

RED CARPET

Beauty Countdown

GETTING READY FOR A BIG EVENT? PROS REVEAL HOW THE STARS DO IT DURING AWARDS SEASON. DO TRY THIS AT HOME!



KATE UPTON

1 MONTH OUT

2 WEEKS OUT

DAY OF

SKIN

"HDTV magnifies every wrinkle and fold," says celeb dermatologist Dr. Lisa Airan. "My patients come in for Botox and fillers a month prior to an event. After it settles, I have them come back for slight tweaks, if necessary. I also switch up their regimen. The skin can get lazy, so a little change, like using a new serum, can help improve its quality quickly."



SkinMedica TNS Essential Serum, \$320, skinmedica.com

HAIR

"This is when I give my clients a trim to freshen up their cut and have them start prepping their hair with weekly treatments," says Garnier celebrity stylist Tommy Buckett. "After three weeks it is healthier, shinier and more manageable."



Garnier Fructis Damage Eraser Strength Reconstructing Butter, \$4, walmart.com

BODY

Before you hit the red carpet you have to hit the gym. "The dress helps dictate what your workout should focus on," says celeb trainer and wellness expert, David Kirsch, whose clients include **Kate Upton**. "If you're wearing a dress with a slit up to the hip, you want to make sure your legs look amazing. Bump up cardio so you look your best."



REESE WITHERSPOON



"A mild peel lifts all the oil and dirt and will help shrink pores," says Dr. Airan. "This is actually really important because when you apply your makeup it will go on evenly and look fresh."

Dr. Dennis Gross Alpha Beta Universal Daily Peel, \$88 for 30 peels, drendennisgross.com



Christophe Robin Shade Variation Care, \$53 (comes in five shades), spacenk.com

Time for a touch-up! Getting your roots and color done two weeks prior strikes the perfect balance of it looking fresh but lived in. "Lay off heat tools," advises Tommy. "And start using a tinted conditioner to keep the color vibrant."



Awards season comes on the heels of the holidays, so "celebs go extreme to clean up their diets," says David. "That means no alcohol, dairy, sugar or processed carbs." Meals comprising fresh greens and lean proteins provide energy without extra calories.

A lot of people get facials the day before an event, but Dr. Airan says that's "too risky." Her advice: "A brightening/hydrating mask the morning-of will make skin glow without causing any irritation. If skin or makeup gets dry, a little spritz of Avene Thermal Water will instantly revive it."



Skyn Iceland Arctic Hydration Ruboerizing Mask, \$30 for three, ulta.com

The secret to standout strands "is washing hair twice with a moisturizing shampoo," says Tommy. "The first shampoo gets out the dirt and oil, the second gives it body." Finish with a regular conditioner, he says, "so hair is hydrated but not weighed down."

R+Co Atlantic Moisturizing Shampoo, \$28, randco.com



Tommy Buckett preps client Elizabeth Moss' mane for the Academy Awards.

With all the major work done, it's time to get ready and enjoy the day. "Eat a healthy breakfast and do some yoga or cardio so you are in the right spiritual and mental zone," says David. If hunger hits, a protein shake will fill you up without belly bloat.



David Kirsch Protein Plus Packets, \$87 for a month's supply, davidkirsch.com