BUSINESS AND LIFESTYLE MAGAZINE
SPRING 2020

EXCLUSIVE LIFE

ESPAÑOL · ENGLISH

JOHAN ERNST NILSON

The environmental explorer

PLUS INTERVIEWS · PROPERTIES · ARCHITECTURE · TRAVEL · ICONS · FASHION · EVENTS · GASTRONOMY · AND MUCH MORE...

VILLA
ALCUZCUZ

PRICE ON APPLICATION | (+34) 648 981 111 | info@villa-alcuzcuz.com | villa-alcuzcuz.com

The award-winning Villa Alcuzcuz is Marbella's first luxury house designed and built under Passive House Regulations and Standards. Just five minutes from the coast and ten minutes from Marbella, this is a villa that, quite simply, has it all.

PLOT: 3.550 m^2 BUILT SIZE: 1.323 m^2

INTERNATIONAL PROPERTY AWARDS ARCHITECTURE

BEST ARCHITECTURE SINGLE RESIDENCE EUROPE

Villa Alcuzcuz by UDesign

2019-2020

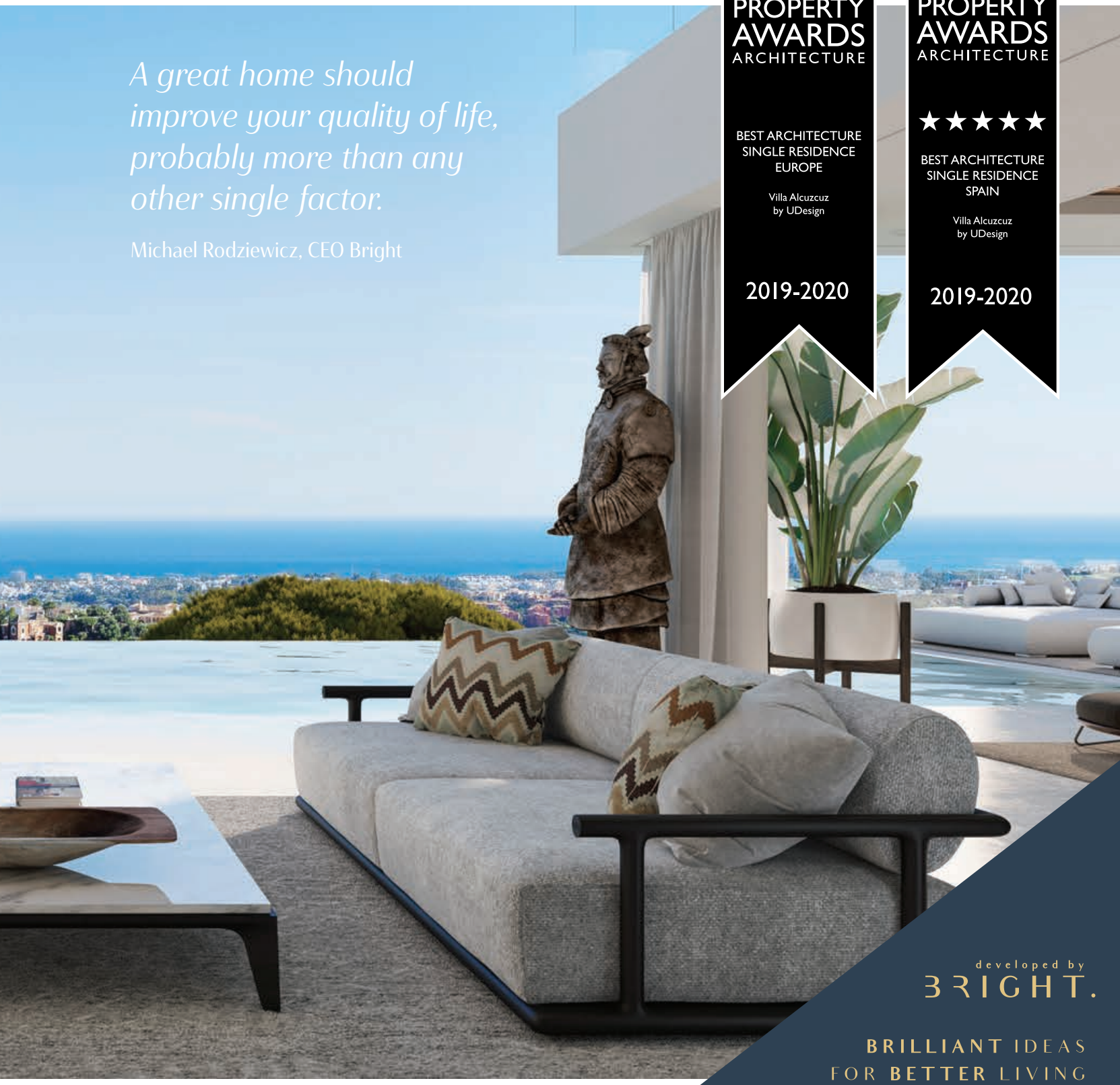
EUROPEAN PROPERTY AWARDS ARCHITECTURE

★★★★★

BEST ARCHITECTURE SINGLE RESIDENCE SPAIN

Villa Alcuzcuz by UDesign

2019-2020



A great home should improve your quality of life, probably more than any other single factor.

Michael Rodziewicz, CEO Bright

developed by BRIGHT.

BRILLIANT IDEAS FOR BETTER LIVING

VIEWING BY APPOINTMENT ONLY

www.by-bright.com

NO TIME TO DIE © Danjaq and MGM. NO TIME TO DIE, 007 and related James Bond titles © 1962-2020 Danjaq and MGM.
NO TIME TO DIE, 007 and related James Bond Trademarks are trademarks of Danjaq. All Rights Reserved.

JAMES BOND'S
CHOICE

SEAMASTER DIVER 300M
EDICIÓN 007

OMEGA

DISPONIBLE EN:

TOURBILLON BOUTIQUE
PUERTO BANÚS

Muelle Ribera - Casa 0 - Local 5
Tel. +34 952 81 38 37

MAMZEL

at Finca Besaya

OPENING

APRIL 2020

DINING & PARTY

#CALLMEMAMZEL

WHO IS **MAMZEL**?
QUIÉN ES **MAMZEL**?
QUI EST **MAMZEL**?
CHI È **MAMZEL**?
КТО ЭТО **MAMZEL**?
谁是 **MAMZEL**?
وه نم **MAMZEL**؟

NEW CONCEPT BY Casanis Group

+34 686 700 400 · RESERVATION@MAMZELMARBELLA.COM · @MAMZELMARBELLA · @MAMZELMARBELLA

