

**EVA'S
REVENGE**



**WORLD EXCLUSIVE
PALIN KID:
CAUGHT IN
DRUG DEAL**

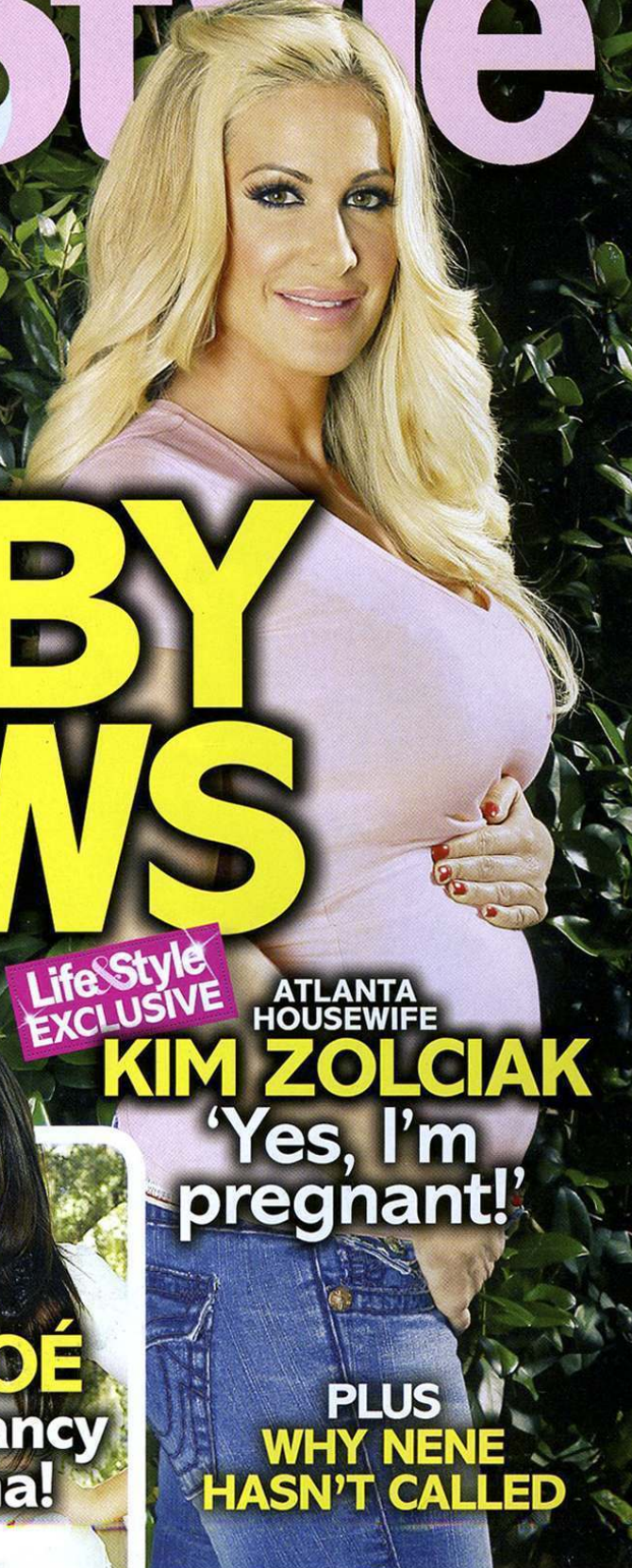


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Life & Style

WEEKLY

DECEMBER 6, 2010



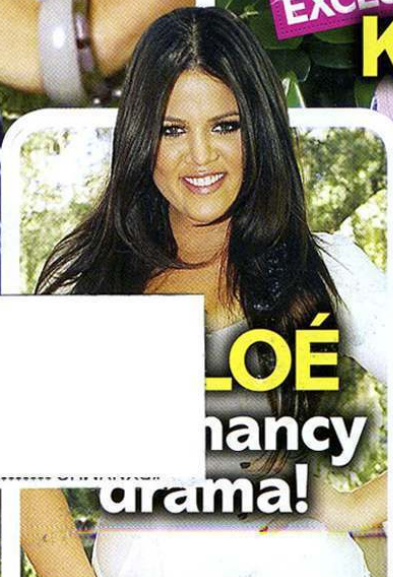
BABY NEWS

**Life & Style
EXCLUSIVE**

**ATLANTA
HOUSEWIFE**

KENDRA
'All the details
on baby No. 2'

KIM ZOLCIAK
'Yes, I'm
pregnant!'



