

**SPRING
DIET
SPECIAL!**

WEEK

MARCH 29, 2010
ISSUE #13

**KENDRA
DIET
EXCLUSIVE**

**HOW I LOST
ANOTHER**

**10 LBS
IN 10
DAYS!**

**My easy diet
and fun workout
will change your
body too!**



**JEN'S
MESSAGE
TO BRAD**



**JESSICA'S
SURPRISE
BABY PLAN**



**PLUS:
STAR
SLIM-
DOWN
TRICKS**



**Khloe
eats a big
breakfast**



**Kourtney
loves
smoothies**



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CRAZY FOR CABO!

FOR VACATIONS, HONEYMOONS AND BIRTHDAYS, CELEBS CAN'T GET ENOUGH OF LUXURIOUS LOS CABOS, ON THE SOUTHERN TIP OF MEXICO'S BAJA PENINSULA



Jen chose Cabo to celebrate her 41st birthday on Feb. 11.

RELAX ON THE BEACH

ONE&ONLY PALMILLA, SAN JOSE DEL CABO


Kevin Jonas honeymooned here, and repeat guest **Jennifer Aniston** brought 50 of her closest pals — including **Gerard Butler**, **Sheryl Crow** and **Courtney Cox** — to celebrate her 41st birthday in February. Jen's guests were split between

the resort's spacious oceanfront suites and chic poolside casitas, but Jen chose the lavish four-bedroom Villa Cortez, complete with its own private beach, infinity pool and a 12-person staff that includes a 24-hour butler (oneandonlyresorts.com)!

Jen's pals enjoyed margaritas by the pool before hitting One&Only Palmilla's "Mediterranean" fusion restaurant, Agua.

ENJOY A PRIVATE PARADISE

ESPERANZA - AN AUBERGE RESORT, CABO SAN LUCAS



Talk show host Chelsea Handler (inset) celebrated her 35th birthday here on Feb. 25, and Debra Messing chose the low-key resort, just four miles from bustling Cabo San Lucas, for a romantic Valentine's vacation with hubby Daniel Zelman. Complimentary treats include fully loaded iPods and coconut-milk ice pops by the pool (esperanzaresort.com).

Choose from more than 100 tequilas and fresh local ingredients at Esperanza's terraced El Restaurante.



Outdoor spa treatments, infinity pools and white-sand beaches attract guests to the exclusive Capella Pedregal resort.

SOAK UP A SCENIC SPLURGE

CAPELLA PEDREGAL, CABO SAN LUCAS



Zoe Saldana hit up this beautifully landscaped cliffside resort for a recent fashion shoot. Just a short walk from Cabo San Lucas and boasting the 12,000-square-foot Auriga spa, each ocean-facing room has a private plunge pool, offering guests a bird's-eye view of the region's humpback whales (capellapedregal.com).