



If you've kept your natural shade, a gloss treatment can make hair look richer.

### Do you color?

If so, refresh your shade two weeks before an event, advises Billy Lowe, who does **Debra Messing's** hair. To add color to hair or lighten it, the hair shafts' cuticles must be opened. Until they close up and lie flat again, you won't be able to assess the resulting shade. That takes about a week. Lowe says, leaving a few days to make any needed fixes. Any earlier and you miss the window when the color is most vibrant and hair is shiniest.



Get shapely sooner: Up the number of different exercises, rather than your reps.

### Focus your toning

Let your outfit guide your strength training routine, says Mike Alexander, who trains **Jessica Simpson**. Say you're planning to wear a strapless dress with a full skirt. Then you should stop with the butt and thigh moves already, and use that time on triceps and shoulders!



Dark-chocolate pieces dress up sorbet for only 74 extra calories.

### Don't forget the dessert!

DiETING to look svelte for a special night? Be sure to allow yourself treats. It makes cutting back overall easier. Shavings of dark chocolate give fat-free sorbet a little decadence, says nutritionist Oz Garcia. (Hilary Swank is a client.) How to choose chocolate that's worth the calories: The highest percentage of cocoa content translates to the largest amount of heart-healthy flavonoids. Experts recommend 70 percent or greater.

Play to stay fit: Even a beach day is a workout opportunity for Biel.



### Shop smarter (and swifter!)

Having a list curbs impulse buys at the grocery store. Fold yours into quarters labeled *meats, produce, pantry items, refrigerator case*, says Vanessa Bathfield, who caters celeb-studded events. You won't have to cut back and forth across the store (i.e., through the candy aisle!).

### Add variety at the gym

You know intervals can help you lose fat fast. For extra benefit, don't just increase the speed on one machine, says Bobby Strom, who helped **Jessica Biel** get her hot body. Changing equipment raises the calorie burn and decreases boredom.



Mischa Barton loads up on groceries. Cooking at home helps with calorie control.