

RIVIERA

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Booze may be banned on the sand, but they certainly can't take the Martini out of every beach-loving body. Ladies who lunch will soon be trading in that ubiquitous glass of Chardonnay for something a little more high (or should we say low?) spirited. "I was shocked at how fattening a simple cocktail could be," says Teresa Marie Howes, the Downtown-dwelling, slim-minded mixtress who penned *SkinnyTinis*, a recipe tome of waist-friendly elixirs set to drop in May (published by none other than *For Dummies* dealer Wiley Books). For those who can't wait, her website offers oodles of physique-chic info. "A Cosmo? 260 calories!" We'll pass. *SkinnyTini* offers options like the "ZenTini" and "Lucky Girl," as well as classic Margaritas and (obviously) Martinis—all under 150 cal, natch. Howes, a 10-year nutrition guru who earned her chops at S.D.'s diet destination, Jenny Craig, aims to ease the ethos of the ab-fab flock. Cheers to resolution solutions! skinnytinis.com.



WAISTED! Teresa Marie Howes stirs it up with a slew of diet-friendly spirits.



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