

# STARS' QUICKIE TREATMENTS



Power pampering! Check out fast spa fixes for brows, backs and cheekbones, plus how to do them at home

**KENDRA WILKINSON**  
The reality star enjoyed a 30-minute blowout at David & Mary Salon Spa in Carmel, IN. (From \$25, davidandmary.com)

## 15 Minutes LED Body Therapy

Dark spots gone in a flash! **Julianna Margulies** hits Tracie Martyn's NYC spa for a new skin tone-correcting, body-firming Ruby Ray LED treatment (\$150, traciemartyn.com). It's paired with an amino acid resculpting cream to help reduce visible cellulite.



Margulies

### DIY

Reduce skin discoloration from sun damage by waving LightStim's LED wand over the body for 20 minutes a day. The three types of light penetrate deep to boost collagen.



LightStim for Wrinkles, \$249, lightstim.com

## 20 Minutes Medical Facial

Forty minutes faster than similar services, the Triad Facial at New York Dermatology Group (\$600, nydermatologygroup.com) combines microdermabrasion, collagen-stimulating laser and a fruit-acid peel that reveals plump cells. **Naomi Watts** is a devotee.



Watts

### DIY

For fruit peel-type results, swipe skin three times a week with pineapple enzyme exfoliating pads by New York Dermatology Group's David Colbert.

Colbert M.D. Intensify Facial Discs, \$52, colbertmd.com



## 20 Minutes Makeup Application

The *City* star **Whitney Port** heads to Blushing Makeup & Beauty Lounge in West Hollywood for the Quick Fix (\$20, blushington.com), a light application of foundation and neutral eye shadow in half the time — and price — of the studio's regular offering.



Port

### DIY

For a botchproof beachy glow, Benefit's palette packs foundation, bronzer, lip and cheek stain, and three neutral shadows, plus how-to tips.

Benefit Cabana Glama makeup kit, \$36, benefitcosmetics.com



## 5 Minutes Brow Shaping

Twenty minutes' worth of tweezing and waxing in a quarter of the time! *Mission: Impossible — Ghost Protocol* actress **Paula Patton** visits brow technician Nicoleta Barbarasa at Beverly Hills' Jose Eber Salon to get awesome arches (\$45, joseeber.com).



Patton

### DIY

To boost brows on the go, try this trio: a light powder for filling sparse spots, a darker shade for definition and a smoothing wax for taming unruly hairs.



Smashbox classic Brow Tech, \$24, smashbox.com

## 25 Minutes Sports Massage

Loosen up! *Cougar Town*'s **Busy Philipps** relieves tight muscles with a targeted rub at Equinox in L.A. (\$70, equinox.com). While a full-body massage generally runs 60 minutes, this session focuses only on the most stressed-out spots.



Philipps

### DIY

To knead knots, roll your back against T Spheres rubber massage balls, which are scented with calming anti-inflammatory rose geranium oil.



T Spheres inner beauty, \$30, blissworld.com