

RED CARPET READY

BEFORE STEPPING IN FRONT OF THE FLASH BULBS – OR SHIMMYING INTO THOSE GOWNS – HOLLYWOOD’S BIGGEST STARS RELY ON FAST HEAD-TO-TOE FIXES



MASTER CLASS

As the ultimate OG, it's no surprise **Beyoncé** relies on a tried-and-true method – dating back to the '40s! – when she wants to shed pounds fast. The Master Cleanse, in which the main source of sustenance is a mix of lemon water, maple syrup and cayenne pepper, helped Bey drop 20 pounds before her role in *Dreamgirls* in 2006, and reportedly remains a standby whenever her body's too bootylicious for ya, babe.



TWO DAYS TO PERFECTION

Anne Hathaway starts her red carpet prep two days before the big event by swapping solid foods for the LemonAid 48-Hour Detox Diet. Developed by celebrity fitness trainer David Kirsch, the prepackaged concoction helps boost energy and metabolism. Side effects: looking ravishing in a body-skimming column dress, of course.



GWYN FTW

Another day, another health guru introduced to the masses by **Gwyneth Paltrow**. Dr. Alejandro Junger's Clean Program – two daily, proprietary shakes and one healthful, unprocessed meal in between – is to thank for Gwyn's perennially camera-ready physique (and "mental clarity," as espoused on Goop.com). Conscious uncouplers make conscientious eaters, after all!



THEY'VE ALL TAKEN A CRASH COURSE!



JENNIFER LAWRENCE

Jen swears she eats "like a caveman," but pre-event she hits a detox combo of Epsom salt baths and dandelion tea. Yum?



JULIE BOWEN

At the 2013 Emmys, the actress admitted, "I can breathe, but there's been a serious lack of carbohydrates to make that happen."



MARGOT ROBBIE

"If I have to get in a bikini," the Aussie has said, "then I'll eat carrot sticks for three days." Then it's back to burgers and beers... so she claims.

3 QUICK TRICKS

YOU DON'T HAVE TO BE A CELEBRITY TO LOOK LIKE ONE

DO A BODY GOOD When stars crash-diet for an awards show, they can do so under the watchful eye of high-priced health professionals. However, for the rest of us, there's still a safe, easy way to lose weight quickly: the SlimFast Plan. Replace two meals a day with SlimFast's delicious shakes, smoothies or bars; eat one healthy meal; and treat yourself in between with SlimFast's 100-calorie snacks. With new Advanced Nutrition drinks that boast 20 grams of protein – and contain just one gram of sugar per serving – plus snacks in sweet and salty flavors (such as Peanut Butter Chocolate Snack Bites and Mesquite BBQ Baked Crisps), you'll never feel deprived. The best part? You'll see results so quickly, you'll be ready for any big event that comes your way – no crash diet necessary. To jump-start your permanent weight loss today, visit Slimfast.com.



FACE FACTS If you'll be posing for lots of pics, translucent powder is a must to keep your face shine free. And don't worry about looking cakey – today's top pressed powders, such as **Rodial** Instaglam Compact Deluxe Translucent HD (shown), offer radiant finishes (rodial.co.uk).

HAVE A PANTY PARTY To look sleek and svelte from all angles, celebs don't go commando – they simply wear the right lingerie. A seamless panty guarantees no unflattering lines or bulges. Try **Commando** Weightless Lace Hot Panty (right), available at wearcommando.com.

