



thigh hopes Supermodels Cellulite Secrets

Two words, ladies-listen in: cellulite relief.

Readers, I know whereof I speak. I used to be a beauty editor at this very magazine, and I spent a good deal of time searching out how to improve the appearance of cellulite. The treatments I tried were free, I was badgered to try them by well-meaning public-relations people, and there was always a summer or a resort issue around the corner that needed body stories. Plus, there was my own cellulite, so eagerly awaiting the discovery of a magical formula to liberate it from its unrelenting vigil. Even failing that, a few handy little tips on shaping, toning, and firming would have relieved both it and me.

But unless I was to write about actual exercise (and that, I reasoned, was surely the health editor's beat), there was no secret solution to be found. Instead, I ended up writing about fake tanning a lot, and learned that if you want a toned body you have to tone your body. It's called getting to the gym.

Last week I revised my opinion. I went to see Tracie Martyn, and instead of giving me a facial, which is what she is famous for, she showed me a new trick. She gave me what she calls a Resculpting Body Treatment, and what I call no mean feat.

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Martyn is the beauty expert's expert. How did Meg Ryan become a client? Sally Hershberger sent her. Who told Renee Zellweger? Her hair colorist, Sharon Dorrarn.

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There are several women in the beauty business who have become cult figures, experts who are relied on and trusted: It is their highlights, bath oil, lip gloss, and bikini waxes that have become the new templates for how we should like these things to be. Tracie Martyn, like Marcia Kilgore and Sharon Dorrarn, Sally Hershberger and Jeanine Lobell, has become a beauty guru, which is presumably how Estee Lauder and Helena Rubinstein began. Only, if anything, Martyn's clientele is more obsessive than most. Her face and body treatments are unique and take an hour at a time. Her beautifully decorated space in Greenwich Village has only two treatment rooms.

If one of the pleasures of visiting Martyn is feeling that you are her only customer in the world, it's because at that moment, you are. Having an appointment with Martyn just as it must have been with Kilgore, Jo Malone, and Eve Lom when they first began giving facials is - akin to being part of an unofficial but very exclusive club. You smile when you pass one of Martyn's clients on your way in or out, and your smile is knowing: Ah, it says, you are privy to this, too; how clever, how inside it all we are (her clients, I rather fear, will not thank me for this article).

When I went to see Martyn for my body treatment, I smiled at Meg Ryan, who was just leaving. When I emerged from Martyn's private room, Blaine Trump was waiting to take my place. Martyn is the beauty expert's expert. How did Meg Ryan become a client? Sally Hershberger sent her. Who told Renee Zellweger? Her hair colorist, Sharon Dorrarn. "My clients are always asking for referrals," says Dorrarn. "And the one that I love to share most is Tracie Martyn. She is the easiest person to recommend because I know that people will come out transformed. I'm a total devotee, as are the clients I've sent her."

So who are among the devoted? Susan Sarandon ("Tracie's treatment is one of the few things I know that make you beautiful both inside and out"). Eva Herzigova is a longtime Martyn supporter: "the body treatments are amazing for everything up before a show." Uma Thurman, Carey Lowell, Kelly Klein, Michelle Pfeiffer, and Lena Olin. Liv Tyler loves Martyn's treatments so much she's taken her dad there for a facial. Diane von Furstenberg, one of Martyn's earliest clients ("I really swear by Tracie"), wards off the idea of a face-lift, using regular Martyn facials instead.

Naomi Campbell is a fan, as are fellow models Natane Adcock, Anouck Lepere, Magali Amadei, and Waris Dirie. The modeling agency IMG makes bookings for its girls before the season's runway shows and swimwear shoots.

Bridget Hall, who has been seeing Martyn for years, prefers to schedule a visit before a swimwear shoot. "The reason the models keep coming to have their faces and bodies done," Martyn explains, "is because they know they can rely on the treatment. It's a quick fix, and it works."

Martyn shows me before and after Polaroids of a noticeably toned-up behind. "Look. That happened in just one treatment," she says as I marvel at the difference. "The woman in the pictures took one look at herself and said, 'Oh, my God, you've taken ten years off my behind.' That," says Martyn, "is when I knew that it really worked. Because that was when I was developing my technique and the way I could use the machine most effectively. I was still finding out what it was capable of."

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