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Los Angeles

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## HOW TO HAVE A RED-CARPET VACATION IN L.A.

Experience beauty secrets of the stars while in Los Angeles

By **Stacie Standifer**; published Tuesday, March 4th, 2014

**10BEST** Travel Expert at Large



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For the next few weeks, countless media sources will be dissecting the appearances of Hollywood's elite on the red carpet during awards season. Most of us don't get paparazzi coverage, styling teams or couture and jewels on loan when we travel. But the secrets of the stars are definitely available to mere mortals who visit L.A., if they know where to go. Here's how you can explore and experience the stars' go-to rituals, products and professionals for looking sensational.

### Itinerary for radiance

Kimberly Snyder is one of L.A.'s most respected health advocates. With two books under her belt including *The Beauty Detox Solution*, she's created quite a following. Drew Barrymore raves about how her plan changed her body, and other actors concur. You can pop into her simple, welcoming shop, **My Glow Bio** (7473 Melrose Avenue), to try some of her cleansing tonics, juices and smoothies that slim, but also build energy and health that leads to vibrant skin and hair.



Inside Kimberly Snyder's My Glow Bio juice and health refuge on Melrose Avenue  
Photo Credit: Stacie Standifer

You can also pick up Snyder's book, then head to **Lemonade** in West Hollywood Design District for completely nourishing and delicious fare to follow the plan.



Healthy fare at stops like Lemonade in West Hollywood Design District is key to looking good  
Photo Credit: Stacie Standifer

The West Hollywood Design District is known for décor and dining, but is also home to upscale style stops like **Ken Pave's** salon and **Curve**, where celebrities shop for the most sought-after creations from up-and-coming designers.

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### Itinerary for fitness

A trainer giving Tracy Anderson serious competition in shaping A-list bodies (including Sandra Bullock's) is Simone De La Rue. Her famed **'Body by Simone'** boutique fitness operation in NYC is opening a second location in L.A. It's easy to experience a workout during travel, since you can sign up for single classes online.

While you're at it, register for a session at the famous **Soul Cycle** where you might just be peddling next to an award winner. It's a hotspot that offers a tough workout in record time. L.A. is also a mecca for the best yoga classes in the states. Places like **Yoga Works** have multiple locations and cult like loyalty for body and spirit lifts.

### Itinerary for star-like skin

Susan Ciminelli operates primarily in the Big Apple, but services Los Angeles for several weeks each year in a private studio for facials, treatments and her soothing touch to clients. Her combination of all natural oils, herbs and cleansers are what earned the "J-Lo Glow" tag for Miss Lopez. Ciminelli's also a favorite of Martha Stewart for her methods and products, including holistic and healing teas and supplements that keep skin clear and glowing. Check [her website](#) for the long list of famous faces and dates she's taking appointments in L.A.



Susan Ciminelli's natural products are a celebrity favorite  
Photo Credit: Courtesy of Susan Ciminelli

An age eraser offered daily - that's far from everyday - is the **Natura Bisse Diamond Life Infusion Facial** at **The Spa at Beverly Wilshire**. It's the secret to taking years off in a snap and offered exclusively at this spa in the United States. It's relaxing, indulgent and one that gorgeous screen sirens swear by before appearances. It's just as effective for giving a boost to the average person's self-esteem, as you see instant, lasting results.



The gorgeous Spa at Beverly Wilshire  
Photo Credit: Stacie Standifer

Amenities at the spa are also an added bonus. It's one of the best in the Beverly Hills, so don't miss the chance for your own camera-ready treatment along with time in their Aromatherapy Crystal steam room.

Mainstays like **Wilshire Beauty** or **Sunset Plaza's Beauty Boutique** let you sample the most expensive creams and concoctions on the shelf.

### Itinerary for celebrity hair

No matter what your budget, you can experience certain star-worthy treats. One of the most enjoyable is selecting one of the signature looks from **DryBar**. For only \$35, you can walk out of one of DryBar's multiple locations feeling like a million bucks. There's champagne on arrival to immediately lift your spirits and great hair that lasts to keep them that way. It's a celebration that extends far beyond the half hour typically required. Or stop into **Assembly braid bar** for something a bit edgy at about the same price.



Drybar delivers great hair at a great price in L.A.  
Photo Credit: Stacie Standifer