

Detox Wrap

at Hair + Wellness Secrets

Hheavy meals, long hours at work and a vice or two can wreak havoc on our bodies. The biggest misconception is that a slim figure ensures a healthy body. Many of us battle with our weight in the challenge to 'look' good but often we forget the importance of what's going on inside. The Detox Wrap at Hair + Wellness Secrets in Warisan Square, Kota Kinabalu is a holistic way to rid our bodies of toxins. I had the pleasure of trying out the treatment and harboured hopes of losing a kilo or two!

Before starting the wrap, Monica Chai, the Director of Hair + Wellness Secrets, took the time to explain the process step by step and how it works. The wrap is based on a German-developed therapy that was initially used on athletes for pain management. During the treatment, acids and toxins are pushed to the surface of the skin and fat molecules are broken down. The wrap also helps reduce bloatedness. This treatment is combined with a German-developed practice called 'Dorn Therapy' and Chinese Tuina to align the spine, improve energy flow around the joints and improve muscle tone. Sounds like quite a wrap! I was led to the treatment room and after undressing, a cool ointment was rubbed all over the body; this helps stimulate the electrons I was told by my attending therapist. A stretchable cloth is wrapped around the arms, legs and torso. The band is quite snug but you can request for a light bind to your preference. After being somewhat 'mummified', several pad electrodes are placed on certain parts of the body, including the soles of the feet and on the chest. For the next hour, I only had to close my eyes and let the machine work its magic. There is a slight tingling sensation as the machine is turned on but the whole process is rather pleasant and I soon found myself drifting off into slumber. The pad electrodes generate micro-energy which helps rid the body of toxins. The session lasts for an hour and drinking lots of water post-treatment is recommended. With regular sessions, many have reported having less water retention, better food digestion and feeling much healthier.

Hair + Wellness Secrets also offers head to toe treatments. Salon services included hair styling, make-up, manicure and pedicures. They have a wide range of facials including the detoxifying facial mask treatment, whitening facial mask and bio face lifting – a non-invasive way to give you a fresh look using German-developed micro-energy techniques. Looking for stress relief? Try the traditional Chinese cupping therapy, which opens clogged pathways to improve circulation. Several cups are suctioned onto the back to stimulate the vital organs; if done on a regular basis, many swear by its therapeutic properties.

So for an all-over feel good session, make an appointment with Hair + Wellness Secrets at Warisan Square. Everyone deserves a pampering now and then!

Hair + Wellness Secrets is located at Unit 7, 2nd Floor, Block B, Warisan Square, Kota Kinabalu. For more information or to make an appointment, please call 088-447 163.





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