

Sea mud wrap



Full of soothing seaweed, this mud wrap will soften even the toughest Aussie bloke.

If ever a man was a candidate for an extensive skin treatment, it is yours truly. A decade of swimming in chlorinated pools, coupled with a lifetime of living in one of the driest and dustiest countries on the planet, has left me parched, flaky and well and truly behind the eight-ball. Furthermore, my skincare routine is cursory at best – water, soap, pronto.

Suffice to say, an hour-long session at Zipt, an upmarket Melbourne CBD day spa for men, was long overdue. A little concerned that I would stick out like a sore thumb, the friendly staff reassured me that people all of shapes and sizes, not to mention sexual persuasions, indulge in Zipt's services. No need to mumble shamefaced about gift certificates here.

Many of their other offerings – including manicures, pedicures and waxing, don't really flick my switch, but the opportunity to be wrapped in sea mud for an hour was too good to pass up.

And so there I was, in my own personal steam room, decked out neck to toe in green sea mud. In a smooth mineral-base, this mud is packed full of seaweed and plant enzymes. The mud was applied deftly all over (though not to the face) by my very attentive

personal consultant, with what basically amounted to a tiny paint-brush. Not surprisingly, the sea mud felt absolutely divine – it was nice and warm on the skin and its texture, while thick and incredibly messy, was spot on. While the room resembled the aftermath of a paint bomb, I was admonishing myself for not having done this years earlier.

Essentially, the premise of the treatment is that the combination of steam and sea mud draws out impurities, while stimulating blood circulation. And as someone who is literally dripping impurity, I could feel my body saying sayonara to every cigarette and alcoholic spirit I had ever consumed.

Unlike other steam rooms that I have endured over the years, this one was not oppressive at all – the temperature was perfect and, of course, the absence of other punters in the said room made it all the more enjoyable. I thus enjoyed all the benefits of a traditional sauna and steam room, minus the dehydration, germs and unsightly nudity.

The sea mud treatment did not incorporate the face and several of my colleagues expressed concern at this. "What do males care about the skin quality on their shoulders and calves?" was a common response. But the

benefits of the process go far beyond that of removing dead skin. More than anything, all the tired muscles and aching joints I took into the spa had disappeared within an hour. My skin was tingling and my head was clear. The extras, such as the homemade chocolate fudge, Swedish chill-out room and post-treatment skin analysis, were the icing on the cake. For a detox, freshen-up or simply for something a little bit out of left field, a sea mud treatment will have you floating on air. **NH**

The benefits

Seaweed treatments like this one are:

- * Deeply cleansing.
- * Loosen dead skin cells.
- * Stimulate circulation.
- * Soften and hydrate skin.
- * Contain vitamins, minerals and plant enzymes that may help calm sensitive skin.

Zipt – Grooming For Men is located at Level 1, 234 Collins St, Melbourne 3000 Ph: 9639 1972
Open: 8am- 7pm Monday to Friday