



## BEST FOR SOMETHING DIFFERENT: Anna Collins

If you can't put your finger on it but feel your body needs some TLC, Anna is the expert to know. A polished onion is the term Anna uses to describe an out-of-balance body – where the many layers of muscle and fascia that protect the body are misaligned. Her unique approach – known as structural integration – involves intense rolling over the skin and muscle stretching to ease long-standing injuries and fine-tune the body. After just one session, you'll see real, visible improvements to everything from your posture to waistline and energy levels, but Anna recommends a course of ten treatments for serious results.

**COST:** Anna practices at various venues across London, including the Light Centre in Belgravia, Monument and Marylebone. Prices vary by location.

Visit [ThePolishedOnion.com](http://ThePolishedOnion.com)