LVS MARBELLA
Selling Marbella's finest homes

Beds: 5 · Baths: 5 · Plot: 1,135 m² · Built: 566 m² · Viewing by Appointment Only

Villa Mariposa

Beautifully refurbished 5 bedroom / 5 bathroom villa in the heart of Nueva Andalucia set in a tranquil culs-de-sac. This property is located just 2 minutes walking distance from the nearby shops, bars, and restaurants in the popular Aloha Gardens parade. It is also just a short 5-minute drive from the glamorous Puerto Banus, Puente Romano and the charming old town center of Marbella.

Offered at €3,250m

Special vendor finance available

Phone Office: (+34) 952 77 44 33 | Phone Whatsapp: +34 677 79 49 60
info@marbellalvs.com | www.marbellalvs.com

WE ARE EXPERIENCED IN VALUING AND DEVELOPING UNIQUE HOMES IN MARBELLA SINCE 1994

LVS MARBELLA

Selling Marbella's finest homes

MEET THE LVS TEAM

& LET US GIVE YOU AN **EXCELLENT SERVICE**
WHILE BUYING OR SELLING IN THIS
INTERESTING & GROWING PROPERTY MARKET

Phone Office: (+34) 952 77 44 33 | Phone Whatsapp: +34 677 79 49 60
info@marbellalvs.com | www.marbellalvs.com

WE ARE EXPERIENCED IN VALUING AND DEVELOPING UNIQUE HOMES IN MARBELLA SINCE 1994

VISTA LAGO
RESIDENCES

18 designer villas

A new landmark development of design-led homes overlooking Marbella and the Mediterranean Sea.

From your lounge you see a lake surrounded by a golf course, La Concha mountain, the Spanish coastline to Gibraltar and the continent of Africa beyond – all without moving from your sofa.

INFO & RESERVATIONS:
(+34) 648 981 111
info@vistalago.es
vistalago.es

developed by

BRIGHT.

BRILLIANT IDEAS
FOR **BETTER** LIVING

www.by-bright.com

EDITORIAL

Celebrating the arrival of Spring

We're celebrating the arrival of Spring, this fabulous festival that merges the art of nature with the beauty of the colour explosion offered by the first flowers in blossom.

