

## Universal Contour Body Wraps



University of Westminster



Kick Start the New Year with a  
**Guaranteed Loss of 6 inches**  
>>> in just 2 hours!

### Made any New Years Resolutions?

*Perhaps more exercise? diet or detox?*

Well, the **UCW Classic** body treatment has been tried and tested among hundreds of thousands of men and women across the world, to work fantastically well in conjunction with some of the most common new years resolutions.

How many weeks does it take to notice any difference when exercising or dieting? Do you ever get disheartened that you're not making progress as quick as you like?

UCW Classic allows you to combat this problem through instant, guaranteed results. While you don't lose weight, your skin is rejuvenated through intense detoxification. For best results we recommend plenty of water intake - even better to help your diet along it's way. Best of all, through instant results you'll be ready and raring to go when doing your exercise or diet regime.

While your first full Classic body wrap is guaranteed, you will continue losing inches for the next 3 to 5 body wraps, and it's common in most women to drop a full dress size after 3 sessions.

If you're still unsure, not only does Universal Contour Wrap guarantee a minimum of 6 inch loss in just 2 hours, but they also guarantee the inches will stay off for at least 30 days. Backed by the University of Westminster for instant and sustained results, you really do have nothing to lose, other than the inches!

## A little light reading – What Others Say .....

The first glimpses of summer brought home to me the enormity (in every sense) of my pale and slightly 'spongy' thighs...I'm trying to be delicate here for those of a weak disposition, but the sad truth is there was nothing delicate about my thighs. In terms of a quick fix, the pale problem was sorted with a hefty dose of [fake tan](#), but the only quick fix for thunder thighs is a pair of trousers, or so you would think. You would be wrong. [Ladies and gentlemen](#), I give you the Universal Contour Wrap...it's on a mission to rid the world of cellulite, one bumpy thigh at a time...

The [Universal Contour wrap](#) is a body wrap designed to remove toxins and as a result, inches...it was developed in America by Dr Richard Strem (you don't need to know that for it to work [by the way](#), so don't worry if you forget his name, although once you've had one I guarantee this man will be your hero!!) It is the darling of the [health and fitness](#) magazines at the moment who are proclaiming it to be the most effective treatment on the market for achieving dramatic [inch loss](#), and more to the point, maintaining it.

In a nutshell, the treatment exfoliates, cleanses, detoxifies and tightens [loose skin](#) by squishing you in mud soaked bandages. Sounds delightful doesn't it? With my thighs threatening to mutiny completely and burst out of my trousers [Incredible Hulk](#) Stylee I decided it had to be worth a go...

I've had treatments in two different salons – one was very good, one not so good, but the important thing is they both achieved results.

There is a list of all salons that offer the treatment on the [web site](#) [www.universalcontourwrap.co.uk](http://www.universalcontourwrap.co.uk) (it's a very useful site if you like the idea of the treatment but still feel unsure, as it offers very detailed and comprehensive information, although they don't get back to you if you [fill in](#) the 'contact us' bit...)

Much of the emphasis of this treatment is on relaxation, as lets [face it](#), it can be quite embarrassing standing starkers in front of a complete stranger whilst she performs bondage on you with mud covered strips of cloth!! So right from the start [you are](#) put at your ease. [I was](#) given a big fluffy white robe to change into and a pair of very attractive giant paper pants ([Ann Summers](#) take note, these babies are the future of sexy lingerie!!) Some salons just tell you to bring a spare pair of pants and save you the humiliation of the paper ones by letting you keep your own on.

You are then measured around various strategic points and your measurements recorded...I'm not sure if anyone in the history of wrapping has ever lost inches from their wrists but at least it shows they are thorough!!

The bandages look disgusting – they are the colour of nasty grey underwear that’s been in the wash too many times. I was expecting them to be ‘muddy’ and to find myself looking like a swamp beast, but the ‘mud’ is very runny so it isn’t at all messy. It’s also warm so the sensation of being wrapped up isn’t unpleasant.

The therapist starts at the ankle and wraps you up in the bandages, as tightly as you can bear (the tighter the better for results) you are wrapped up both legs then up your body and finally your arms are wrapped to the wrists – it only takes about 10 minutes for the wrapping itself (although I suspect if I tried the home wrapping kit that is available from the web site it would take a lot longer and be a lot more messy.)

After the wrapping, you have to lie down for an hour to let the minerals do their stuff. To keep you warm you are either put into a thick plastic shell suit with little plastic booties (again it makes you realise when you are kitted out in that just how foolish we make ourselves look all in the name of vanity sometimes.)

