**Body Scrubs and Body Wraps**

**What is a scrub?**

A scrub or body polish is a spa treatment which exfoliates the skin on your body leaving it feeling fresh, smooth, moisturized and soft. An abrasive product is rubbed vigorously, and massaged across and into your skin, and is then rinsed away to reveal a moisturized layer of fresh, clean and smooth skin.

**What is a scrub good for?**

There are many benefits to a body scrub or polish. A body scrub will exfoliate your skin, sloughing off dead skin cells and rubbing away hard and flaky skin, leaving it feeling soft and smooth. Scrub or polishing products usually include an oily base which moisturizes and soothes your skin as it is scrubbed.

A scrub can be really invigorating as well, and improve the circulation of blood and lymph to the surface of the skin, helping to fight cellulite and improve your skin tone.

A good body scrub or polish forms the basis of other body treatments:

* it prepares your skin for an even tan
* it opens the pores and wakens the skin before a wrap or mud treatment
* the oils used can relax or stimulate your senses ready for any similarly-focused treatment that you might be having afterwards.

**What is a Body Wrap?**

Body wraps were originally a treatment where Ace bandages or plastic wrap was tightly wrapped around the body to cause quick weight loss through vasodilation. You can still find these types of "slimming" body wraps, which result in the temporary loss of weight and inches, at some spas.

But today a body wrap in a spa is more likely to be treatment where you’re slathered with a body mask made of algae, seaweed, mud, clay, lotion or cream, then wrapped for 20 minutes to keep you warm. Later the product is rinsed off. The body wrap usually ends with an application of lotion (technically not a massage). This body wrap treatment is sometimes called a body cocoon or body mask.

**What are the Benefits of a Body Wrap?**

Body wraps that use algae, seaweed, mud or clay are [detox](http://spas.about.com/od/bestspasbyspecialty/a/detoxspas.htm) treatments that help rid the body of toxins through metabolic stimulation. \*

Body wraps using shea butter and rich lotions are hydrating treatments geared towards softening the skin.