We must take care of Nature, so that we can continue to enjoy this Great Legacy, the future of new generations.

For this reason, I recommend reading the article on a great environmental activist, Johan Ernst Nilson, featured on the front cover. A role model and source of great inspiration, whose motto is "The impossible is possible".

Make the most of this season to relax and enjoy the good weather and the remarkable cuisine we're blessed with in Marbella. Savour one of the refreshing new à la carte cocktails in the exclusive restaurants and fashionable places we recommend.

Get your body and mind into top form for the summer! Don't miss our special "Shape up for Summer". Because being fit is essential to live a life of full happiness, and to enjoy the challenge of showing off your body more confidently, complex-free this summer.

Follow the advice of our expert and coach, Sandra López and Maria Erving.

For those who want to achieve that drop-dead gorgeous body in record time, luminous skin and a Hollywood smile... In Exclusive Life Magazine we select the best clinics and beauty centres. "Because putting yourself in good hands is crucial."

All this, and much more: The Bond watch, Fashion, Interviews with renowned Celebrities and Entrepreneurs, Architecture, Art, Icons of yesterday, today and forever. Our trip to California, and the launch of the new electric Porsche. I hope you enjoy this edition.

With best wishes,

Ana Paron

P.S. Dedicated to my parents with love

BRIGHT.

BRILLIANT IDEAS

FOR BETTER LIVING

CUTTING EDGE DEVELOPMENTS

STATE-OF-THE-ART DESIGNS

BEYOND LUXURY

VISTA LAGO
RESIDENCES

VILLA
ALCUZCUZ

www.by-bright.com

La naturaleza creó electricidad.

Porsche le dio alma.

Centro Porsche Marbella
Ctra. Cádiz, Km. 175,3
29660 Puerto Banús (Marbella)
Tel: 952 907 911
porsche-marbella.com

PORSCHE

CENTRO PORSCHE MARBELLA

Letter *from the director*

Dear readers,
Here I am once again to greet you, and to thank you all for your continued support in our project.
I'd just like to say that we're very proud of our work so far. There are many who've joined us, and they give us the strength to keep growing and to make each edition better.
Spring is just around the corner, and it will undoubtedly come charged with enthusiasm and beauty. As Robin Williams said: "Spring is nature's way of saying, 'Let's Party!'". So let's party, and enjoy everything spring brings us. Let's give thanks, and relish everything around us. We live in a privileged place called Costa del Sol, Marbella, Sotogrande, a luxury for the five senses, and we are deeply grateful for it.
My best regards,

Queridos lectores,
Estoy aquí de Nuevo para saludaros y agradeceros que sigáis ahí apoyándonos en nuestro proyecto.
Deciros que estamos muy orgullosos de nuestro trabajo hasta ahora, son muchos los que se han unido a nosotros y nos dan fuerza para seguir creciendo y hacerlo mejor cada edición.
La primavera está a la vuelta de la esquina y seguro vendrá llena de ilusión y belleza y como decía Robin Williams: "La Primavera es la forma en que la naturaleza nos dice, ¡Vamos de Fiesta!" así que vamos de fiesta y disfrutemos de todo lo que la Primavera nos da.
Demos gracias y disfrutemos con todo lo que nos rodea. Vivimos en un lugar privilegiado llamado Costa del Sol, Marbella, Sotogrande, un lujo para los cinco sentidos y damos gracias por ello.
Un fuerte abrazo,

Rafael Barrio

LVS MARBELLA
Selling Marbella's finest homes

Beds: 9 · Baths: 7 · Plot: 1500 m² · Built: 680 m² · Terrace: 200 m² · Viewing by Appointment Only

An Immaculate Luxury Villa with Exceptional Views

A superb spacious family residence set in the prestigious Los Flamingos Golf and Hotel Resort. The land is elevated and offers delightful sea, mountain and golf views. There are separate sizeable staff and guest accommodations, along with games areas away from the main house. This property offers an abundance of outdoor space, with elevated balconies, covered terraces and a glass-curtained conservatory being just some of the lovely features. Set behind a high perimeter wall and with automatic entry gates, there is room for cars in the front driveway as well as in the secure garage underneath the home.

