

And the award goes to ...

My dermatologist

Stars rely on pre-Oscar beauty fixes taken to the extreme **BY ALIA AKKAM**

Forget the awards and accolades. The real fun of watching the Oscars is checking out tiny actresses draped in body-baring Chanel and speculating on how they got so thin.

Here's the secret: Knowing all eyes will be on them, celebs spend weeks primping for Hollywood's biggest night, yet often rely on last-minute visits to their plastic surgeon's office or a medical spa for a quick beauty fix. From sinus drainage to under-arm Botox, these treatments are more extreme than your average facial, but if your own special evening (red carpet or otherwise) demands picture-perfect looks, these are sure bets.

"A fuller face is a sign of youthfulness," says Park Ave. plastic surgeon Z. Paul Lorenz. And for those wanting to avoid the scalpel, fillers offer a more attractive option. Playfully termed "face-lift by syringe" at Lorenz's office, injectibles like Restylane erase wrinkles and plump up skin — by paralyzing the face, of course.

Dr. David Saadat, medical director of the Aesthetic Institute of Beverly Hills and facial plastic and reconstructive surgeon, says European treatment mesotherapy has become a hot alternative to filler. "There are a lot of Oscar parties and everyone wants to look good," says the doctor, whose celeb clientele has been asking for Meso-Glow, an anti-aging cocktail of multivitamins, hyaluronic acid and Retin-A, as it's injected evenly over the face in just 20 minutes.

If the thought of prepping at the doctor's office doesn't sound glamorous, some renowned spas also go the extra mile.

Beauties Karolina Kurkova and Chloe Sevigny love getting their skin rejuvenated with an epidermal leveling procedure. Since microdermabrasion might

be too harsh for argelic cheeks, patients with sensitive skin get the customized facial treatment at such spots as the Advanced Skin Care Day Spa on Madison Ave. An

esthetician scrapes the face with a special blade for about 45 minutes, exfoliating and getting rid of dead and dry cells. Afterward, a pomegranate peel and blast of oxygen cools the skin.

Harried New Yorkers who don't have a lot of time on their hands might want to visit the new Skin Spa in midtown for an express facial. Sit idle for just half an hour, and those dead skin cells are removed with a "living" mask that stays on your skin. Walk out the door and with skin still aglow, you're ready for a night on the town.

For a quick boost, Tracy Brennan is a fan of the MD skincare alpha beta peel. A popular treatment at Kalologie Skincare, the haven she opened on L.A.'s Robertson Blvd. last year that's attracted celebs like Selma Blair, Brittany Murphy and Eve, the alpha beta peel blends alpha and beta hydroxy acids and brightens and lightens the skin.

Even if you have soft, glowing skin already, a blemish is a sure-fire way to ruin photos ops.

Brennan suggests a cortisone injection to cure stubborn zits that won't fade. "It flattens it within 24 hours," she says.



RED CARPET-READY Stars get plucked, prodded and wrapped for tonight (like below, at Le Spa Naturelle).

'There are a lot of Oscar parties and everyone wants to look good'



COREY SIPHON DAILY NEWS

Just because the attention is going to be on their faces doesn't mean celebrities can afford to pretend that other body parts won't be scrutinized. Dr. Jessica Wu remembers a few years back watching the Oscars and being horrified when she saw a sweat stain underneath Nicole Kidman's arm, ruining her beautiful pale pink sweater. But now that Botox for perspiration — yes, it's injected into your armpit — is no longer taboo, Wu

doesn't foresee any more excuses. "Even prescription anti-perspirant won't stop sweat stains," she says. "Botox for perspiration is No. 1."

The L.A.-based dermatologist has quite a few celeb clients and popular this year is the newly approved Polaris. This laser and radiofrequency therapy tightens and lifts the face without surgery. But it's also used for targeting wrinkly cleavage that you just can't hide when clad in a strap-

less dress (East Coasters can find Wu's line of "Cosmeceuticals" at Henri Bendel).

One beauty fix — which takes place further below — is popular among celebs but terrifying for most mortals. It's the detoxifying colonic, where filtered water flushes out the contents of the colon. Celeb hideaway Le Spa Naturelle offers the treatment; the new upper West Side sanctuary (which is so hidden, there's no sign on the door) is the brainchild of holistic guru Dr. Trisha Rossi, a self-described colon expert.

Of course, there are more appealing ways to rid your body of toxins, like a wrap guaranteed to take off inches (and fit you in that slinky column gown). Rossi's Medi-Wraps claim to pull out toxins and break down fatty deposits. Customers are told they'll lose a total of 6 to 21 inches throughout their body on the first visit (four are recommended for permanent results).

And don't forget swollen ankles, which can be slimmed with Naturelle's ionized Detox Foot Spa. Rossi claims it rids the body of toxins in 30 minutes. After all, she points out, "If you have big fat toes, you can't squeeze into slim, spiky shoes." ♦

WHERE TO GO

ADVANCED SKIN CARE DAY SPA
532 Madison Ave.,
3rd floor;
(212) 758-8867

KALOLOGIE SKINCARE
132 South Robertson Blvd.
Los Angeles;
(310) 276-9670

LE SPA NATURELLE
269 W. 72nd St.
(212) 580-3333

SKIN SPA
30 E. 40th St., Suite 1200
(212) 684-4914