

YOUR HEALTH TODAY

A WEEKLY FEATURE ON ACTIVE LIVING

Detoxifying body wrap enlisted in battle of bulge

DONNA GRAY
Four News articles

For the past seven years, Rosalie McDonald has been whirling away at her physique, working out with kinesiology and holistic practitioner Kimberly Wise. Although her workouts yielded good results, Wise suggested it was time to boost the process with a detoxifying body wrap, one that would help eliminate extra bulges and curvings.

"I kind of informed me because I understood physics," says McDonald, a former-thing poetryphysicist.

"She told me that you lose inches, not weight. She suggested I walk to her clinic, which helps to speed up the treatment. So I took a walk from work to Kim's salon room in Marsh Loop."

As McDonald got settled into the calm and relaxing space, she was asked to strip down to her bottom underwear, and was measured in at least 10 different areas for later comparison. Her body was wrapped like a mummy — of sorts — with two layers of cloth strips, coated with a mixture of bentonite clay and Dead Sea salt. Finally, she needed to lie still for an hour.

"The first time, it was uncomfortable because I'm claustrophobic but it wasn't bad," she says. "It's also a very humid feeling too. I actually think it must take out some toxins."

An hour later, she was unwrapped and measured. The result was a jaw-dropping 15 inches across her body. A second wrap a couple of weeks later yielded a 23-inch loss.

McDonald was delighted and curious. "I still don't know how it works, but it does," she says. "I think I've done two or three treatments, my pants are really big for me still. You also feel kind of good afterward... more clear-headed."

Wise, who is also a nutritional counselor and esthetician, says the treatment augments a person's efforts to trim down. It also helps to reduce pain and inflammation. The key is the clay/salt combo, which she believes draws out toxins from the body.

Wise is one of the first to offer it locally and says the Universal Contour Wrap has been voted as one of the top 10 beauty treatments in the world. It is now a staple for celebrities and athletes in the U.S., including those who walk the red carpet at the Oscars and Emmy awards. Before the B-list celebrities take to the dance floor each week on



Donna Grady, Calgary Herald
Kinesiotherapist and holistic practitioner Kimberly Wise, left, gives client Kim Wise a detoxifying body wrap.

Dancing with the Stars, they also receive a treatment.

The natural solution is hypo-allergenic and its mineral-rich base does not contain any ingredients which increase the body's metabolism or rubs the lipids out of the fat cells. Wise advises that treatments should be 7-10 to 15 days apart to optimum effect. Female clients having a course of wraps usually go down a complete dress size. Her faith in the treatment is steadfast, bodily offering a partial loss of at least six inches. If you don't lose six inches across the body totally, you don't pay.

"The inch loss is not from water or fat, but rather from detoxification and skin tightening," she chimes. "The loss is guaranteed for 30 days, if one follows the post wrap instructions. With a healthy lifestyle, the loss can

last indefinitely."

She also claims that many clients notice curvings diminish after each wrap — a commonly-reported benefit.

"The body is re-mineralized during the wrap due to the rich mineral content of the sea clay formula," she says. "When the body is balanced mineral-wise, curvings are often diminished or go away completely."

Starting at 1099 per session, Wise adds that the treatment is popular with travellers who will be hitting the beach over winter, those who want to look sleek and slim for a holiday party or presentation or body builders who want to look more sculpted before a competition.

"A lot of women come in before they go to a company Christmas party or go to Mexico," she says. "One guy came in and was to receive an award, and he wanted to look good in his suit."

She is unable to wrap clients who are pregnant or who have epilepsy/seizures or phlebitis, but there is nothing in the sea clay solution which will aggravate any other condition.

Fred McCann, who works in the construction industry, has made regular visits to Wise. His inspiration was to trim down his love handles, but he was also intrigued by the possibility the clay could address arthritis pain.

"I guess I believe in all this sort of stuff," he says. "I know our body does store toxins. Mobility was important for me. I have joint pain in my knees and hands. I run job sites and also have a firm."

Even during his first treatment, McCann noticed a reduction in the pain in his fingers. He also noted his clothes fit looser and even his feet had a bit of plump.

"You could feel it as it progressed," he says. "I have restricted movement. I generally felt a lot better — no knee, ankle or hand pain. I am more energetic, and now it's not as tough to move."

McCann adds that he's discovered every-one stores and loses toxins differently, in different places.

"When my neighbour went a couple of weeks ago, he had significant loss in his forearms," he says.

Well known him for 13 years, he's never had that kind of definition in his arms until this treatment with Kim. And he works out regularly.

For more information, contact Kim Wise at Equilibrium Wellness at 403-689-9472.

HEALTH AND WELLNESS

Warning: The Calgary Herald accepts and publishes the following groups as a community service. Readers who respond to these advertisements assume the obligation of making all necessary inquiries to establish the accuracy of the description and legitimacy of these groups.

AIDS Calgary provides educational materials and support services. Membership is free. Call 403-262-2200.

Alberta Amateur Sport and Recreation Association (AAASA) provides the Alberta Monthly membership of the Alberta Recreation & Fitness Association (ARFA) on Nov. 7/Jan. All in-person and online activity with their fitness centre, allowing you to learn how to become part of the new situation. If it is needed, enjoy also working where you and the nearest one of us provide local support with some amenities and advice. For further information, contact General 403-201-0507 or check our website at www.aasaa.ca.

Alzheimer Society of Calgary and Dementia Care Training Centre Visit www.alzheimer.ca or call 403-260-0110.

Networks Group meets the third Tuesday of each month. Call Heather at 403-285-5041 or e-mail heather@networks.ca.

Autism/Asperger's/PTSD-4005 Support Group (Geographic Family mem-

bers and individuals with autism spectrum disorders) meet Thurs. day mornings from 9:30 to 11:30 a.m. It is two Wednesday evenings of the month from 7:00 to 9:00 p.m. and the last Wednesday evening of the month from 9:00 to 11:00 p.m. at Autism Calgary Association Office, 889 St. 3003 (41st Ave. N.E. Call 403-260-5022 or visit www.autism.ca).

Calgary Asexual and Ally Network (CAAN) is a safe and supportive space for asexual, demisexual, and ally individuals. CAAN provides a safe space for asexual, demisexual, and ally individuals to meet, socialize, and support one another. For more information, visit www.caan.ca.

Calgary Chronic Pain Support Society offers support and information for anyone living with long-term pain. For meeting dates, call 403-259-5278, 403-281-1244 or visit www.calgarychronicpain.ca.

Calgary Burn Survivor Group meets every at 6:30 p.m. on the second Wednesdays of each month at Room 385 of the HealthHub. All former burn patients and their families are welcome to attend. Call 403-268-3282 for more information.

The Calgary Intergroup Women's Association offers support groups for intergroup women in various communities. Come if you want to practice English, make friends and get information. Free childcare provided. Call Angela 403-263-4414 ext. 516 or e-mail webfriends@cwaa-wrtho.com.



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