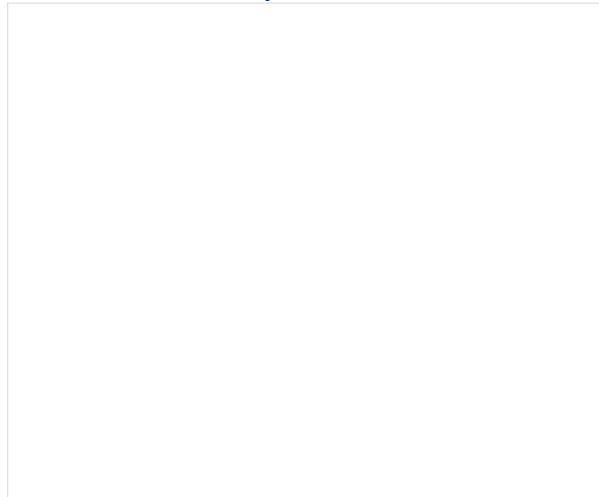
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