

GLAMOUR

How the rich and famous beautify for the red carpet

It takes a lot of work to look THAT good.

As Hollywood's gorgeous and great prep for red carpet events like the Grammys, Met Gala and Oscars this year, they have two goals in mind: to arrive with a golden glow and to leave with a golden statuette.

With the eyes of the world on them, Oscar nominees like Saoirse Ronan, Sally Hawkins and Margot Robbie understand there is more to looking your best than wearing the right gown.

GLAMOUR UK has got a rundown on the latest beauty rituals, products and treatments the stars swear by for looking good on the red carpet.



The Award-winning facial that has the A list applauding

The HydraFacial – a huge hit with Kate Winslet and Amy Poehler – is a perennial favourite with the lights, camera, action set. “This treatment is the perfect “reset button” for your skin,” says Arash Akhavan, MD, from his upscale dermatology clinic in Manhattan.

“The treatment is a four-step process, which starts with a deep exfoliator to rid the face of dull, dead skin cells. Following this, two light chemical peels are used followed by an extraction portion. The chemical peels help dry out any active acne, minimize pores, help skin discoloration, smooth fine lines, and more, while the extraction portion helps remove build up from past products from the pores to help you start fresh and clean!

These steps are sealed with a hydrating serum to help pump hydration back into the skin to avoid any dryness and peeling from the chemicals (glycolic and salicylic acid) used. The facial leaves the patient with a shiny, dewy glow with improvements in both skin texture and pigment with repeat treatments.”

The must-have laser before lights, camera, action

This awards season, the most popular treatment in Dr. Akhavan’s New York office is fractional resurfacing laser and PicoSure Focus Laser.

“The technology produces dramatic improvements in conditions such as fine lines, acne scars, and skin discoloration, and with recent advances in the devices the downtime with facial redness has been reduced to just a few hours,” says Akhavan, who keeps his glam client list top secret to protect their privacy.

“These lasers induce your body to increase its own collagen, and thus do not involve the injection of artificial substances, producing long lasting and natural results. A series of these lasers leave the face looking more refreshed and youthful. Beginning resurfacing early on can even negate the need for a large invasive procedure down the line.”

Dr. Akhavan says he’s seen an uptick in micro-needling for facial rejuvenation. “I have created a ‘Blood Mask’ treatment, during which we extract platelet rich plasma from the patient’s own blood and use a micro-needling device to then deliver this growth-factor-packed serum back into their skin. Celebrities - like Kim Kardashian - and other patients alike love that these procedures are all natural.

Always be ready for the ball with the perfect pout

For stars who fancy more kissable lips but are nervous about being stuck with a trout pout, the Cinderella Lips treatment - a lip-plumping jab that lasts one night, leaving no trace behind the next morning – is a dream come true. The short-lived saline injections will give the plumped one Angelina Jolie’s luscious lips for eight hours, before deflating without discomfort or side effects, a storybook happy ending.

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Lashings of lusciousness on the red carpet

No one enjoys that heavy-lidded feeling you get from wearing false eyelashes, or the anxiety that one could drop off into your celebratory glass of champagne.

Instead, those in the know, go for the LVL Enhance treatment, a new technology that adds length, volume and lift to your lashes without the need for mascara, extensions or adhesive. It works by perming the lashes straight at the root with a special serum, which makes them look curled up, then tinting them your requested shade.

Celebrities look like they’re wearing lashings of mascara without having to worry it will streak down their cheeks when they make their teary acceptance speech.

The facial to make your skin sparkle under the spotlight

Celebrity makeup artist Talia Sparrow, whose job it is to make the likes of Carey Mulligan and Kristen Wiig look red carpet ready, recommends one new treatment to her clients looking for a beauty boost.

“You can have the best dress in the world but if the skin isn’t polished, you won’t look polished,” she says. “I love Lumecca, a light and laser treatment offered by Park Avenue Skin Solutions, a beauty clinic in Manhattan. It tightens pores and gets rid of redness or uneven skin tone.”

The treatment takes 30-60 minutes and uses high power pulsed light to target and treat broken capillaries, acne scars and sun damage, leaving the customer looking younger and fresher.

Talia – who has been working with hot favourite Irish Saoirse on her red carpet look this year - also recommends a couple of weeks of self-care before the big event at The Dolby Theatre and tells her A-list lovelies to pay attention to detail – their skin, diet and hydration. “I always suggest cutting down on salt ten days before award season kicks off.”

Feeling hot to look hot, hot, hot in Hollywood

Body cupping has been around for a while, but Kim Kardashian West is said to favour facial cupping. Heated glass cups are placed on to the skin, suctioning blood into wrinkled, tired areas, promoting healing and rejuvenation – and even reducing the appearance of the dreaded jowl; perfect when you're about to present an award in front of the world's most beautiful people.

The diamond scrub that stars flashing flesh swear by

At her Beverly Hills office, facialist – and favourite of Heidi Klum – Gina Mari is getting famous for her new focus on getting the entire body - not just from the neck up – red carpet ready, perfect for the wearer of a backless dress or thigh-split gown.

She offers head-to-toe Microdermabrasion, grinding off dead cells with diamond chips and a slathering of Vitamins A, C and E, then completing the treatment with a lie down under her full body LED Light Therapy unit, the only one of its kind in California.

The lots of love facial that celebrities adore

The 'LOL' Facial, which the likes of Mandy Moore, Hilary Duff and Kesha can't get enough of, at Francesca Paige's Beverly Hills clinic isn't named for making people laugh out loud. No, it stands for lift, oxygen and lights - a triple threat in prep for a star-studded night out. The face and neck are tightened with a cocktail of micro-currents, a blast of hyaluronic acid infused oxygen and a zap with LED lights and promises instant freshness and a youthful glow.

The dazzling smile maker that lights up the silver screen

And for a winning smile, the latest must-have teeth treatment is the KÖR Whitening Deep Bleaching™ System and it is offered in the Manhattan office of dentist to the stars Dr. Debra Glassman – who's worked her magic on Jennifer Hudson, Jennifer Lopez and Jessica Simpson amongst others.

"It is the newest and most effective whitening treatment available today and is widely considered to be the most reliable and effective bleaching system ever developed," she

says. "We make a mold of your teeth, then make custom-built whitening trays for you to take home, which you'll use for two weeks, before returning to my office for a final whitening session." Dr. Debra promises a set of teeth 8-10 times whiter than their previous state in time for the red carpet.

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