The other option (in my opinion this is far more preferable) is being wrapped up in a big plastic sheet with a duvet put over the top of you. The therapist advised I should [get some](#) sleep but it’s easier said than done and in the end I opted for just relaxing.

After an hour or so you are unwrapped and surprisingly there is no mud in site. This is the worst bit because you have to stand shivering as you are undone and it seems to take ages... The results are instantly obvious. The skin just looks firmer and newer and shinier (although a quick tip, don’t make the mistake I did and go in a skirt or a [t-shirt](#) because the imprints of the bandages stay on your skin for a while and walking home with what are obvious bandage marks all over your body is so not a [good look](#)!!)

Being re-measured is the fun bit, and it makes you feel fabulous. The amount of inches you lose varies from person to person but they guarantee 6 inches or you don’t pay for the treatment.

This is not six inches from one are it’s an accumulation of all your measurement. After my first one I lost 10 inches and after my second I lost 8 and a half. The most recorded is 38 inches from one wrap!!! At **Amber Health & Beauty** we tend to average about 12 inches for the first wrap. Follow-ups are slightly less.

I lost mine mostly off my knees and lower thighs (sadly I remain bootylicious but the good thing was I didn’t lose any off my bust area!!)

The clues in the name really, as the main thing about this wrap is its amazing contouring effects. You are advised to drink plenty of water and keep drinking it and try to leave the salts on your body to keep doing their works as long as possible. It’s worth doing this because after the 4 days your skin texture is amazing and I noticed the little bumpy spots under the skin on my [upper arms](#) that I’ve had since winter had vanished! [As if](#) by magic!!

One [side effect](#) of the wrap is that you feel like you have the worst [hang over](#) ever the following day, although drinking plenty of water does help, it's a combination of dehydration and a sudden lack of toxins.

At £55 a wrap it isn't exactly cheap but the whole thing takes about 2 hours so you do feel a bit like you are getting your money's worth and it is certainly an amazing motivator.

Obviously once you go back to eating pies the toxins sneak back and you'll need another, but especially for a special occasion it's well worth every penny. With a combination of [healthy eating](#) and the wraps I've dropped 2 dress sizes, so they certainly get the thumbs up from me (unlike the bowls and bowls of raw carrots and lettuce I have to munch on to stay this size!!!)

## The history of body wraps

There is evidence of the use of poultices for the absorption of toxins and poisons even in pre-historic times from illustrated reference to the use of what must have been herbs and mosses. We know from hieroglyphs that Cleopatra used Nile clay poultices as skin treatments as well as her asses milk baths. In medieval times the mustard poultice was a common treatment for skin infections but the advent of chemical medicine at the turn of the 20th century saw the decline of many traditional therapies in favour of more modern pills and potions.

For a while conventional medicine denied that the epidermis was in any way porous and dismissed virtually all skin treatments as superficial. Most recently however this has been exposed as nonsense and the use of medicinal patches for all sorts of treatments, from nicotine addiction to pain relief, by the application of skin patches is common place and effective. With the use of penetration enhancers a number of medicines are already being administered in this way instead of by injection.

Beauty treatments like face masks and body wraps have relied on clay or mud poultices since Cleopatra's days and many have been recently enhanced for use in beauty salons. Salon body wraps were first introduced in 1960's in USA and successfully provided instant visible inch loss to any part of the body within an hour or two.

Indeed a TV test first broadcast in the 1970s on the popular American Phil Donahue Show vividly demonstrated the inch loss capabilities of a full body wrap and the process became ingrained in the beauty culture of America and inevitably came to Europe shortly thereafter.

Unfortunately body wraps produced exclusively for salons were messy and cumbersome. Furthermore relatively few people could afford such luxurious treatments in beauty salons, whilst others wanted to continue treatments from the comfort of home and thus the home wrap was born.

## Body Wrap Glossary

**Almond Oil** – This oil has many cosmetic and medicinal uses and is an excellent massage oil. Almond oil forms the base for many lotions, creams etc, in skin care, and is often used as a carrier oil in aromatherapy and massage therapy because its fine texture makes it easily absorbable. It can also help in relieving muscular aches and pains, softening the skin and promoting a clear young looking complexion.

**Bentonite Clay** - Hydrated Bentonite is natural clay that comes from volcanic ash. It is often used in facial masks as it absorbs excess oil, dirt and toxins from the skin. Studies show that the internal use of volcanic ash goes back to the indigenous peoples of the high Andes Mountains, tribes in Central Africa and the aborigines of Australia. Taken internally, it supports the intestinal system in the elimination of toxins.

