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## Where Celebs Get Red Carpet Ready in L.A.

By: Siobhan Reid Jan 27, 2017

We all know that the Oscars goes down at the legendary Dolby Theatre in Hollywood. But if you were to map all the places celebs go in advance of Hollywood's big night, it'd span the city limits and then some. Below, the 12 spots every A-lister goes to get red carpet ready, from a high-end hotel on Sunset Boulevard to a celeb-favorite gym in Studio City.



### Three weeks

At the three-week mark, it's all about punitive workouts and extreme dieting. And at the infamous We Care Detox Spa and Spiritual Retreat, a Desert Hot Springs wellness destination that counts Liv Tyler and Matt Damon among fans, celebs submit themselves to a whole range of extreme detox services from liquid-only "meals" to fitness classes and treatments like lymphatic stimulation and daily colonics. Back in L.A., stars hit the trails in an effort to shed pre-Oscars poundage. With its close proximity to Hollywood Hills and its relaxed dog policy, Runyon Canyon is one of the more celeb-filled spots, followed by Griffith Observatory Trail and Bronson Canyon Park.



One week...Tracy Anderson



### **One week**

Most celebs have a squad of beauty professions on speed-dial, so you'd think that the majority of them would opt for the convenience of getting it all done in one day. But given the sheer volume of beauty services administered, cosmetic prep typically begins a week ahead of time. The first stop? Laser hair removal at Sev Laser Aesthetics, a Hollywood clinic frequented by the likes of Sofia Richie, Chrissy Teigen and Kim Kardashian; teeth whitening at the clinic of **Dr. Bill Dorfman**, who has brightened the smiles of everyone from Hugh Jackman to Anne Hathaway; and hair color at the famed Mèche Salon, whose founder, celebrity hair colorist Tracey Cunningham, pioneered the "ombre" hair trend. With a week to go until the big day, this is also when celebs like Gwyneth Paltrow and Lena Dunham start dropping in for the core-blasting workouts at the Tracey Anderson Studio in Studio City. See what all the hype's about by trying her workout here.

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