



Skinfully Delicious

Eat your way to a younger you with recently launched DeLuscious Cookies, which are infused with anti-aging agent Borba (a cocktail of anti-inflammatories, antioxidants and other vitamins) to freshen your flesh. The snacks (\$24.95 for a half-dozen) are available in oatmeal raisin and chocolate-toffee white chocolate flavors. *DeLuscious Cookies & Milk*, 829 N. Highland Ave., Hollywood, 323.460.2370. —*Laura Kadner*

TREND VETTER

Good Vibrations



WORK IT! A bio-oscillation enthusiast feels the heat at Core London at The Thompson Beverly Hills.

Bio-oscillating exercises are shaking up the L.A. workout world. Promised benefits run from minimizing cellulite to correcting sexual dysfunction—with lowered cortisol levels and a detoxed system to boot. Each workout has various routines (focusing on cardio, say, or emotional balancing), all incorporating a vibrating platform on which to stand, sit, lean and lunge while being jiggled 40 times per second. The Thompson Beverly Hills (9360 Wilshire Blvd., 310.273.1400, thompsonhotels.com) just welcomed a yearlong residency for **Core London**, a Power Plate practitioner from across the pond. Adds Dr. Thom Lobe from Bev Hills' alt-med center **Beneveda** (8730 Wilshire Blvd., Suite 200, 310.289.2800, beneveda.com): "The cells of your skin are like miniature computers. This therapy renews the energy in your cells, helping to defragment your cellular hard drive and return it to a more youthful function." Clients at nearby **Blue Clay Fitness** (8420 Wilshire Blvd., 866.587.2583, blueclayfitness.com) benefit from increased metabolism, improved circulation and the firming up of flabby flesh while the vibration triggers inactive muscles with micro movements. Plus, the just-opened **Pineapple Fitness** (12020 Wilshire Blvd., 877.355.7463, pineapplefitness.com) helped Robert Downey Jr. get fit for *Ironman*. —*Alexis Johnson*

SHOP TALK

Double Visions

There's a new breed of hybrids on the streets of L.A. No, not Prius pretenders—rather, Janus-headed commerce concepts doing double duty at a single address.

—*Jenna Hootstein*



Territory

THE MASH-UP BBQ joint and vinyl record store THE BACK STORY Friends Tony Presedo

and Curtis Brown—a former record label exec and the former owner of a souped-up taco truck, respectively—decided to conjoin passion projects at this two-month-old spot. Now customers can browse Kate Bush albums while digesting their dry-rubbed pulled pork. 534 N. Hoover St., L.A. 323.662.4200, or territorybbq.com.

Choke

THE MASH-UP Coffee café and motorcycle maintenance mecca THE BACK STORY One Saturday each month, in addition to servicing two-wheelers, owner Jeff Johnson boots up Café Legs. The pop-up café-cow-boutique

combines caffeine slinging with oddball product peddling of such items as original Teen Angel artwork. 4157 Normal Ave., L.A. 323.662.4653, chokemotorcycleshop.com.

Circuit Works

THE MASH-UP Boutique gym and green carwash THE BACK STORY Since April, co-owner James Robinson has offered his eco-conscious circuit-training Westside clients a service called Freedom Waterless Car Wash, which utilizes a spray-on biodegradable formula. Members and their rides get a simultaneous workout for a \$25-per-wash fee (\$35 for SUVs). 1410 Abbot Kinney

Blvd., Venice. 310.664.1017, or circuitworksla.com.

Lily Lodge

THE MASH-UP Flower shop and furnishings gallery THE BACK STORY Like Choke, this petal pusher—known for its inventive pairings of flora (African Gloriosas, Nerine lilies) and vintage vases (ceramic baby shoes, porcelain soda cans)—has gone the pop-up route. Currently, Bergamot Station's Gallery of Functional Art store hawks finds like gold reapers and cork chairs. 664 N. Robertson Blvd., L.A. 310.360.9400, or lilylodge.com.

CONNECTED AT BIRTH From top left: *It* Territory in Silver Lake, a vinyl record store and a BBQ joint cohabitate.

DOUBLE VISION PHOTO BY GARY WALKER; TERRITORY PHOTO COURTESY OF THE STORE; CHOKEMOTORCYCLES PHOTO COURTESY OF THE BRAND