1200 weeks to go ....

Perfect those pins

Brush your legs every day for at least two weeks to get rid of skin-dulling dead cells. This stimulates the lymph system and increases circulation to the thighs. Brush up the back of legs in long, single strokes and go up the thigh with a harder stroke using circular motions over the buttocks, always brushing in the direction of the heart. Try

Australian organics jojoba oil exfoliating body wash. £3.99, available from Holland & Barratt, John Lewis and Waitrose.