LOÉ
Pregnancy
drama!

**PLUS
WHY NENE
HASN'T CALLED**



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STAR SECRETS LOOKING YOUR BY NEW YEAR'S E

Top celebrity fitness, style and beauty experts reveal what it takes to get fit

DEC. 1 **BURN CALORIES**
"Immediately start with 45 minutes of continuous cardio every day," says trainer Tracy Anderson, author of *30-Day Method: The Weight-Loss Kick-Start That Makes Perfection Possible*. Want to get twice the benefit? Eating within 30 minutes of finishing the workout helps your body use the calories, not store them!

DEC. 2 **GET WEEKLY MANICURES**
"Once you begin to condition the cuticles, cutting your nails regularly helps them grow faster and makes them less likely to chip or break," says manicurist Lisa Logan, who works with Beyoncé and Mary J. Blige.

DEC. 3 **MAKE SIMPLE FOOD SWAPS**
Trade soda or any sugary drink for water or Neuro Sonic, an energy-and-focus drink (\$37 for 12, drinkneuro.com) that makes you feel fuller. Also, eat brown rice or quinoa instead of bread and pasta, says Anderson, who trains with Gwyneth Paltrow and Gisele Bündchen. Replace one meal a day with a protein bar like a Think Thin Bar (\$2, Whole Foods).

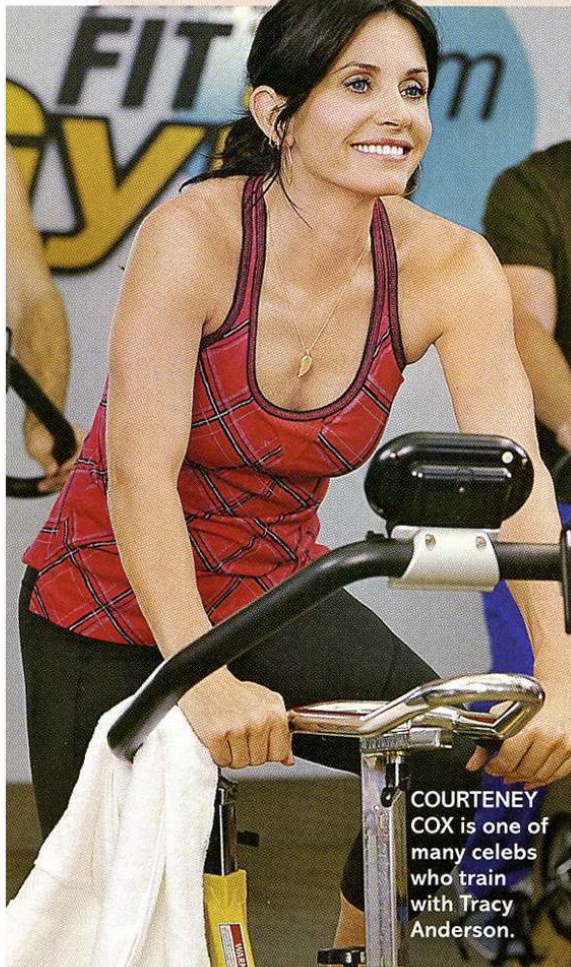
DEC. 4 **NIX SKIN IMPERFECTIONS**
"Get rid of dead skin cells by exfoliating," suggests Dr. Debra Jaliman, a board-certified dermatologist based in NYC. Deep-clean and reduce pore size by using the Clarisonic Mia with GoClear Clarifying Cleanser (\$149, Sephora) daily or skin-peel pads weekly.

DEC. 5 **SET A REALISTIC GOAL**
"If you're 5-feet and overweight, pinning a picture of a 6-foot supermodel on your fridge isn't going to help you achieve your goals," says Anderson. "Instead, find a fitness trainer that you'd like to resemble and follow her fitness plan."

