



Carol Vorderman's 30-Day Cellulite Plan: Lose 30% of Your Cellulite and 8lb in 30 Days

Carol Vorderman, Anita Bean, Linda Bird, Sarah Williams

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Fight Cellulite and lose weight with Carol Vorderman's brilliant new book. Based on the successful detox diet that I and thousands of others have found so helpful, this programme combines a specially designed diet with exercises and the use of skin-brushing and creams, as well as possible salon treatments (if you want to incorporate them) that could help to reduce those unsightly lumps and bumps! Giving your body the chance to renew itself with a cleansing diet and following the exercises, which target the specific areas that attract cellulite, is a great way not just to combat the problem, but also to lose weight.

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