Visit villalosflamingos.com for more information

Phone Office: (+34) 952 77 44 33 | Phone Whatsapp: +34 677 79 49 60
info@marbellalvs.com | www.marbellalvs.com

WE ARE EXPERIENCED IN VALUING AND DEVELOPING UNIQUE HOMES IN MARBELLA SINCE 1994

CONTENTS

Spring / Primavera 2020

20 **Johan Ernst Nilson**
Global Adventurer in Marbella

28 **Chef Diego del Río**
An experience that transcends culture

36 **MS DESIGN**
The creative spirit of the architect

46 **DLC** Presumed Income

48 **Interview:** Solvilla

52 **Deco - UDesign** Designing with Nature

60 **Deco - Emma Surgenor**
Bring space and elegance into your home

76 **At home with...** Remedios Nieto de del Río

83 **Special** Shape up for Summer

84 **Sandra López**
How to get your body ready for summer

88 **Top Clinics**

98 **Maria Erving**
Empowered living

102 **Fashion** Philipp Plein

110 **Porsche DNA** Puristic new design

116 **Interview:** Victor Kortscheff

118 **Fashion** Stefania Pinyagina

124 **Travel:** California, The Golden State

132 **Icon:** Audrey Hepburn

140 **Street art** with Kenza Eizaguirre

144 **Exclusive Watches**
The Bond watch is revealed

152 **Fashion** Korsun

162 **Icon** Frank Sinatra

170 **Faces & Places** Exclusive Events

MANAGER DIRECTOR
Rafael Barrio
rafael@exclusivelifemagazine.com

EDITOR
Ana Pavón
ana@exclusivelifemagazine.com

SALES SUPPORT
Marlene Mantilla
T: +34 678 30 14 18
marlene@exclusivelifemagazine.com

OFFICE ADMINISTRATOR
Belén Rubiera
info@exclusivelifemagazine.com

GRAPHIC DESIGN AND LAYOUT
Pilar Anguita
info@love-design.es

TRANSLATOR
Siobhan Mcneice

PHOTOGRAPHY
Marco Reyes (Diar Fotografía),
Pedro Jaén, Antonio Paz,
Roidkelving Aquino

ECONOMIST
Francisco Delgado

CONTRIBUTING WRITERS
Eva del Amo, Santiago de la Cruz,
Viajes Nuba, Kenza Eyzaguirre,
U-Design, Maria Erving

SPECIAL THANKS
John Thomson, Johan Ernst Nilson
Marie-Noëlle Erize Tisseau,
Remedios del Rio, Sandra López,
Diego del Rio, Marcos Sainz and
Emma Surgenor

While every effort has been made to ensure that the contents of this magazine are correct, Exclusive Life cannot guarantee the completeness or accuracy of the information published, and assumes no legal liability or responsibility to any party for the quality, legality or usefulness of any information, product or service represented within the magazine. No part of this publication, including texts, photographs, illustrations or other graphics, may be copied or reproduced in any form without the prior written consent of Exclusive Life Magazine.

Puente Romano

SUPPERCLUB

646 976 178

PUENTE ROMANO MARBELLA | events@puenteromano.com | puenteromano.com

LVSMARBELLA
Selling Marbella's finest homes

Beds: 9 · Baths: 9 · Plot: 3700 m² · Built: 1100 m² · Terrace: 200 m² · Price: 5.950.000 € · Viewing by Appointment Only

Sierra Blanca Mansion with Panoramic Views & Tennis Court

Luxury Villa Sales is proud to offer one of Marbella's most comfortable and vast estates in the prestigious gated community of Sierra Blanca, known as the Beverly Hills of the Costa del Sol. This secluded and very private property has fabulous sea and mountain views and 3700 metres of land, 9 bedrooms and 9 bathrooms as well as plenty of living and entertainment space for a big family, plus further separate accommodation for guests and staff. Close to the tennis court is a Moorish-style guest house with a gym, Spa, sauna and Hammam. This spectacular estate is priced to sell and we highly recommend an early viewing.

Visit villasierrablancamarbella.com for more information

Phone Office: (+34) 952 77 44 33 | Phone Whatsapp: +34 677 79 49 60
info@marbellalvs.com | www.marbellalvs.com

WE ARE EXPERIENCED IN VALUING AND DEVELOPING UNIQUE HOMES IN MARBELLA SINCE 1994

LVS MARBELLA

Selling Marbella's finest homes

Do you really KNOW the value of your home?

