

SPECIAL ISSUE!

allure

THE BEAUTY EXPERT

OCTOBER 2002

BEST OF BEAUTY

Bod Squad

Power Drills



Sandra Bullock

For every person who wakes up with a quiet "om," there's another who prefers "drop and give me 20." Fitness instructors are teaching butt-kicking martial arts moves and army

drills—and stars are eating up the abuse. In the karate class at the Sports Club/L.A. in New York, students hit boards with their fists and kick 180-pound punching bags.

"When you can no longer walk," says sensei John Mirrione, "you're done," Barry Jay, owner of Barry's Bootcamp in West Hollywood, takes a similar hard-assed approach, yelling like a drill sergeant at Sandra Bullock, Brooke Shields, and Alanis Morissette while they do sets of 50 push-ups and five

minutes of sit-ups. (He rewards students who throw up with free T-shirts.)



Adventure Fitness Training class

"These classes feed off people watching *Fear Factor* and *Survivor*," says Valerie Molina, co-owner of Adventure Fitness Training in Santa Monica, which offers Marine Corps-based running and hiking drills. "Everyone is asking, 'Where's my limit?'" —OLESSA PINDAK

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Luscious Hair

Rich, Warm, Deep Brunettes

BONUS

This Year's Breakthroughs:
Stronger, Smarter, Better
Hair and Skin Fixes

DEBRA MESSING

The Hair Color's Fake, the Body's Real,
And She Tells All About It