DEC. 7 **SWITCH TO A TOOTHPASTE THAT MULTITASKS**
"I like Colgate Total [\$4, drugstores]," says New York cosmetic dentist Dr. Jeff Golub-Evans. It fights gingivitis, stains, plaque, bad breath, tender gums, cavities and weak enamel, plus it whitens. Best of all, says Dr. Golub-Evans, "its effects last up to 12 hours, as opposed to other toothpastes, which protect for only an hour."

DEC. 8 **SHOW STRANDS SOME LOVE**
"With all the styling your hair will go through during the holidays, it's important to overcompensate," says celebrity hairstylist Paul Cucinello, creative director at Chris Chase Salon. "If you start weekly deep-conditioning treatments now, your hair will be silky, shiny and strong by New Year's."

DEC. 9 **TONE MUSCLES**
Try Anderson's *Perfect Design Series* or her new book, *30-Day Method*.



COURTENEY COX is one of many celebs who train with Tracy Anderson.



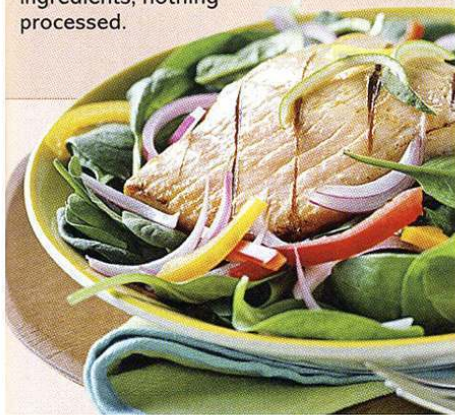
TO BEST VE

and fabulous in 30 days!



DEC. 6 EAT FRESH

Start your morning right by juicing kale with an apple or pear. Then throughout the day, stick to lean proteins like grilled fish, and load up on green veggies like spinach and brussels sprouts. The key? Fresh ingredients, nothing processed.



DEC. 10 GOT STAINED TEETH?

No need to swear off coffee and red wine. "You can get teeth 10 to 12 shades whiter using Crest White Strips [\$50, drugstores]," says Dr. Golub-Evans. The effects won't last as long as a professional in-office treatment like Zoom (\$500 to \$600), but you can get teeth just as white!

“
You can
create a
serious change
in four weeks,
but you need to
be dedicated.
”

—TRAINER TRACY
ANDERSON



Bring on 2011, says CHRISTINA AGUILERA. "I really couldn't be more excited and looking forward to the future and what it holds!" the singer says.

DEC. 11 **SOFTEN WHILE YOU SLEEP**
 "Nighttime's the best time to moisturize hands because products can soak in for eight hours," says manicurist Lisa Logan. Every night before bed, apply cuticle oil, then massage in an exfoliating-and-moisturizing hand cream like Dermelect Timeless Anti-Aging Daily Hand Treatment (\$22, dermelect.com).

DEC. 12 **GET GLOWING**
 To create an even, natural-looking tan by the new year, exfoliate daily and follow up with a gradual tanner like Jergens Natural Glow Revitalizing Daily Moisturizer (\$9, drugstores).

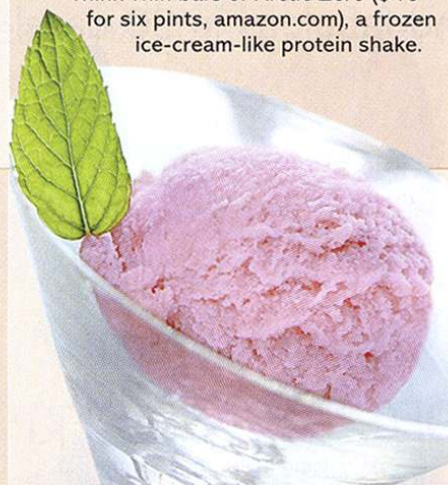


DEC. 13 **KEEP SKIN HYDRATED**
 Sleep with a humidifier in your bedroom. "The extra moisture in the air is excellent for your complexion," says dermatologist Dr. Debra Jaliman.

