

**SPECIAL
ISSUE**

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THE Hollywood gurus

Behind every toned celebrity, there is a support system as essential to Hollywood as the freeways. These are the real stars of L.A.

By Lindsay Van Gelder

The cell-phone-at-poolside types who brought us “taking a meeting” have a new buzz phrase: “taking a private.” It refers to those frequent one-on-one sessions between the beauty professionals and the professionally beautiful. When a star has to get in shape for a role—or sometimes just a party—she calls in the gut busters. Behind every toned celebrity stands a retinue of personal trainers, stretchers, yogis, martial artists, herbalists, nutritionists, plastic surgeons, dermatologists, chiropractors, acupuncturists, healers, masseuses, facialists, manicurists, waxers, hairstylists, makeup artists, collagen injectors, blemish banishers, wrinkle rubbers, and cellulite pummelers. Like the chamberlains and ladies-in-waiting of another era, these courtiers *du corps* are intimately familiar with the stars, literally warts and all.

But the bod-squad members are fast becoming celebrities in their own right, with book contracts, product lines, even television gigs. Some are as hard to get in to see—for mere mortals, anyway—as the Wizard of Oz.

Although celebrities may call the shots in real life, for the space of any particular one-on-one session they're not the ones in control. Given that their bodies are their bread and butter as well as their flesh and blood, is it any surprise that the stars become devoted to those who walk the fine line between pushing them and pulling back?

Whether they are being pushed or pulled, stretched or straightened, celebrities want it kept private. One yoga stretch-er says that some of her clients have made her sign nondisclosure agreements that prevent her from even mentioning their names. Even where naming names is tolerated, a guru who wants to stay in demand learns not to blab to the press about so-and-so's cellulite...or marital problems.

But the way we really know we're in Hollywood is that so many in the guru trade are exquisitely (and sometimes tediously) spiritual. We would love to have an inch off our thighs for every time we've heard these pros talk about “getting in touch with your inner self” or say that “real, true beauty isn't just about the face but about an energy coming from within us,” and so on. Maybe it's even true. It's certainly one reason we call them gurus. *(continued on page 172)*

carrie fisher & arnold klein



CHER



CHRISTIE BRINKLEY



PENNY MARSHALL



MICHAEL JACKSON



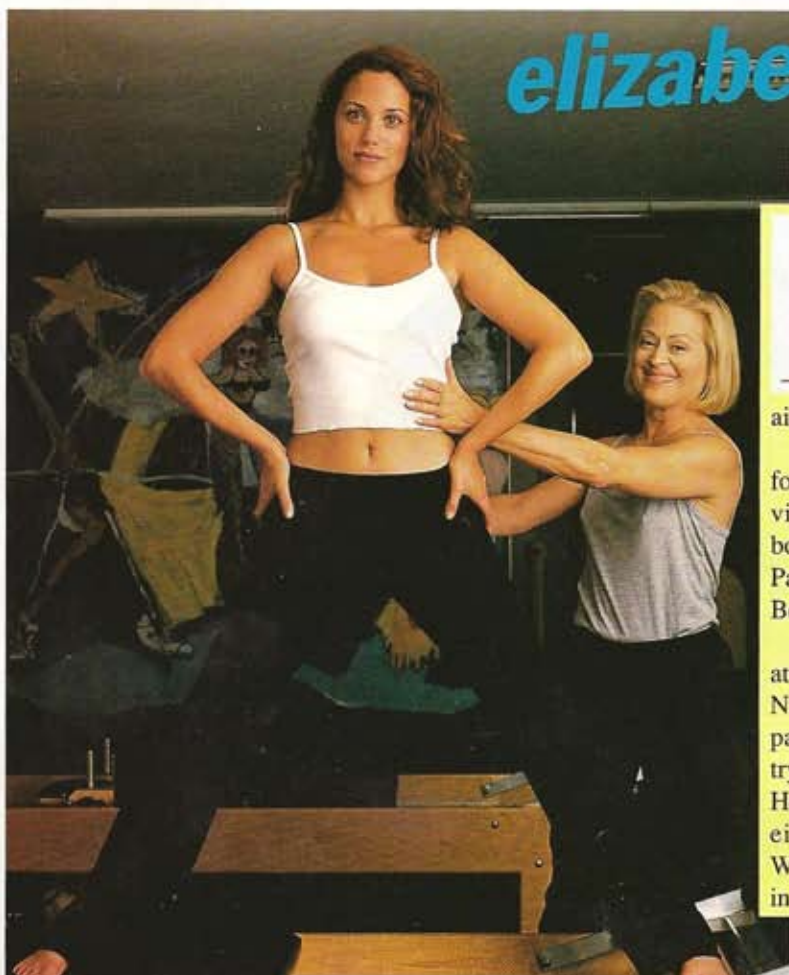
DOLLY PARTON



ELIZABETH TAYLOR

When Arnold Klein arrived at the photo shoot for this story, his first question was, "What did you think of my character in *The First Wives Club*?" He was referring to Goldie Hawn's lip injector, played by Rob Reiner. (He also worked behind the scenes on the film, plumping as needed.) Famous in plastic-surgery circles for his high opinion of collagen, Klein has lectured on it, written about it, developed techniques for injecting it, and certainly launched a thousand lips at the very least. (His favorite new toy is Botox.) In person, he's a nonstop talker (and Olympic name-dropper). He knows his clients (above) socially as well as professionally and equips them with all six of his phone numbers. Some would say Klein is a schmoozer in surgical gloves. His advice is so sought after he could have a column titled "Dear Arnie."

elizabeth berkley & mari winsor



A

s if they're not generally tortured enough, West Coast celebrities have adopted Pilates as their exercise of choice. The equipment, a rack that looks like a cross between a medieval torture device and a modern sexual aid, is as common as bad nose jobs.

One place the devotees flock to is Winsor Fitness. A former choreographer and dancer (in Michael Jackson videos, for example), Mari Winsor has prodded the bodies of Vanessa Williams, Elizabeth Berkley, Patrick Swayze, Nick Nolte, Danny Glover, Jennifer Beals, and Jaclyn Smith, among others.

Quick results are one benefit, but actors like the attention she gives them (as if they don't get enough). Nick Nolte swears by Winsor because of "her patience and her nurturing." Says Winsor, "Here we try to lift people's spirits and make them feel good." Her own impressive washboard stomach doesn't hurt, either. "When you have control of your body," Winsor says, "you have control of a lot of other things in your life—I really believe that."