

# LOS ANGELES CONFIDENTIAL™

**EXCLUSIVE!**

**RALPH  
FIENNES**

WINS OUR AFFECTION

**MEET THE CONTENDERS**

MICKEY ROURKE  
KRISTIN SCOTT THOMAS  
JAMES FRANCO  
AMY ADAMS  
JOSH BROLIN  
BENICIO DEL TORO  
& MORE

**THE INSIDE SCOOP ON  
STAR TREATMENT &  
AWARDS-SEASON  
GLAMOUR**

**PLUS!**

A PEEK INSIDE PROMISES MALIBU  
**BEN LYONS ON THE YEAR IN MOVIES**  
**HOWARD BRAGMAN ON THE FAME GAME**

\$6.99

02



www.la-confidential-magazine.com  
NICHE MEDIA HOLDINGS, LLC

# ON TARGET

Brighten and tighten yourself into award-worthy shape.

By Mary Alice Haney. Additional reporting by Alia Smyk.

## SKIN-DEEP ▶

If surgery-free skincare is the ne plus ultra of face-lifts, then the BT Cocktail by Dayle Breault, aka the **Goddess of Skin**, is the acme of facials. After a gentle exfoliation and microcurrent Turbo Lift to retrain facial muscles, Breault applies a trio of Bio-Therapeutic Energy serums (with its star ingredient ATP, or adenosine triphosphate, which renews and regenerates cells and retains moisture); the finishing touch is the hydrating Bio-Infusion Mask. The BT Cocktail results in firmer, brighter, dewier skin. Says former supermodel Carré Otis of the facial, "In my 20 years of taking care of my face, this is the first treatment where I can not only see a difference, but *feel* a difference." Visit [goddessoftskin.com](http://goddessoftskin.com).

## IN HARMONY

**Balance** is an aesthetically pleasing yet unpretentious day spa with an experienced staff specializing in craniosacral therapy and deep-tissue, Swedish, shiatsu, and prenatal massage. The two-hour massage-and-facial package (\$129) is the perfect gift to give yourself or a friend. **Foundation Pilates** is located in the same space, so don't be surprised to see a steady flow of celebs. *Balance/Foundation Pilates, 1131 Montana Avenue, Santa Monica, 310-260-1177; spabalance.com.*

## TRANSFORMER

For a tremendous workout in the privacy of your own home, pick up Keith Cooke's **KorFlex Body Revolution** home-fitness system (\$60). KorFlex works your entire body three dimensionally to strengthen and tone, accomplishing more in less time. And if the group dynamic is what gets your heart pumping, Cooke offers a variety of martial arts-based kickboxing classes at his Brentwood studio. *Champions Martial Arts, 137 South Barrington Place, Los Angeles, 310-440-1947; korflex.com.*

## GET COOKING

You are what you eat, so allow Cordon Bleu-trained chef **Cassandra Corum**, with her extensive knowledge of organic, sports, and weight-loss nutrition, to nourish your body back to health. Call 916-320-0143.

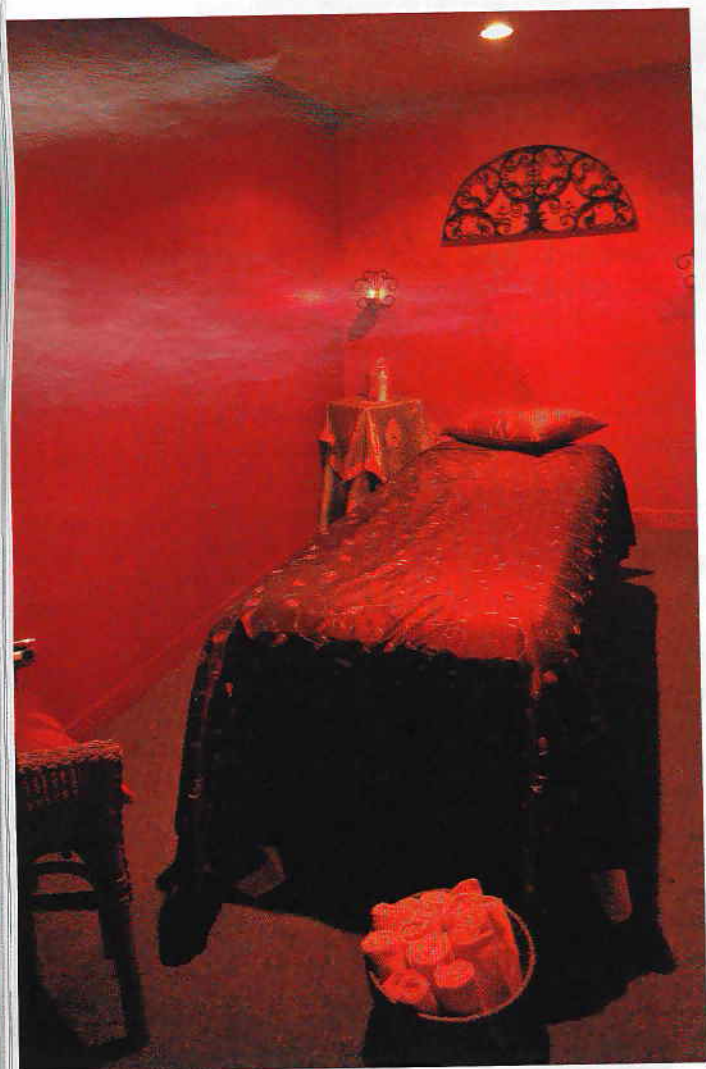


## KNOCK OUT

Ready to have a body like Eva Mendes or Hugh Jackman? Call up **Ron Mathews**, one of Hollywood's top personal trainers. He's an internationally respected fitness expert who bases his workout philosophy on anaerobic cardiovascular training (ACT)—working the muscle from multiple angles with multiple training stimuli to boost your metabolism, create lean body mass, and burn fat. The paparazzi will be chasing you in no time. Visit [ronmathews.com](http://ronmathews.com).

## RENEW YOU

Delivered fresh to your doorstep each morning and stocked with a full day's worth of everything you'll need to stay healthy and energetic, the 100 percent organic, vegan, gluten-free **iZo Juice Feast Cleanze** is designed to flush the body of toxins while strengthening the immune system and helping you lose weight. Visit [izocleanze.com](http://izocleanze.com).



## RENEW YOU

Delivered fresh to your doorstep each morning and stocked with a full day's worth of everything you'll need to stay healthy and energetic, the 100 percent organic, vegan, gluten-free **iZo Juice Feast Cleanze** is designed to flush the body of toxins while strengthening the immune system and helping you lose weight. *Visit [izocleanze.com](http://izocleanze.com).*