Achieve the very best price possible with Luxury Villa Sales

YOUR PROPERTY WILL BE SOLD FROM MARBELLA'S BEST-LOCATED AGENCY. LVS is in a privileged location and benefits from quality walk-in buyers from the neighbouring 5-star hotels and restaurants right next door.

Phone Office: (+34) 952 77 44 33 | Phone Whatsapp: +34 677 79 49 60
info@marbellalvs.com | www.marbellalvs.com

WE ARE EXPERIENCED IN VALUING AND DEVELOPING UNIQUE HOMES IN MARBELLA SINCE 1994

Johan Ernst NILSON

Global Adventurer in Marbella

Who is Johan Ernst Nilson and how can a motivational speaker can help the environment?

MARBELLA TOWARDS NATURE

Have you ever seen these events on TV where an inspiring motivational coach talks in front of a venue full of people? Hundreds and hundreds of people cheering? It is finally time for Marbella to host this kind of a talk, and hopefully not for the last time.

In October 2019 Marbella´s Palacio de Congresos gathered together nearly a thousand people to meet world-renowned explorer, adventurer and environmental activist Johan Ernst Nilson.

Nilson came to Marbella especially for the two day event "Towards Nature" organized by the environmental charity Goodwill Meridian Fund together with Events Couture Marbella and Marie-Noëlle Communication agency, as well as with the support of the Marbella Town Hall. This was not a typical environmental educational event. Organizers had a big aim in mind - to start changing the entire mindset about our relationship with the planet. It seems a long shot, but both the organizers and their guest speaker Johan Ernst Nilson are sure that this is possible and that it is time.

The main reason being is that we cannot deny anymore the fact that climate change is happening. Some of the most upfront editorials like The Guardian in Great Britain declared that from now on they will be using words that describe the actual events with a necessary urgency. You now read terms like "climate emergency, crisis or breakdown" and "global heating" instead of "climate change" and "global warming". Recognizing this situation instead of hiding behind calming and vague words is one of the steps we all should make.

Organizers of "Towards Nature" had their focus on the young generation. Because they are the ones who will have to face this changing planet very soon, they are the ones who will be making decisions in the future, and they are the ones who can start acting now. The Palacio de Congresos united students from all the main schools, colleges and universities in Marbella and along the coast. They all came to share, to learn and to be inspired. To find out how to make their dreams come true. And that's exactly what Johan Ernst Nilson does the best.

BEING OUR BEST - TOGETHER - WE CAN REACH ANY GOAL

WHO IS JOHAN ERNST NILSON?

Swede Johan Ernst Nilson has been traveling around the world for the last 20 years as a global adventurer, explorer, activist, motivational speaker, peak performance coach, and philanthropist. His current official titles include:

– Ambassador, International Union for Conservation of Nature
– Ambassador, MinStoraDag
– Ambassador, Mentor
– Honorary Goodwill Ambassador, Nepal
– President, Everest Summiteers Association, Sweden
– Fellow and Board member, The Explorers Club
– Fellow, Traveller's Club
– Brand Ambassador, AUDI
– Brand Ambassador, Zenith
– Ambassador, Swedish Postcode Lottery
– Ambassador, Ramlosa

And yes, it started with nothing less than a bike trip from Sweden to Africa.

Johan Ernst himself claims that this decision - that by the way he took after a bet with a friend - changed his life. He used to have the lowest grade in gym at school, had never been on an expedition before, had no idea what obstacles could be there, hadn't even planned the route in much detail! But already back then he intuitively knew the most important thing that would guide him would guide him through life: everything is possible, the impossible just takes a little more time. His first 6500 kilometers in 52 days on bike proved just this.

Travelling from Sweden to Africa turned out to

be a kind of a fascination, and he repeated it several times - once by kayak, another time by flying boat (Johan Ernst didn't know how to fly a plane let alone a small flying small rubber dingy, but he got his pilot's license especially for this voyage. National Geographic filmed the trip and turned it into a film. Adding to unusual means of transportation, he crossed the Atlantic Ocean from Rome to New York by jetski (another film by National Geographic Channel), and crossed Greenland by kite.

Johan Ernst has sailed to the Arctic and Antarctic, walked through Alaska, and climbed all Seven Summits. (The Seven Summits are the highest mountains in each of the seven continents. Climbing to the summit of all is regarded as one of the great mountaineering challenges). He did an expedition that went from North to South Pole and received recognition in the Guinness World Book of Records. A Global Adventurer indeed!

