

FIGURE FIRMING

extra strong
leg compression

Flattering & versatile
matte-look

lifts & shapes
your bottom

100% opaque
finish

strong, super
stretch fabric

bespoke fabric never
loses shape or colour

durable design for
long-lasting wear

Firming Your Figure

Daniela Niemeyer

Firming Your Figure:

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,1983 **Mademoiselle** ,1984 **Ebony** ,1983-02 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine Catalogue Montgomery Ward,1964 Playgirl ,1977-06 House & Garden ,1976 Diet & Exercise Guide Mary Milo,1972

McCall's ,1994 **Life** Henry Robinson Luce,1954-07 **Red Book** ,1975 The magazine for young adults varies

The New York Times Magazine ,1975 The Guardian ,1873 **The Ladies' Home Journal** ,1953-05

Montgomery Ward Montgomery Ward,1959 Ebony ,1982-11 **10 Minute Total Shape-up** Ann Dugan,1980

TV Guide ,2000 **The Gi Bikini Diet** Charles Clark,Maureen Clark,2010-08-31 Worried about how you will look in your bikini on holiday The GI Bikini Diet is an easy straightforward plan if you want to get your body back into tiptop shape for the beach the safe way Many people find that during the winter months they cover their bodies with layers of clothing and forget about how their bodies look underneath With a simple easy to follow weight loss plan that promises quick but safe weight loss this book will help you to give your body a pre holiday boost Includes Diet plans Low GI recipes Cellulite busting tips Quick and easy exercises Tips for eating out

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