

the transformers

Meet the international makeover gurus—experts in fitness, nutrition and make-up—whose incredible transformations delight and inspire. By NIDHI SHARMA

Michelle Peck



Naomi Campbell

Madonna

MICHELLE PECK

WHO: Skincare expert and oxygen facialist to the stars, Peck has a luminous, flawless touch, which is the secret behind that immaculate glow you see on several celebrities. Her signature Intracutaneous Infusion treatment is a prerequisite not only on the red carpet and the silver screen but also on international runways and at photo shoots.

MAKEOVER MOMENT: Being known as Madonna's facialist, Peck travels across the globe with the pop star on her music tours to make sure she's looking her very best at all times.

MAKEOVER MENTOR TO: Madonna, Jennifer Lopez, Molly Sims, Naomi Campbell, Rachel Zoe, Miranda Kerr.

TRANSFORM TIP: A nightly ritual of taking two tablespoons of 100 per cent organic cold-pressed olive oil will give you an inner glow.

In a world obsessed with makeovers, transformations are often the talk of the town. From gruelling fitness schedules and diets of puréed baby food to the wave of a make-up magic wand, a not-so-ugly duckling is turned into a beautiful swan. So what does it take to whip celebrities into envious, red-carpet-ready figures? What's behind the age- and gravity-defying youthful looks of A-list beauties? These makeover gurus tell us how they sculpt, groom and coif stars to perfection every day.

SAM MCKNIGHT

WHO: One of the world's top session stylists and Pantene's global ambassador. In his three-decade-long career, McKnight has collaborated with top fashion magazines (he's a regular *Vogue* contributor), designers and photographers to give us some of the most unforgettable looks in beauty history.

MAKEOVER MOMENT: Being Princess Diana's 'preferred hairdresser' for seven years. McKnight spent the '80s coiffing the hair of most supermodels, from Linda Evangelista to Kate Moss. He's a backstage regular for Jaeger, Balenciaga, Chanel, Dsquared² and Vivienne Westwood.

MAKEOVER MENTOR TO: Sienna Miller, Kate Moss, Linda Evangelista, Gisele Bündchen, Lady Gaga, Eva Green.



Sam McKnight with model Lily Donaldson

TRANSFORM TIP: Twice-weekly masks will give your hair a polished look. A quick trick: do a tousled braid for an innocent daytime look, then brush it out and use some shine spray for a glamorous volumised night look.



Lady Gaga

Kate Moss



Vaishaly Patel

VAISHALY PATEL

WHO: London's go-to eyebrow queen and international glow-getter to the stars. Patel's expertise lies in knowing the right shape and technique that whisks away stray hair, leaving you with well-groomed brows and an instant lifted appearance.

MAKEOVER MOMENT: Having an A-list celebrity fly her in a private jet from London to Los Angeles just for a facial and eyebrow threading before the Oscars.

MAKEOVER MENTOR TO: Sophie Dahl, Nigella Lawson, Gwyneth Paltrow, Meg Ryan, Elle Macpherson, Rachel Weisz, Cherie Blair and Sonia Garware.



Meg Ryan

Sonia Garware

TRANSFORM TIP: You don't need too many products for good skin. Cleansing, correct massage technique, weekly exfoliation and masks, combined with minimal threading and the right eyebrow shape, can have a truly face-changing effect.

GUNNAR PETERSON

WHO: Peterson is as popular a name as the stars he trains. This fitness guru is busy keeping Hollywood in shape. His Core Secrets workout, a programme that increases your body's metabolism and targets your core muscles, combined with expert functional training, is coveted not only by A-listers but also by professional athletes and sports stars.

MAKEOVER MOMENT: JLo's green-dress avatar at the 2000 Grammys. When she walked the red carpet in that safety-pin-embedded, skin-baring, sheer Versace dress, people only had one question in mind—who's behind that hot hour-glass body?

MAKEOVER MENTOR TO: Angelina Jolie, Jennifer Lopez, Matthew McConaughey, Sylvester Stallone, Debra Messing, Penélope Cruz.



Angelina Jolie

Jennifer Lopez

TRANSFORM TIP: When you embark on your fitness journey, start weights when you start cardio. It's wrong to lift weights just to tone up. Weight training must go with cardio.



Gunnar Peterson with television host Vanessa Minnillo

Anastasia Soare



ANASTASIA SOARE

WHO: The world's most famous eyebrow shaper and Hollywood's definitive brow and eye expert, Soare regularly transforms celebrity faces with her unique technique. Her custom brow-shaping method ensures that she is always in demand among top celebs.

MAKEOVER MOMENT: Grooming the brows of Michelle Obama. She was introduced to the First Lady by Oprah Winfrey, who along with several other celebrities, is a fan of her arch-shaping skills.

MAKEOVER MENTOR TO: Oprah Winfrey, Jennifer Lopez, Naomi Campbell, Jada Pinkett Smith, Lara Flynn Boyle, Penélope Cruz and Sharon Stone.



Michelle Obama

Penélope Cruz

TRANSFORM TIP: Don't over-tweeze your brows. Less is more when it comes to brows. Shape around your brow bone and use a pencil on any bald spots within the brow.