But Johan Ernst does not just travel to far parts of the world for pleasure. Fifty percent of his time goes to charity work and activism. Specifically environmental activism. He even calls himself an "environmental explorer" he can tell you how much the planet has been changing in the last 20 years. After all, he has witnessed it all with his own eyes. From oceans to mountains, ice caps to deserts, from cities to the most remote places far from any human activity. The planet is changing and Johan Ernst does his best to attract world attention to it. He gives talks, makes viral photos and videos, including photo-books and exhibitions, he has produced a documentary series about environmental problems around the world, acts as an ambassador and is a public figure for eco-organisations. A special company oversees his expeditions to ensure that they are conducted in the most sustainable way possible, and Johan Ernst himself says that his "mission is to raise awareness and empower all of us to choose sustainable solutions. I know from previous expeditions that people listen and both individuals and corporations are inspired to act more sustainably themselves in the future".

Everything is connected to the environment. So it is no wonder that Johan Ernst also works with education, poverty, addictions, violence and other social problems. True sustainability comes from ecological and social justice. Last year alone he raised 6 million dollars for charity projects. Some of them are a true reflection of his nature. For example, he personally trained Aron Anderson, wheelchair racer who became the very first person to climb a mountain summit in a wheelchair - Mt Kebnekaise, the tallest peak of Sweden.

DARE TO DARE

The most incredible thing about Johan Ernst is that he is sure that everyone can do everything that he has done. It doesn't matter if you cannot ride a bike, fly a kite, sail, or endure harsh conditions. The question is the mindset. Everything else - absolutely everything else - can be learnt.

"When I was a kid my big heroes were icons like Buzz Aldrin and Nansen, but they were so far away. Are Dreams really for normal people?! Are Dreams something we can reach ourselves? Well, now many years later when I got to know Buzz Aldrin,

I understand that these heroes are humans just like you and me. The only difference between them and other people is that they believed that the dream can come true....and they made it happen! They visualized themselves standing on the top of the mountain while all the others were laughing".

That's something that Johan Ernst tells people in his lectures that he gives around the world, from schools to the offices of the businesses and their CEOs, from TV-shows to charity talks. He teaches you to... dream and to dare. To dream high and never to give up in trying to make your dreams come true. To dare, to explore, to step out of your comfort zone, to believe in oneself. He wants people to be their best, to achieve their peak performance, to make mistakes until it works. To realize the true potential. In his lectures he says that:

"The most important is how we see ourselves. After years of traveling around in schools, companies and in personal coaching I always get surprised and sad when I realize how low people think of themselves in therms of potentials. I use a technique in my lectures called NOX (No Excuses) which is based on the fact that we all have excuses when it comes to stop eating sugar, quit smoking or something else that is a hard commitment. If we really want to get somewhere with all these commitments, then its all about making up our mind!

Making up our mind is that's what we all need now. Many people doing their best and being their best to tackle the biggest problem humanity faces – the consequences of climate crisis.

That´s what Johan Ernst Nilson tried to say to the young people of Marbella during his talks in Palacio de Congresos. Young people and their parents, because we are all in it together, and we cannot divide the responsibility by nation, gender or age group. "We are part of nature. We are not on the side of nature, we are in nature, we are nature". Being our best - together - we can reach any goal.

Johan Ernst Nilson

Un aventurero en Marbella

¿Quién es Johan Ernst Nilson y cómo puede un coach motivador ayudar al medio ambiente?

TOWARDS NATURE MARBELLA

¿Has visto alguna vez cómo un coach inspira a su público? ¿Cientos y cientos de personas vitoreando? Marbella tuvo la suerte de ser el lugar elegido para llevar a cabo charlas motivacionales durante dos días, el pasado octubre en el Palacio de Congresos, donde se reunieron casi mil personas para conocer al explorador, aventurero y activista ambiental de renombre mundial Johan Ernst Nilson, que vino especialmente para el evento "Towards Nature".

Este acto se llevó a cabo en su totalidad por la organización benéfica ambiental Goodwill Meridian Fund que contó con el apoyo del Ayuntamiento de Marbella, Events Couture Marbella y la agencia MN Comunicación. El principal objetivo fue concienciar a los más jóvenes sobre el cambio climático ya que al fin y al cabo, serán ellos quienes hereden este planeta y deben luchar por él. Tanto los colegios como las universidades de la zona estuvieron presentes, conociendo en primera persona al gran protagonista del evento, Johan Ernst Nilson que les invitó a hacer realidad sus sueños y a luchar por un mundo mejor.

