

How Celebs Get Ready for the Emmys

Red carpet countdown! *Us* reveals how Hollywood's hottest TV stars prep for the September 20 awards



BODY

Two weeks before Best actress nominee **Drew Barrymore** will swing by L.A.'s Ona Spa for an Ona Smooth massage (\$115), which revs circulation to add radiance to arms, chest and legs.

The day before Best actress nominee **Mary-Louise Parker** will freshen her nail color. "She likes classic, sheer shades for her fingers and an edgy, darker hue for toes," says her nail pro Jin Soon Choi.

The day of Makeup pro Sam Fine will brush bronzer onto best supporting actress nominee **Vanessa Williams'** shoulders and décolletage to add a sexy sparkle and glow.

► Parker favors Nars Gimme Shelter for her toes. (\$16, narscosmetics.com)



► **Big Love's** **Chloë Sevigny** exfoliates and smooths skin with Ona Spa 12% Glycolic Body Smoothing Crème. (\$38, 323-931-4442)



► Williams uses CoverGirl Queen Natural Hue Minerals Bronzer in Ebony Bronze. (\$8, drugstore.com)

JENNIFER ANISTON
The best actress nominee's toenail polish pick for any big night? Essie's sheer pink Mademoiselle or Fed Up. (\$8, essieshop.com)



HEIDI KLUM
Three days before, the best host nominee will get her brows shaped by Anastasia Soare.

FACE

One week before Glow for it! Best supporting actress nominee **Sandra Oh** will visit Sonya Dakar Skin Clinic in L.A. for an Oxygen Facial (\$500), which evens skin tone and adds luminosity.

The day of For radiant skin, best actress nom **Christina Applegate** spritzes on La Mer The Mist (\$55, creme.delamer.com), while *90210's* **Jessica Lowndes** will use the Temptu Airbrush Makeup System (\$225, sephora.com) to apply foundation so it looks natural.

► Makeup pro Joanna Schlip will use Physicians Formula Eye Definer Felt-Tip Eye Marker in Ultra Black on Applegate. (\$7, physiciansformula.com)



► **Dexter's** **Jennifer Carpenter** relies on pore-purifying Ole Henriksen Aloe Vera Deep Cleanser. (\$18 for 7 oz, olehenriksen.com)



► Groom arches with Anastasia Beverly Hills Highlighting Brow Kit. (\$32, sephora.com)



HAIR

The week before *Desperate Housewives* star **Eva Longoria Parker** gets a glossing treatment to boost shine.

Five days before *The Starter Wife* star **Debra Messing** sees stylist Ted Gibson for a style-freshening trim.

The day of Celeb pro Mara Roszak works volumizing foam into the damp strands of best supporting actress nominee **Amy Poehler** and *The Family Guy's* **Mila Kunis**. "It instantly adds body and texture, and it works for updos and down-dos," she says.

► TreSemmé 24 Hour Body Foaming Mousse boosts volume. (\$5, drugstore.com)



► To smooth your strands, try Bioluxtré's Conditioning Sealant. (\$20, bioluxtré.com)



▲ Polish any 'do with Pantene's Nature Fusion Smoothing Creme.

Fitness and Diet



Hargitay

Two weeks before Best supporting actress nominee **Jane Krakowski** steps up her workouts, using weights to tone all over for 60 minutes, six days a week, at Los Angeles' Studio Soma.

One week before NYC nutritionist Dr. Jeffrey A. Morrison tells clients like best actress nominee **Mariska Hargitay** to prevent bloat (enemy of tight gowns) by eating cucumber, a natural diuretic.



PADMA LAKSHMI
The best host nominee uses Pantene's Nature Fusion Smooth Vitality line to tame frizz.