



COSMOPOLITAN

The Crazy Thing I Did For Soft Skin

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Hey ladies! Please welcome today's guest blogger, Cosmo editor Zoë Ruderman, who in a quest for soft skin, got a seaweed wrap at a spa. Read on to find out what it was like being turned into a human sushi roll.

I am not a spa person. I've never had a facial, I've had one professional massage, and my pedicures take place on my living room floor, usually while watching *The Daily Show*. But lately my skin had been looking dull and dry. I exfoliated and exfoliated in the shower, but it didn't help. So I decided to jump on the spa wagon and try out the Seaweed Wrap at [Body by Brooklyn](#).

Here's the deal: I put on a pair of disposable one-size-fits-all undies (yes, they're as sexy as they sound) and got comfy on the massage table. The esthetician buffed me all over with some kind of exfoliator then covered my entire body in seaweed paste. (Seriously, entire body. I found seaweed in my armpits later that day.) I was then wrapped in plastic and left to marinate for 15 minutes, before showering it all off.

It sounds totally crazy, but I actually loooved it. My skin felt very smooth and [ready for summer](#). Actually, when I got home, I applied a [sunless tanner](#) and didn't get any streaks, thanks to all that [exfoliating and moisturizing](#).

I was so obsessed with the treatment that I'm going to try to recreate the experience weekly in my own bathroom. I bought [Red Flower Jasmine Rose Rhassoul Clay](#). You add water to the powder and it turns into a clay-like substance that you slather all over your body. I think I'll skip the plastic wrap though...



Would you ever get a treatment like this? Are there any crazy-sounding spa treatments that you want to try?