



Perfect Body: The Pilates Way

Lynne Robinson, Caroline Brien

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This is a holistic 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.

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