

Angeleno

MODERN LUXURY™

INSIDE:

CALL TO BEAUTY

ON THE GLAM IN '09!

Westside Hair Wars
The Best New Spas
Resolution: Detox!
Viva Vidal Sassoon

PLUS

The New Cause Celeb:
Kids in the Zen Zone?!
The Return of Plein-Air Art
Tan, Oh Man! Meet the
Next George Hamilton
Kicking Off L.A. Art Month
...and All the Best Bashes

SOCK IT TOMEI!
MARISA'S KNOCKOUT PUNCH



JANUARY 2009 \$5.95

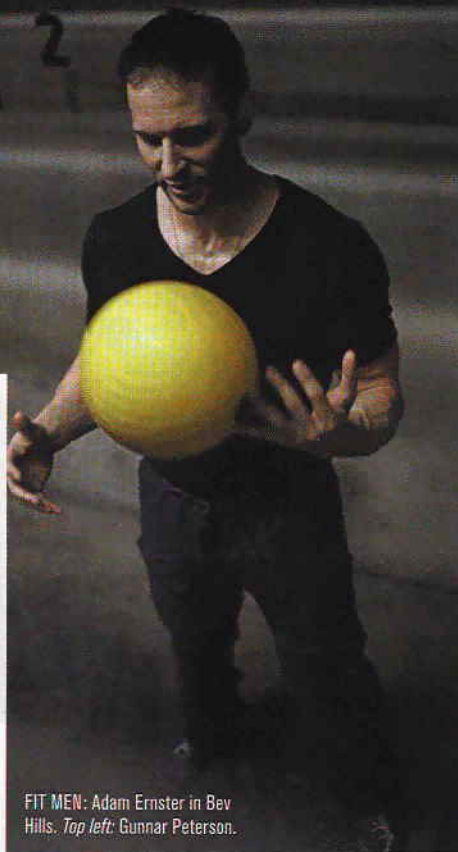
ANGELENO 5455 WILSHIRE SUITE 1412 LOS ANGELES CA 90036



Fab Ab Labs

Talk about taking it to the mat. **Gunnar Peterson**—who's ruled for years as L.A.'s most famous personal trainer (at least until Miss Jackie Warner came along)—and Peterson's former protégé, **Adam Ernster**, have each opened über-exclusive private gyms within a few blocks of each other in Bev Hills. Both tricked-out studios offer swank dressing rooms and claim to be paparazzi-proof: secure parking garages let sweaty clients jump in their cars out of sight of cameras.

PETERSON'S GYM: "There is no name," he says. **CELEB STALWARTS:** Penelope Cruz and Hugh Jackman **THE REP:** A 5,000-square-foot studio that includes a 90-foot-long black AstroTurf track. "My ace in the hole is I'm not one guy. I'm two [Peterson's partner, trainer Gregg Miele]. If I leave town, I've got somebody to cover." **COST:** "We're less than Adam." 9975 Santa Monica Blvd. (above Sonya Dakar), gunnarpeterson.com.



FIT MEN: Adam Ernster in Bev Hills. *Top left:* Gunnar Peterson.

ERNSTER'S GYM: The Bunker **CELEB STALWARTS:** Debra Messing and Matthew Perry **THE REP:** You'll never have to see another client in the 2,500-square-foot basement space, located down an alley and marked with just a green X on the door. "Mine is one person at a time. To my knowledge there's no other place like that." **COST:** \$200 per hour. *McCarty Drive between Wilshire and Little Santa Monica, 310.860.0909. —Degen Perner*

[TREND VETTER]



LOOK MA, NO PAWS! Brooke Mueller pushes her pugs around.

RUFF RIDERS Baby strollers have gone to the dogs. From Runyon to Robertson, Fidos are finding themselves buckled in by owners like **Faith Hill**, **Tori Spelling** and Charlie Sheen's wife, **Brooke Mueller**. "There's a cute factor, which is always a draw," says Lisa Lynn of Hancock Park-adjacent daycare den the Canine Cabana. "But there's a practical side to them too." Adds Jean McCoy of SaMo's the Wagging Tail: "There are those who think it's a silly thing, but I see a lot of legitimate purposes for strollers." These include accommodating older and infirm pooches, as well as allowing members of the barking bloc to go where no four-legged has gone before. "When I'm at the Beverly Center my dogs aren't allowed to walk on the floor," says Kim Rivera, owner of the Luxe Pet showroom downtown. "So it's super practical." Indeed, puppy trainer Bill Stavers sees the strollers as the next iteration of the larger bark-and-ride movement: "People have been carrying them in purses and crates and shoulder bags for years." Some of the more popular bowwow Bugaboos include Argo's low-to-the-ground Pup Buggy and Pet Gear's roomy Expedition for heavier hounds of up to 150 pounds. "The materials we use are different from a regular stroller," says Pet Gear's Dan Hawk. "It's built specifically to withstand chewing and claws." —*Nairi Najarian*

DETOXES THAT ROCK

Too many late nights at Bardot got you looking puffier than Vince Vaughn? You need rehab. No, not Promises-style rehab... beauty rehab. Check out the latest in day-after detox cleanses—Mandy Moore, Erin Wasson and Gwyneth Paltrow already have.

IZO

THE LOWDOWN: 11–15 juices, teas, supplements and tonics help you lose weight and beautify your hair, teeth and nails; delivered daily to your doorstep. **THE PROTOCOL:** It's a five-day cleanse—minimum. No solid food allowed. **THE COST:** \$100 per day. izocleanze.com.

ORGANIC AVENUE

THE LOWDOWN: A mix of raw food meals, tonics, elixirs and smoothies designed to get rid of toxins. **THE PROTOCOL:** Each program allows for some prepared raw food, like cucumber mint soup or "rawviolis" with pesto. **THE COST:** \$350 for five days (\$315 for members), plus shipping. organicavenue.com.

BLUEPRINT

THE LOWDOWN: The customized schedule of six fresh juices each day should pump up your sex drive, normalize weight and clear your skin. **THE PROTOCOL:** A three-day cleanse is recommended. Those who cry uncle can consult Blueprint's approved "cheats." **THE COST:** \$85 per day, includes shipping. blueprintcleanse.com.

—*Linda Immediato*



MORNING-AFTER DRILL: The iZO and Blueprint cleanses.

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