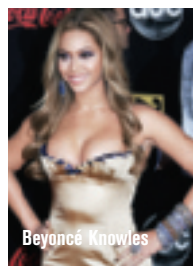


MANI-OBSESSIVE From left: Colors-to-covet include Blue Satin by Chanel and Showstopper by Essie, which have the beauty blogs abuzz.



NAILED IT!

Some people wear their hearts on their sleeves, and others wear their fashion cred on their nails. What's got the mani-pedi contingent clamoring? "The hottest thing right now is Minx nails," says Keri Parker, whose North Park salon Lulu's is one of only four in the U.S. to head up its launch. The Oceanside-based Minx—as seen on Beyoncé—is a solid nail coating available in solids and patterns. Also on the rise: bright reds and Japanese nail art. Meanwhile, Neiman Marcus Fashion Valley reports that spring's status shade will be Chanel's Blue Satin! It launches this month, so get on the waitlist now.



PLAYING HARBALL: At the new Fit Athletic Club, James Cooper's Israeli self-defense class just might be Downtown's next hot workout.

SWEAT SATISFACTION

Solana Beach has its Frog's, La Jolla has its Sports Club, and now Downtown has got its very own see-and-be-seen "It" gym. Expected to open this month, Fit Athletic Club will have condo dwellers ditching their 10-machine workout rooms for its sparkling digs complete with machines boasting individual flat screens, a pool with cabanas, and a deck for stretching with ballpark views. Classes include capoeira, belly dancing, and a glow spin program employing a laser light show that changes according to music tempo. The class that's got us most intrigued is F.I.G.H.T., which employs the principles of Haganah, the same self-defense system used by the Israeli Special Forces. (You may also know of the related Krav Maga, which was how Brangelina first got physical while training for *Mr. & Mrs. Smith*.) It'll be taught by none other than James Cooper, who's trained SWAT teams across the country. Street-fighting with hipsters? Sign us up. 350 10th Ave., Downtown, 619.764.5348.



SMOOTH SALINE! The chlorine-free pool at Rancho Bernardo Inn's sprawling new spa.

EAU, BABY

One can't live on Vichy alone, which is why spas are amping up their H₂O quotient. At Rancho Bernardo Inn's new spa, its enormous saline pool feels like liquid silk and doesn't dry out post-treatment skin. At Del Mar's new Pukalani spa, its "flotation suite" gives us the surreal feeling of being in outer space. Who knew the Dead Sea would come to the Flower Hill Mall?

PEGS, ABS AND VIDEOTAPE

If you can't beat them, download them! Enter iCoreSports, the fitness class and workout video hybrid by Carlsbad-based personal-trainer-to-the-bros Alex Laws. All you do is log onto their website, pick your video workout and load it onto your iPod, PDA or cell phone. The video demonstration shows you exactly how it's done, and Laws herself gives you pointers too. There's a large following of professional athletes who swear by it, namely skateboarders like Robert Dyrdek and Colin McKay. And if the workout can keep up with those guys, that's definitely saying something. www.iCoreSports.com. —L.O.

