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Perfect Body the Pilates Way: Complete Plan for Top to Toe Transformation

Lynne Robinson, Caroline Brien

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"Perfect Body" is a truly holistic and definitive guide to looking good - top to toe, inside and out, mind and body. Built up of chapters that focus on a specific part of the body - from the face down to the feet - it combines classic and new Body Control Pilates exercises with beauty advice, health information and nutritional guidance to tackle problem areas and help enhance favourite features. As well as teaching you exactly how the Body Control Pilates system works to strengthen, tone and condition the body from within, the book includes simple skincare, aromatherapy, reflexology and massage techniques, giving it a unique approach that fits easily into a modern lifestyle. "The Perfect Body" is crammed with inspirational tips and proven techniques from leading health and beauty experts. Full-colour, with all-new photography, "Perfect Body" takes Body Control Pilates to a new level and incorporates its unique benefits directly into your life for maximum impact.

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