

WEDDING (BAR)BELL BLISS

A Bride's Guide to LA's Best Quick Fixes, Which Just Might Last a Lifetime

by MARTINE BURY

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location SO FIT GYM AT SOFITEL LOS ANGELES

When I embarked on this pre-nuptial makeover — my self-imposed boot camp — my Facebook status was ENGAGED. A bonafide workaholic, I'd managed to procrastinate my way through the year I should have been primping and planning. Instead I waited. The discipline I could easily apply to my job, as 944's Editor in Chief was lost when it came to imposing a bridezilla-strength routine of diet, exercise and beautification. Eventually, I stuck to my New Year's resolutions, which were to cut out refined sugar and gluten. That was the easy part. Beyond this I was clueless. So I did what the celebrities I'd reported on for years would do. I assembled a dream team — a personal trainer, a Pilates instructor, a wellness guru — and a supporting cast that offered some of the best treatments in the city, head to toe. And it worked. I walked down the aisle last April to join Ryan 15 pounds lighter and glowing inside and out. And the best part of my new look was the new attitude. So for Ryan, I keep it up. As they say: happy wife, happy life.

If you can run, you don't have to hide.

I hate running. It was the first disclaimer I gave my fitness trainer, Mike Donovanik during week one of his **Wedding Workout/Bridal Boot Camp**. It didn't faze him, however, because he had other things in mind for me anyway. After a thorough examination with fat-finding caliper things, the verdict was not ideal. Still, he focused on the goal: sexy back, toned arms and a sleek, flat middle.

Donovanik spared me the daily jog, but implemented a strict diet and rigorous routine of strength training that included weights, core work, resistance training and every variation of crunch, squat and lunge known to man, twice a week, with instructions for my daily schlep to Equinox Fitness for 20-30 minutes on the stair master. We worked out at the gym at the Sofitel. While the environment was club cushy, the regimen wasn't. Mike believed type A's like me need to be challenged and that women need to regularly up the intensity —





Martine and personal trainer
Mike Donovanik

heavy weights, balance balls and real push-ups. His chatty nature and attention to detail made the workouts fly by and I always ended up with my requisite sense of accomplishment. It was like working out with a friend, only better, because Mike Donovanik cut no slack and allowed no snack. www.mikedfitness.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.studiosoma.com

The makeover.

Life as a bride-to-be wasn't all work and no play. I took part in plenty of pampering via critical beauty services — regular (biweekly) facials, massages and hair treatments. So for my friends out there who are engaged or want a quick re-do, here's the path to beauty in a flash.

Thibiant Beverly Hills Day Spa. Six weeks before the big day, meet with the fab Dr. Glassman at Thibiant Institute for a consultation and start a routine of his result-achieving staples, including the life-changing, 20-minute ViPeel that gently makes skin a clean slate. Follow up with regular purifying Fruit Facials to maintain the flawless look. The OxyFusion Facial guarantees a stunning glow. www.thibiantbeverlyhills.com

American Laser Center. Everyone needs insurance. Mine happened to be VelaShape, a nonsurgical toning and shaping treatment that smoothes skin, attacks cellulite, and detoxifies

problem areas for real. A machine does the work and the results are a killer complement to that diet and exercise routine.

www.americanlaser.com

Kinara Spa. The perfect finishing touch is the Bora Bora Scrub followed by a stellar **St. Tropez Body Glow**. More subtle than most tanning treatments, St. Tropez gives that bit of sparkling, high glamour. www.kinaraspa.com

Beverly Hills Cosmetic Surgical Group. Dr. Fardad Forouzanpour's mellow can-do vibe makes the miraculous and speedy Infinity Teeth Whitening System something one looks forward to. State-of-the-Art LED technology makes for pearly whites minus pain and side effects. www.perfectself.com

The Argyle Salon & Spa. Love is extraordinary so escape the ordinary. While day-to-day wedding prep might indeed feel like a boot camp, no matter how motivational, tucking into this retreat for restorative but indulgent treatments such as the couple's massage complete with a visit to the Hammam rejuvenates the spirit and reminds a busy couple what life together should really be all about.

www.argylela.com

For more expert tips and quick pre-bridal fixes go to 944.com/bridalprep

THE MASTER: DAVID KIRSCH

I consulted with New York-based fitness and wellness guru David Kirsch, whose amazing Web site and user-friendly nutrition and health programs (including the breakthrough two-week Ultimate New York 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 huge bridal clientele. I don't know where I would be today without him and his supplements and love-yourself approach. "Great skin, great energy, wellness and fitness are essential during this time in your life," he told me. "And hopefully a bride is 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, starchy carbs, sweets and processed foods from your diet. Minimize fruit consumption.
- Do not starve 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.

For more life-changing advice go to www.davidkirschwellness.com