

BIG CHANGES AT THE COUNTRY MUSIC AWARDS!

The stars got lots of attention when they debuted their new looks



Miranda shed pounds with exercise

With her upcoming spring wedding to fellow country singer Blake Shelton, Miranda Lambert has already started slimming down! "I haven't eaten pizza in 30 days," the 27-year-old star admits. Not only is she cutting carbs, she's also working up a sweat with her personal trainer. "I just figured I should start making it a lifestyle instead of crash-dieting every time there's something important," she explained at the CMAs, where she took home three awards. Though she still isn't a huge fan of fitness, she admits she feels more confident. And the best bonus is Blake, 34, can't stop gushing over Miranda's size-6 figure. "She worked hard, and I am so proud of her," he reveals.

Gwyneth looks 10 years younger!

Not only did Gwyneth Paltrow, 38, shed the 20 pounds she gained for her role in *Country Strong*, she also appears to have shed a full layer of skin. "Gwyneth is always looking for the next best thing to maintain her appearance," an insider tells *In Touch*. The insider says Gwyneth turned to a non-invasive Fractional CO2 laser treatment to turn back the clock. Plastic surgeon Dr. Robert Guida tells *In Touch* the laser treatment gets rid of brown spots and wrinkles and allows quick healing. "The laser hits the outer layer of skin, causing it to flake, so you're left with all-new baby skin," explains Dr. Guida. "Gwyneth and her friends discovered a way to look refreshed without plastic surgery," says the insider.



Dr. Robert Guida has not treated Gwyneth Paltrow

Taylor is skinnier than ever

Is Taylor Swift's blossoming romance with Jake Gyllenhaal taking a toll on her weight? "She is thinner than she has been in a while, and the stress of dating a major star seems to be a factor," her friend tells In Touch. The friend adds that the more time Taylor, 20, spends with Jake, 29, the more she wants to move away from her squeaky-clean teen image and become a Hollywood star. "Taylor has never been fat, but as a singer, she never felt the pressure to be rail-thin," her pal explains. "But now that she wants to be an actress, she is suddenly well aware of her appearance and is dieting."



BARELY-THERE ARMS



HER SPINE IS SHOWING



BONY CHEST