

# Life & Style

+ Turn

## TREATMENT OF THE WEEK

I'D HEARD good things about the lava shell tummy massage — that it provides results similar to that of colonic irrigation, but without the irrigation.

Having experienced colonics before, the awkwardness wasn't something I wanted to repeat. However, a flat-as-a-board tummy and an overhaul of my digestion system would be welcome. So I went to meet

Allison Gibbs, the co-founder of Shared Beauty Secrets, the company who brought the lava shells (heated clam shells) treatment to the UK from the Philippines.

Allison warmed up the shells by filling them with a gel-based heat source and sealing them. After slathering my tummy with a tropical-smelling oil, she started massaging deeply using the warm



shell — like a smoother, gentler form of hot stone therapy.

Allison said my colon revealed me to be a control freak who worries a lot (spot on), and the results were knotty areas and soreness around my right hip and under my diaphragm. She worked those areas and the aching eased. After 40 wonderful

minutes, my back had the same treatment. The next day, I felt more lively and my normally tight jeans were roomy. All without a hosepipe in sight.

■ Lava shells are available in more than 180 salons nationwide. For prices and locations call 01869 33 88 90, [sharedbeautysecrets.com](http://sharedbeautysecrets.com).

**NICOLE MOWBRAY**

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