

# BODY WRAPS AND SCRUBS

by Whitney Yang, on 06/11

## CATEGORY

Wellness



## SUMMARY

*Traditional Indonesian body scrubs beautify and purify brides-to-be, while 44-day ritual wraps help new moms regain their pre-pregnancy bodies*

## TOP SPAS

[MesaStila Spa](#)

Java, Indonesia

[The Chateau](#)

Berjaya Hills, Malaysia

[Mandarin Oriental](#)

Chiang Mai, Thailand

[Red Door Spa](#)

30 locations across the US

## PRODUCTS

[Dermalogica](#)

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[Darphin](#)

# BODY WRAPS AND SCRUBS

Body scrubs and wraps are a common service in spas in Korea, Thailand, and Indonesia. A typical body scrub will entail the guest being vigorously rubbed down by hand or with exfoliating mitts. A scrub can be made of any ingredients but will always include a healing concoction of native spices and herbs.

Body scrubs are touted for having skin benefits including softening, purifying, cleansing, and exfoliating. Additionally, body scrubs are said to improve blood circulation, relax the muscles and joints, aid in weight loss, and get rid of body odor/bad breath. In Indonesia, scrubs or “[Lulur](#)” were traditionally reserved for brides-to-be. A bride would receive a daily scrub for the 40 days leading up to her wedding day as a purification and beauty ritual. “Lulur” refers to the unique combination of herbs and yoghurt that are used in a Javanese scrub. Increasingly popular around Asia are [“whitening” body scrubs](#) which whiten the skin and are purchasable for DIY home use.

A body wrap is another traditional spa treatment that first begins with a process resembling a body scrub. The body is coated in a special paste mixed with essential oils or healing herbs. In Thailand, mineral-rich mud or honey is often used as a base, while in Indonesia aloe is preferred. Next, the guest is tightly wrapped in banana leaves or seaweed. The wrapping process increases the detoxifying properties of a body scrub, and is also said to be anti-inflammatory/allergy, improve circulation, reduce cellulite, and promote slimming and weight loss. A scrub or wrap treatment will usually end with a relaxing floral bath.

## BENGKUNG POST-NATAL BODY WRAPS

In Malaysia and Indonesia, a traditional “Bengkung” body wrap (image) ritual has been adapted to fit into the fast-paced life of modern Asia. [Bengkung](#) is a body wrap designed specifically to help new mothers restore muscle tone, rid the body of toxins, and most importantly recover their pre-pregnancy figures.

The traditional Bengkung ritual is part of a [44-day postpartum treatment regimen](#) and was traditionally performed by a midwife. Every morning beginning with the first day after childbirth, the mother is massaged with an herbal paste, and wrapped in a tight corset-like cotton fabric (8-15 meters long) from the rib cage to the hips. Women would wear the wrap for 24 hours a day, except during bathing. The herbal paste is made from herbs with detoxifying and antiseptic properties, and is said to “cleanse the womb,” while the wrap itself will “flatten the stomach, shrink the uterus, and tighten the vagina.”

The Bengkung ritual has been transformed to suit a modern lifestyle, with easy-to-wear body wraps [sold online](#). The original post-natal ritual for Malay women is now a fast-growing trend around the world.

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## FURTHER READING

[Body Mechanics Massage Therapy – Benefits of Body Scrubs and Wraps](#)

[CBS News – Body Wraps: Way to look, feel slimmer?](#)

[NYDailyNews – Women try body wraps after pregnancy to get that Jessica Alba look](#)