



## All nicely wrapped up Silky Oaks Contour Wrap

Over to a lazy detox method then, one not needing any willpower or discipline.

After a delicious SoCal detox lunch of taco's, chicken and avocado salad (eat that, Gwyneth), we turn to Wendy Angrave from Silky Oaks for advice. The contour wrap became popular as a quick method for losing centimetres, but is above all a way of detoxifying your body.

Because you can't do one without the other, according to Wendy. "Strict diets or detox cures are very taxing on the body", she says. "The toxins are stored in your fatty tissue and connective tissue, so if you want to lose weight, you need to release the toxins first."

So, there I am then, with my sceptical mind and a body full of toxins, standing in my paper string underwear. To make it even more embarrassing, I am measured from head to toe. **The bare figures are important: the contour wrap guarantees every client a loss of at least 15 centimetres after just one treatment** (at least if you add the measurements of the whole body together).

The genius of this method is that you only lose centimetres where your fat layer stores toxins.

Your breasts - less fatty tissue - you can keep. Yes. Double chins, tummy rolls, wobbly knees and those old-lady-wings under your upper arms, they have to go. We were looking for a cleansed and healthy body, but losing some excess centimetres is more than welcome just at the start of the bikini season.

My whole body is wrapped ingeniously in warm elastic bandages that have been soaked in a sort of brown sea clay. I look like a mummy that fell in the mud, and the plastic spacesuit that I put on does nothing to make me look more attractive. Next I can relax for an hour, and with the comfortable warmth and gentle massage effect of the bandages I fall in no time into a deep sleep. After a blissful power-nap the treatment is, as far as I'm concerned, already more than successful. After being unwrapped again, I can feel before we even start with the tape measure that my skin is tighter and firmer. The measurements confirm: 3 centimetre tummy gone, 2 centimetres less buttock. In total, 26 centimetres have disappeared from my body.

**This seems too good to be true. Have they fiddled a bit with the tape measure? Is this just water-loss that will come straight back again?**

My scepticism is unfounded. When I return a week later for a second round of wrapping, I have lost even more centimetres, whilst my weight remains unchanged. My jeans are too big and the effect is visible, especially around the knees, buttocks and thighs. **I sound like a tele-sales person, but it really works!**

The contour wrap has existed for many years and was originally applied as a medical treatment for among others liver and kidney patients. In the clay mixture are minerals that detoxify your body and tighten the skin, but the ingenious wrapping technique also helps to stimulate the blood and lymphatic circulation systems.

"I notice that some clients experience other health benefits" says Wendy. "They sleep better, and have more energy." A wrap alone won't work wonders for your health if you don't make changes to your lifestyle, but it is the perfect kick-start to motivate yourself for a diet or detox cure.

More tips:

- The wrap works best in combination with a sensible diet, or to tighten the skin after losing weight.
- You can enhance the effect of the wrap even

more by using the Silky Oaks home products, such as the scrub or the Contour Concentrate, a skin oil to treat cellulite.

A Silky Oaks Contour Wrap costs 85 euro.

An ideal course of treatments consists of three sessions in three weeks; a monthly maintenance treatment is advisable.

More information and addresses of salons in your neighbourhood can be obtained via [www.silkyoaks.be](http://www.silkyoaks.be), tel: +32 (0)15 450 220.