

OUTLET: 944  
DATE: JUNE 2009  
CIRCULATION: 50,000 MONTHLY  
IMPRESSIONS: 200,000



## Harder, faster, leaner, stronger.

After about four weeks, I felt stronger and had more endurance. I felt I could add a little something to switch things up a bit. So between my workouts with Mike, I headed to West Hollywood's **Studio Soma**, where pilates instructor to the stars Thalia Thomas' no nonsense and expert approach thinned out my thighs, whittled away the extra bits and improved my posture (key to the dress). I mixed a powerful cocktail of mat classes and private instruction in classical pilates. Thalia provided that much-needed inspiration — the perfect topper to my intense strength training. Now I'm a believer. I could get used to this.

problem areas for real. A machine does the work and the results are a killer complement to that diet and exercise routine.  
[www.americanleaser.com](http://www.americanleaser.com)

**Kissix Spa.** The perfect finishing touch is the Kissix Body Spa. Kissix is the most relaxing treatment. Kissix Traps gives that bit of sparkling, high gloss too. [www.kissixspa.com](http://www.kissixspa.com)

**Beverly Hills Cosmetic Surgical Group.** Dr. Farhad Farouqi's office can do what makes his noninvasive and gently industry Death Whitening System something one looks forward to. Star-of-Art LED technology makes for gently white skin and pain and side effects. [www.perfectskin.com](http://www.perfectskin.com)

**The Apple Salon & Spa.** Love to accidentally or escape the camera? While day-to-day wedding prep might indeed feel like a boot camp, to make her noninvasive, making into this stress for someone but indulgent treatments such as the couple's massage complete with a visit to the Hammam rejuvenates the spirit and results a busy couple that life together should really be all about.  
[www.applehs.com](http://www.applehs.com)

**For more expert tips and quick pro brand deals go to [www.kravetzandco.com](http://www.kravetzandco.com)**

**THE MASTER: DAVID KIRSCH**  
I consulted with New York-based fitness and wellness guru David Kirsch, whose amazing Web site and one-on-one nutrition and health programs (including the breakfast-two-week Ultimate Slow Cook Body Plan) make it easy to flush toxins and achieve quick-but-sustainable weight loss. With a celebrity roster that includes supermodels such as Heidi Klum and actresses like Anne Hathaway, Kirsch also boasts a long list of clients. I don't know where I would be today without his aid and his supplements and non-processed approach. "Clean skin, great energy, wellness and fitness are essential during this time in your life," he told me. "And hopefully a little inspired to extend the results well beyond." His tips were as follows:

- **Mind over matter:** Visualize your goal and you will get the results you want.
- **Start getting into shape six months in advance if possible, so you are healthy inside and out.**
- **Eliminate alcohol, bread, starch, pasta, sweets and processed foods from your diet. Minimize fruit consumption.**
- **Do not stress yourself, eat five smaller meals per day.**
- **Eat organic foods. And try to restrict food consumption to the hours between 7 a.m. and 7 p.m. each day.**

[www.kravetzandco.com](http://www.kravetzandco.com)

**heavier weights, heavier balls and real push-ups.** His dirty nature and attention to detail made the workout fly by and always ended up with my requisite sense of accomplishment. It was like working out with a friend, only better, because Mike Diwanack got me back and allowed to speak. [www.studio-soma.com](http://www.studio-soma.com)

**Harder, faster, leaner, stronger:**  
After about four weeks, I felt stronger and had more endurance. I felt I could add a little something to switch things up a bit. So between my workouts with Mike, I headed to West Hollywood's **Studio Soma**, where pilates instructor to the stars Thalia Thomas' no nonsense and expert approach thinned out my thighs, whittled away the extra bits and improved my posture (key to the dress). I mixed a powerful cocktail of mat classes and private instruction in classical pilates. Thalia provided that much-needed inspiration — the perfect topper to my intense strength training. Now I'm a believer. I could get used to this. [www.studio-soma.com](http://www.studio-soma.com)

**The makeover:**  
Like a bride-to-be, I had a lot to do and on my first day I got a plenty of pampering via critical beauty services — regular (Sunday) facials, massages and hair treatments. So for my friends out there who are engaged to wait a quick week, here's the path to beauty in a flash.

**Thinnest Beverly Hills Day Spa.** Six weeks before the big day meet with the fab Dr. Glassman at Thinnest Institute for a consultation and start a routine of his week-schering steps, including the life-changing, 20-minute VPro that gently makes skin a clean skin. Follow up with regular purifying Pro Facials to maintain the flawless look. The Oxygen Facial guarantees a stunning glow. [www.thinnestbeverlyhills.com](http://www.thinnestbeverlyhills.com)

**American Leaser Center.** Everyone needs insurance. Mine happened to be Vitallique, a noninvasive lifting and shaping treatment that smoothes skin, stretches cellulite, and detaches