Y es que el cambio climático es toda una realidad. Así lo declaró el diario The Guardian en Gran Bretaña, haciendo hincapié en que de ahora en adelante usarán términos que describan la realidad del planeta tal y como es. Los redactores ya no se referirán a 'cambio climático ni calentamiento global' sino a "emergencia climática y crisis medioambiental'.

¿QUIÉN ES JOHAN ERNST NILSON?

El sueco Johan Ernst Nilson ha viajado por todo el mundo durante los últimos 20 años como aventurero a nivel mundial, explorador, activista, orador motivacional, entrenador de alto rendimiento y filántropo. Sus títulos oficiales actuales incluyen:

- Embajador, Unión Internacional para la Conservación de la Naturaleza
- Embajador, MinStoraDag
- Embajador, Mentor
- Embajador de buena voluntad honorario, Nepal
- Presidente, Asociación Everest Summiteers, Suecia
- Miembro y miembro de la Junta, The Explorers Club
- Compañero, Club del viajero
- Embajador de marca, AUDI
- Embajador de marca, Zenith
- Embajador, Lotería de códigos postales sueca
- Embajador, Ramlosa

Y sí, comenzó con nada menos que un viaje en bicicleta desde Suecia a África. El propio Johan Ernst afirma que esta decisión, que por cierto tomó después de una apuesta con un amigo, cambió su vida. Cuando era pequeño, solía tener la calificación más baja en gimnasia, nunca antes había estado en una expedición, no tenía ni idea de qué obstáculos podrían estar allí y ni siquiera había planeado la ruta con mucho detalle. No obstante, ya en aquel entonces sabía que lo más importante era creer en uno mismo y se centró en el hecho de que 'todo es posible, lo imposible solo lleva un poco más de tiempo'. Sus primeros 6500 kilómetros en 52 días en bicicleta demostraron esto. Viajar de Suecia a África le cambió la vida y lo repitió varias veces, una vez en kayak, otra en un barco volador (Johan Ernst no sabía cómo volar un avión y mucho menos este artilugio), pero consiguió la licencia de piloto para este viaje. National Geographic filmó el viaje y lo convirtió en una película. Además de medios de transporte inusuales, ha cruzado el Océano Atlántico desde Roma a Nueva York en jetski y Groenlandia en cometa y esquíes.

Johan Ernst ha navegado del Ártico a la Antártida, caminado por toda Alaska y ha conseguido subir a las Siete Cumbres, las montañas más altas de cada uno de los siete continentes. Uno de los grandes desafíos del alpinismo. Además, ha llevado a cabo una expedición desde el Polo Norte al Polo Sur consiguiendo aparecer en el Libro Guinness de los Récords.

No obstante, todas estas aventuras le han llevado a conocer mundo, desde los océanos hasta las montañas, desde los casquetes polares hasta los desiertos, desde las ciudades hasta los lugares más remotos, lejos de cualquier actividad humana y darse cuenta de la crisis a la que nos enfrentamos. El cincuenta por ciento de su tiempo se dedica al trabajo de caridad y al activismo. Específicamente activismo medioambiental. Incluso se llama a sí mismo un "explorador ambiental".

El planeta está cambiando y Johan Ernst hace todo lo posible para atraer la atención mundial, dando charlas en las que muestra fotografías y vídeos tomados de sus viajes. De hecho, ha producido una serie documental sobre problemas ambientales en todo el mundo, actuando como embajador para las organizaciones ecológicas, que son la que supervisan sus expediciones para garantizar que se realicen de la manera más sostenible posible. Él mismo dice que su "misión es crear conciencia y capacitarnos a todos para elegir soluciones sostenibles. Sé por expediciones anteriores que la gente escucha y que tanto las personas como las empresas se inspiran para actuar de manera más sostenible en el futuro".

COMETER ERRORES ES ESENCIAL PARA MEJORAR Y LLEGAR A POTENCIARSE

Todo está conectado con el medio ambiente, por lo tanto, no es de extrañar que Johan Ernst se imlique también en temas como la pobreza, educación, adicciones y violencia. La verdadera sostenibilidad proviene de la justicia ecológica y social. Sólo el año pasado recaudó 6 millones de dólares para proyectos de caridad. Algunos de ellos son un verdadero reflejo de su naturaleza, por ejemplo, cuando entrenó personalmente a Aron Anderson, que se convirtió en la primera persona en escalar una cumbre en silla de ruedas: el monte Kebnekaise, el pico más alto de Suecia.

