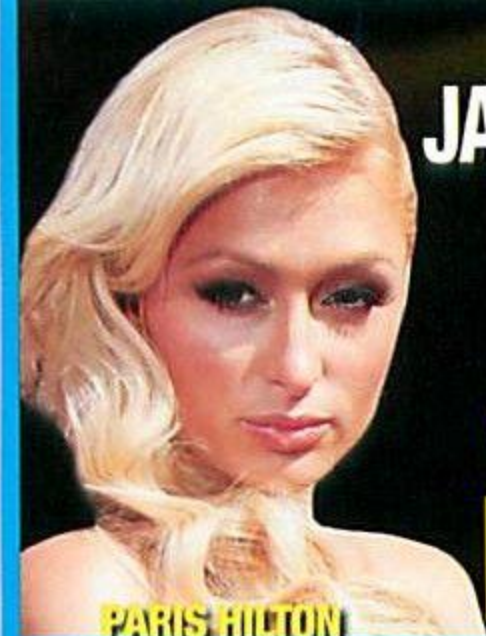


OK! WEEKLY

save
50¢
compared to
Us Weekly!



PARIS HILTON

JAIL, DRUGS, BOOZE...

Where are their parents?

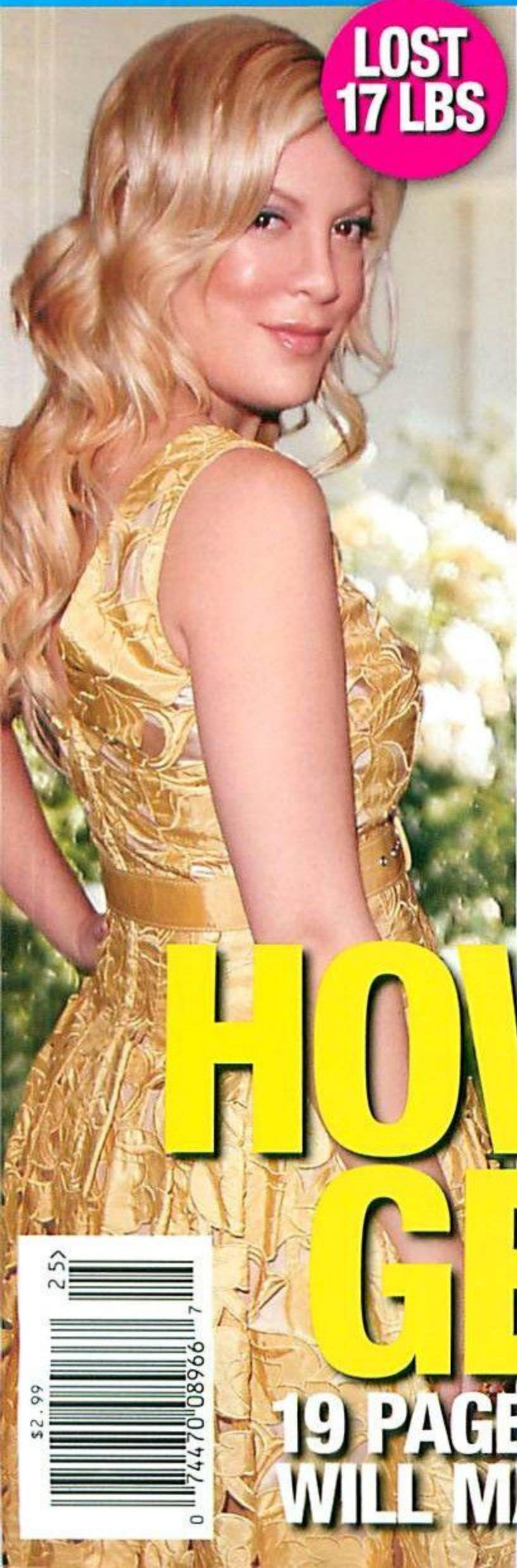


LINDSAY LOHAN

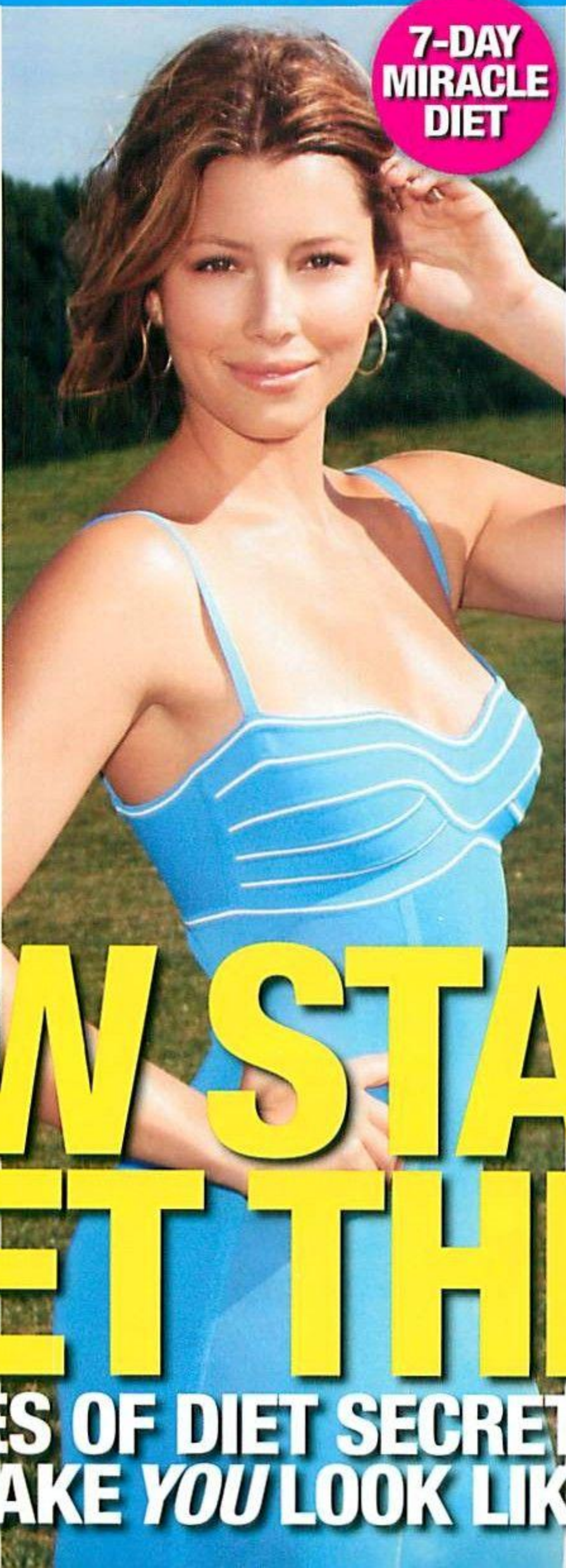
TORI SPELLING

JESSICA BIEL

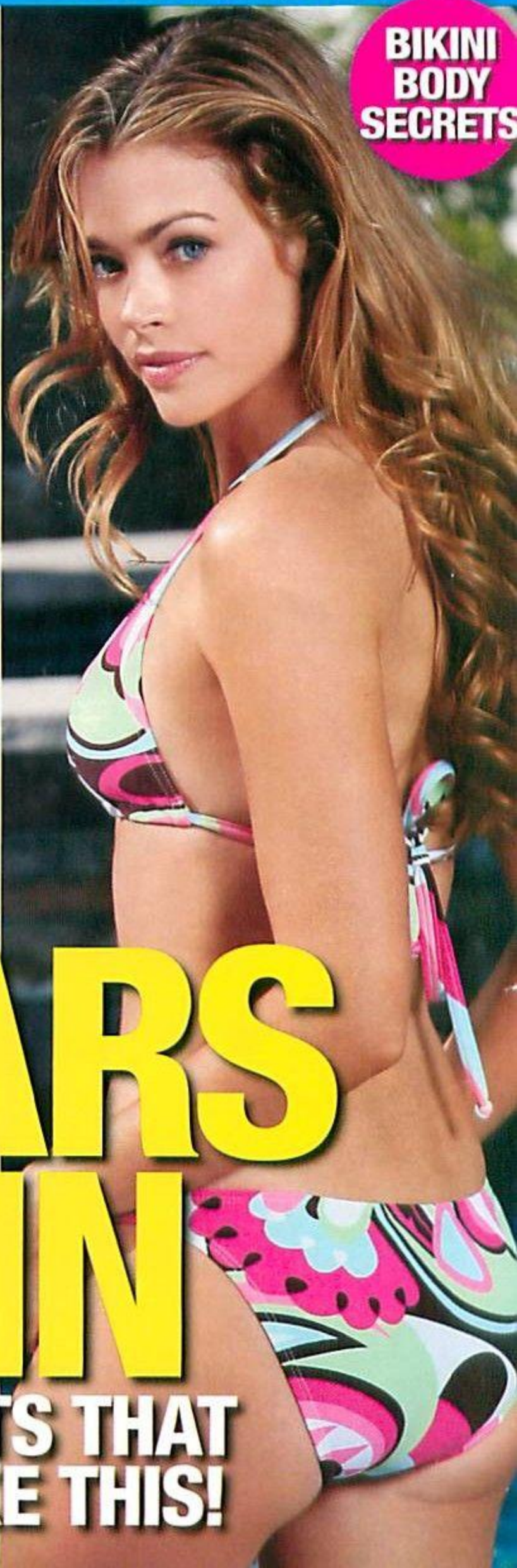
DENISE RICHARDS



**LOST
17 LBS**



**7-DAY
MIRACLE
DIET**



**BIKINI
BODY
SECRETS**

HOW STARS GET THIN

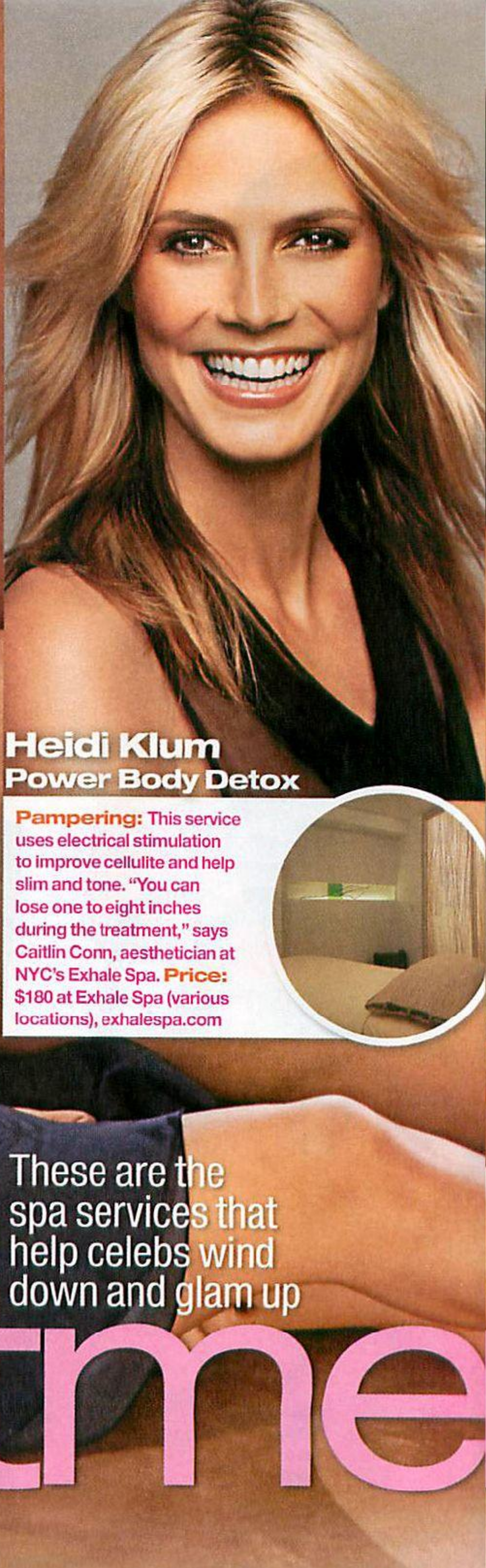
**19 PAGES OF DIET SECRETS THAT
WILL MAKE YOU LOOK LIKE THIS!**





Penélope Cruz Under the Sun Rooftop Pedicure

Pampering: Not your ordinary pedicure, this al fresco service incorporates a yummy coconut soak to moisturize feet. And if that doesn't transport you to the Caribbean, complimentary pina colodas and jelly flip-flops will. **Price:** \$75 at Cornelia Day Resort, NYC, (212) 871-3050



