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Glowing
backstage
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NEW YEAR, NEW YOU

Give yourself a head-to-toe makeover in nine days with these expert hair, skin, and body tips. By Jessica Prince

GET MORE FROM YOUR FOUNDATION

New foundation formulas make it easy to fake a glowing complexion in a snap. Make Up for Ever Pro Finish (\$36) is unlike any powder compact you've seen. It's made with silica, finely grained mica, and a little talc, so you end up radiant not chalky. When applied with a damp sponge, the powder goes on like a (perfect) second skin. YSL's is another good choice; it's the foundation version of the cult-favorite luminizing pen. Start with your cheeks and jawline, since those areas need more coverage, notes Maulawizada.

BETTER BODY

If you've resolved that this is the year you're going to keep that New Year's resolution and drop a few pounds, we've got several options to suit varying degrees of tolerance for hard work and deprivation.

ENROLL IN BOOT CAMP For those who want to fully embrace an around-the-clock weeklong diet, fitness, and wellness getaway, consider the Ranch at Live Oak/Malibu (theranchmalibu.com). Picture a five-star luxury resort meets summer camp—but with extremely structured diet and exercise. Expect 5:30 A.M. wake-up calls, followed by five-hour mountain hikes and afternoon activities like water aerobics and yoga, all while running on a 1,500-calorie-a-day diet. (Don't worry, a daily massage is included, and you'll sleep on Frette sheets.) Be prepared to head home a few pounds lighter and with clear direction on how to maintain a healthy lifestyle.

RALLY YOUR FRIENDS Instead of meeting your girlfriends for after-work drinks, sign up together for a total-body workout. For the beginner: If you've always coveted surfer abs but aren't much of a beach lover, a good option is SurfSet (surfsetfitness.com), a 45-minute surf-inspired workout that focuses on stability, core strength, and aerobic conditioning. Anticipate sore mus-



Taut and toned backstage at Michael Kors

cles (and a few laughs) as you try to balance on an unstable, custom-made board. For best results, go three times a week for added energy and tone. Calories burned: 450 to 800 per class. For the intermediate: Raise the Bar is a 90-minute class that combines cardio and strength training with plyometrics and moves from martial arts like kickboxing and jujitsu, and can help you drop two to four pounds in nine days. "This class is for someone who is serious about getting in shape and who loves working out," says Will Torres, creator of the New York boutique studio Willspace, where the class is held. For best results, go twice a week. Calories burned: 700 to 900 per class. For the pro: If you're looking to break a sweat, it won't be hard at Bassett's Boot Camp, at New York's Pure Yoga. For 75 minutes,

"Our detox program is about ... feeding yourself while pushing toxins out of your body." —Holistic practitioner Steven Margolin

you'll practice a combination of hot power yoga, cardio, strength training, and core work in a 100-degree room. For best results, go three or four times a week. Calories burned: Up to 800 per class. Post-workout, enhance the look of newly toned muscles by massaging Nars Monoï body oil on skin.

DETOX Programs that allow you to eat well and still release toxins do exist. Burn & Build Body 14-Day Anti-Aging Detox Kit (\$199) instructs users to eat every three hours so they maintain their energy without getting hungry. "Most detox programs are based on deprivation; ours is about foundation, so you're feeding yourself while pushing toxins out of your body," says Steven Margolin, a holistic practitioner in New York and the company's cofounder. "And when you're done you can continue a realistic variation of the program." First step: Eliminate processed and inflammation-causing foods along with dairy, gluten, refined sugar, and alcohol, since they "deplete our body of nutrients," he says. Load up on animal or vegetarian sources of protein, high-water-content vegetables, whole grains, and tons of water. On days one through five, users take Clearing and Support Packs, a pre-set dose of vitamins, minerals, and herbal supplements, with each meal, to support the function of major organs. "They gently stimulate your liver, kidneys, and lymphatic system to let go of the toxins they're storing," Margolin explains. Starting on day six, two meals each day are replaced with a protein shake packed with nutrients to help calm systemic inflammation. By day nine of the detox, "your brain function will be sharper, and you'll have increased energy, glowing skin, diminished bloating, and some weight loss." But detoxing does not excuse you from exercising. "It's important to have some kind of fitness in your regime to help with circulation and the removal of toxins," he adds. ▶

BEST BUY



Nars Monoï Body Glow II, \$59