**Caffeine** – A mild diuretic, caffeine (or more commonly caffeine) is well known as a stimulant which, even when applied externally, can increase the level of circulating fatty acids, thus enhancing fat oxidation, and is commonly used by athletes to enhance fatty acid metabolism. Caffeine is an alkaloid with numerous sub compounds called alkaloids such as methylxanthines, which include caffeine, theophylline, and theobromin; found in cola nuts, coffee, tea, cacao beans and other plants.

**Cellulite** - A fatty tissue in the subcutaneous layer of the skin that contains narrow bands of linked tissue. This tissue, which varies in thickness and is laced with fat cells, is held in place by a structure of fibres that protects our body, cushioning our muscles and organs. A liquid that both nourishes it and provides it with an effective waste system also surrounds it. When all is working well in the system, waste products are removed from the body and smooth curves result; when fats, fluids and toxins are trapped deep in the skin, however, the linking tissue thickens and hardens, giving a dimpling, orange peel effect. As we mature, the layer of skin thins, resulting in the rippled appearance of cellulite. Though everyone has a smooth layer of fat, individual amounts depend on weight, lifestyle and genetics. This fat layer is an insulator for the body and cushions the organs, muscles and nerves. Cellulite, on the other hand, is lumpy and provides no padding whatsoever. It only occurs in certain areas of the body: the thighs, buttocks, abdomen and breasts. When men get cellulite, it tends to be on the neck and abdomen. Cellulite is not necessarily a factor of body weight. You don't have to be heavy to have cellulite. Though diet and lifestyle affect cellulite formation, a large part of cellulite is comprised of toxins and fat that build up in the body, and can affect women and men of any size, weight and body structure.

**Cypress** - Traditional uses as an essential oil include: antiseptic, antirheumatic, anti mycobacterial, decongestant (venous, lymphatic, prostatic), hepatic, mucolytic, hemostatic-styptic, vasoconstrictive, antispasmodic, tonic (neurotonic and intestinal), emmenagogue, diuretic, deodorant, anti-bacterial. This oil works well for cellulite, oedema, poor circulation, varicose veins as well as water retention. An ideal oil for many menstrual difficulties. Aids nervous tension and stress-related conditions.

**Fennel** – Sometimes known as 'Sweet Cumin' fennel seed has been used as an antispasmodic, carminative, diuretic, expectorant, laxative, stimulant, and stomachic.

Fennel has also been used to stimulate lactation, as a remedy against colic, and to improve the taste of other medicines. Chinese herbal medicine includes the use of fennel for gastroenteritis, hernia, indigestion, abdominal pain, and to resolve phlegm and stimulate milk production. Also good for treating cellulitis, obesity and oedema.

**Juniperberry** – This essential oil, obtained from the berries of the juniper bush, has astringent and antiseptic qualities and is recognised as both stimulating and soothing. It has a fresh, pine-needle aroma. Believed to be magical, Juniper was used to avert and protect from evil. Some traditional uses suggest it can energise and relieve exhaustion, ease inflammation and spasms, improve mental clarity and memory. It is renowned for purification, disinfecting and reducing fluid retention. Also good for treating the accumulation of toxins, cellulitis and obesity.

**Kaolin** - Kaolin is a clay composed essentially of the mineral kaolinite. It is characterised by its white colour and is formed as a result of the decomposition of the alumina - silicate minerals, especially the feldspars. The term kaolin is derived from the Chinese word "Kau-ling", meaning high ridge, having reference to the locality from which the richest supplies were obtained. Used in paper manufacture and as the main constituent of China clay it is noted for its purity and absorbent qualities.

**Rose** – Rose oil is excellent for dry and mature complexions. It is used for poor circulation and liver congestion. Rose oil lifts depression, relieves headaches and eases nervous tension and stress-related complaints. 'But the rose procures us one thing above all: a feeling of well being, even of happiness'.

**Vitamin E** - Vitamin E is a fat-soluble vitamin discovered in the early 20th century and is best known as an antioxidant that may, among other things, reduce oxidative stress associated with the development of coronary heart disease. Vitamin E (tocopherol) assists in maintaining cell integrity and is easily obtained from foods such as sunflower oil, safflower oil, canola oil, and olive oil, many grains, nuts and fruits.

**Zinc Oxide** - Because it absorbs ultraviolet light, zinc oxide can be used in ointments, creams, and lotions to protect against sunburn. Crystalline zinc oxide exhibits the piezoelectric effect, is luminescent, and is light sensitive. Zinc oxide occurs in nature as the mineral Zincite. Zinc peroxide is a white to yellow powder used in antiseptic ointments and is a prime constituent of Calamine and Caladryl lotion.