

Out & About



Melissa Parker and Tina O'Flaherty Garcia



Lisa Miller, Stephanie Knowles and Loren Robin



Anushka, Dr. Larson and Ivy Larson



Sara and Juan Garcia

Anushka Spa & Salon hosts Whole Foods Diet Cookbook Signing

by Kimberly Field • Photography by Lynn Mozena

Guests clamored to Anushka's Spa & Salon at CityPlace for the highly anticipated Whole Foods Diet Cookbook signing. The \$30-dollar-per-person mixer featured deliciously nutritious bite-sized samples from various recipes featured in the Larsons' cookbook. Andrew Larson gave an informative half-hour weight-loss lecture and a \$75 discount on a four-week health and body makeover. In addition, Anushka offered specially priced spa services. Door prizes and goodie bags, along with a signed copy of the diet cookbook, were given out to eager attendees. Spinach and mozzarella frittatas, crispy basil-crusting tofu nuggets with tomato-walnut pesto, curried butternut squash soup and honey orange blossom cheesecake enticed the crowd. Dr. Andrew Larson is a leading weight-loss surgeon and his wife, Ivy, is a healthy lifestyle coach, whose editorial work has been featured on Lifetime TV, CNN, *Life & Style*, *Glamour* and *Woman's Day*.



Deanna Burns and Lisa Hunter