Heidi Klum Power Body Detox

Pampering: This service uses electrical stimulation to improve cellulite and help slim and tone. "You can lose one to eight inches during the treatment," says Caitlin Conn, aesthetician at NYC's Exhale Spa. **Price:** \$180 at Exhale Spa (various locations), exhalespa.com



Hilary Duff Moroccan Rose Scrub

Pampering: During the 80-minute service, warm rose oil is massaged into the face and body. Then, a rose petal and organic brown sugar scrub is worked into the skin with hot stones. **Price:** \$145, Spa Eleven, Delray Beach, Fla., spa11.com



Ellen Pompeo Environ Plus Facial

Pampering: "Ellen has flawless, fair and bright skin," says Jerome Frousseau, facialist at Ona Spa. This 75-minute experience is designed to fight free radicals and repair damaged skin. **Price:** \$195 at Ona Spa, Los Angeles, onaspa.com



Take the spa home

◀ Calm down: After a relaxing bath or shower, reinvigorate by massaging fragrant oil into dry skin. Try: Fresh Rice Dry Oil (\$48, fresh.com).



▶ Get buffed: Slough away dead skin with an in-shower scrub. Try: Carol's Daughter Mango Mélange Sea Salt Body Scrub (\$25, www.carolsdaughter.com).



◀ Brush up: With upward strokes, use a natural-bristle brush on dry skin to stimulate circulation and exfoliate. Try: Earth Therapeutics Bumpy Bristle Massage Brush (\$6, earththerapeutics.com).

▶ Soothe soles: Just before bed, relieve tired feet with a rubdown using an emollient cream. Try: Revlon Ultimate Foot Treat (\$11, drugstores).



Star treatments

These are the spa services that help celebs wind down and glam up

FROM LEFT: ROBERT ANTONICCI/TOUR PHOTO; MICHAEL WILLIAMS/CORBIS OUTLINE; JASON MERRITT/ELIA MAGAZINE; EMILIO LOPEZ/PHOTO UNLIMITED; JILLIAN POISS