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PREP TALK

13 INDUSTRY INFLUENCERS SHARE THEIR
NEW YORK FASHION WEEK ESSENTIALS

"You should always wear good underwear because you never know when your pants are going to come down," says Araks Yeramyan. To find out how else the designer and 12 other industry insiders are prepping for fashion week, read on.

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SARA BELTRÁN

jewelry designer



"I am obsessed with the Pilates classes at Pilates ProWorks and with the massages at Haven in Soho. I have been booking the same masseur, Vladimir, for seven years."