DEC. 15 **CATCH SOME Z'S**
 "Sleep is very important," says trainer Tracy Anderson. "Ideally, you want to get eight hours a night. If you get less than that, your mental performance and workout won't be their best."

DEC. 16 **WANT TO TURN HEADS WITH A NEW HAIRCUT AND COLOR?**
 Meet with your stylist two weeks before a big event to discuss exactly what you want and to give long locks a trim. Long hair needs time after a haircut to look its best, says hairstylist Paul Cucinello.

DEC. 17 **TROUBLE FIGHTING CRAVINGS?**
 Don't fight them! Satisfy a sweet tooth without the guilt with Think Thin bars or Arctic Zero (\$46 for six pints, amazon.com), a frozen ice-cream-like protein shake.



DEC. 19 **ELIMINATE BREAKOUTS**
 Feel a blemish coming on? Zap it fast at home with this new heat-activated tool, which can nix a zit in just an hour (Zeno Heat Treat Kit, \$40, myzeno.com).



DEC. 20 **GET A FACIAL**
 Facing bigger skin issues such as dry patches or irritated skin? Treat yourself to a facial! A clarifying mask made with ingredients like mud and peppermint will calm skin and banish bacteria.

DEC. 24 **PREPARE YOUR PUCKER FOR THAT NEW YEAR'S KISS!**
 To keep lips soft and supple, avoid perfumed, waxy lipsticks, which dry out lips. Instead, opt for a moisture-rich essential-oil or petroleum-based balm like Rosebud Perfume Co.'s Rosebud Salve (\$6, Ricky's NYC stores).



DEC. 27 **GET WAXED NOW**
 Doing so will ensure that there's time to get rid of redness, bumps or a rash that may result, says Dr. Jaliman, who adds, "If a rash does occur, use an over-the-counter cortisone cream."

DEC. 28 **TIME FOR A TRIM**
 "Short hairstyles need to be freshly trimmed to look their best," says Cucinello. Hit the salon a day or two before your party.

DEC. 29 **GIVE HAIR A BOOST**
 "Never wash hair the morning of a big event," says Cucinello. "My secret style tip is to prep your hair the night before with a volumizing regimen." Shampoo twice with volumizing shampoo. Condition, rinse, then towel-dry. Next, mist hair evenly with a combination styling lotion and heat protector like Oribe Signature Royal Blowout (\$42, oribe.com). It seals split ends and smooths hair.

DEC. 30 **PREVENT BLOATING**
 "Stay away from gassy foods like dairy and soy, and don't eat breads or pastas the day before or the day of a big event," says Anderson. "Get your carbs from protein bars, and eat foods that will move your system." Try a salad of spinach and figs with lemon juice.



THE BIG DAY

NAIL A GLAM LOOK!

"The key to a fresh-looking mani is high shine," says Lisa Logan. "So get nails done the morning of a big event or the night before." Tip: Want to extend the life of your mani? Gel polish lasts for two weeks, so you can apply it before Christmas and wear it through New Year's (Confetti Minx manicure, \$65, minxnails.com for salons; OPI Holiday Burlesque Collection, \$9 each, opi.com).

DEC. 14 **DO YOU HAVE THE RIGHT BRA?**

Victoria's Secret BioFit 7-Way Bra (\$58, victoriasecret.com) converts into seven different styles, so it works under even the trickiest of holiday outfits.



DEC. 18 **GO TO A TAILOR**

"Wearing clothes that fit properly can make you look 5 to 10 pounds thinner," says fashion expert Joe Katz of TheKatzWalk.com. "It takes at least a week to get alterations back from the tailor, and you'll need to allow time for additional tweaks."

DEC. 23 **BREAK IN YOUR SHOES**

"Wear your heels around the house for a few hours," suggests Katz. Need a little extra stretch? "Spray Meltonian Shoe Stretch Spray [\$6, amazon.com] on leather, suede or cloth shoes, then put them on. The product, a combo of water and alcohol, helps ensure a nice fitted stretch."



The right tucks and tweaks make CIARA's one-shouldered dress form-fitting and flattering!



Now that you've reached your goal, celebrate! Looking amazing like Khloé, Kim and Kourtney Kardashian is one great reason to toast this New Year's Eve!