



Treatments for special occasions

Whether you're looking for a treat for a birthday or an anniversary, or you just want to pamper yourself silly, there are spa treatments out there that can work minor miracles. Of course, like Cinderella's coach and dress, this spa magic won't last forever. But we've tracked down the body treatments which can fleetingly flatten your stomach or briefly help you lose inches so you can slip into that just-too-tight perfect outfit, and the facials which bestow a glorious ten-years-younger glow.

Silky-smooth shimmering skin

The perfect treatment for a hot date or any time you're planning to wear a skin-revealing outfit! The spa heaven cocoon at Champneys is an **all-over exfoliation**, with a **super-moisturising wrap**, finishing with **massage** and application of glistening oil which gives your skin a **gorgeous shimmer**. While your body is wrapped up, you won't get bored, as you'll get a scalp and foot massage, too, leaving you feeling pampered from top to toe. Ask for a non-oil head massage if you don't want to leave with oily hair. You can pick from three scents: oriental, Thai royal or exotic.

Try the Spa Heaven Cocoon at all [Champneys Town and City](#) spas, as well as [Forest Mere](#), [Henlow](#) and [Tring](#) resorts.

Flat tummy pamper-fest

One of the Spies' favourite treatments, the lava shell massage, has a rather nifty tummy massage element which, miraculously, can help you have a **flatter tummy for a day or so**. The theory is that your core muscles wrap all the way around your body, so if your back is massaged, then your front should be, too, to engage the muscles. Massaging the tummy in a clockwise motion also gives a "natural colonic" which should kick any sluggish colons into action and, ahem, give your system a good clear-out.

Finally, the lava shell tummy massage ends with an Asian technique, the pelvic-floor lift, which apparently works in the same way as a session on a toning table!

Try the lava-shell massage at a wide range of spas including [Urban Retreat](#) at Harrods, [Calcot Manor](#), [Bannatyne Spas](#) and [The Grove](#).