ATRÉVETE A ATREVERTE

Lo más increíble de Johan Ernst es que está seguro de que todos pueden hacer todo lo que él ha hecho. No importa si no puedes montar en bicicleta, volar una cometa, navegar o soportar condiciones difíciles. La respuesta está en la mentalidad. Todo lo demás se puede aprender.

"Cuando era niño, mis grandes héroes eran iconos como Buzz Aldrin y Nansen, pero estaban muy lejos. ¿Son los sueños realmente para la gente normal? ¿Son los sueños algo que podemos alcanzar nosotros mismos? Bueno, muchos años después, cuando conocí a Buzz Aldrin, entendí que los héroes son humanos como tú y como yo. La única diferencia entre ellos y otras personas es que creyeron en que todos los sueños pueden hacerse realidad y los hicieron realidad. Se visualizaron en la cima de la montaña mientras todos los demás se reían".

Este es un punto en el que Johan Ernst hace mucho hincapié en las conferencias que da por todo el mundo, desde colegios hasta grandes empresas. En ellas enseña a soñar y a atreverse saliendo de la zona de confort y apuntando alto. De esta forma, las personas dan su máximo rendimiento; cometer errores es esencial para mejorar y llegar a potenciarse

"Lo más importante es cómo nos vemos a nosotros mismos. Después de años de viajar y hacer coaching a todo tipo de personas, me doy cuenta de la baja autoestima que tiene la gente. Para enseñarles, utilizo una técnica llamada NOX (sin excusas) que se basa en el hecho de que todos tenemos excusas cuando se trata de dejar de comer azúcar, dejar de fumar o cualquier otra cosa que sea un compromiso difícil. Pero si realmente queremos hacerlo, hay que decir adiós a estas excusas y tomar una decisión".

Efectivamente, decidirse es lo que se necesita ahora. Decidirse a cuidar el planeta y cambiar pequeños detalles que cuentan mucho. "La naturaleza no pertenece al hombre, sino que el hombre pertenece a la naturaleza". Siendo nuestras mejores versiones de nosotros mismos, juntos, podemos alcanzar cualquier objetivo.

la Plage Casanis
MARBELLA

#laPlageToBe

Spring edition

Sunday Sunset
Ritual Opening Season
5th April

BOOKINGS & INFO:

Urb. Golden Beach | Playa Real de Zaragoza | N340 Exit 190C | 29604 Elviria-Marbella
reservation@laplagecasanis.com · (+34) 952 83 78 62
www.laplagecasanis.com

DIEGO DEL RÍO

EXECUTIVE CHEF OF BOHO RESTAURANT

An Experience that Transcends Culture

By Ana Pavón

Let's talk about your beginnings. What led you to become a chef?
I studied administration, and I was working for a couple of years, but I'd always enjoyed cooking for friends, or with my family, and it was my parents who encouraged me to do a cookery course to try it out. If I liked it, I'd do the training, otherwise I'd continue working in my office. But I didn't like sitting at a desk surrounded by papers, and right from the word go, the frenetic atmosphere that's lived and breathed in the kitchen had me hooked.

What's the most important thing in a dish?
It's essential to use excellent raw materials, handle them correctly, and maintain all their organoleptic properties once cooked. I prefer simplicity, rather than overelaborate dishes with many elements. The product must be the protagonist of the dish.

Which products do you like to surprise the customer with?
I like to showcase our regional products; locally sourced prawns, red mullet, shrimp, clams, artisan cheeses made in Andalusia, extra virgin olive oil, etc... We have exceptional products of the highest quality.

At Boho, what's your speciality, your firm bet - avant-garde or traditional cuisine?
I don't have one particular speciality, my speciality is cooking and making my clients happy. Boho's cuisine is based on a blend of classic and avant-garde cuisine, while staying focused, with both feet firmly on the ground.

What's the real secret behind your cuisine at Boho? Which dishes would you highlight?
The secret behind my cuisine is using top-quality products, persevering, and striving to excel every day. But all of this work is only possible with the support of the kitchen and front of house staff, the cleaners, etc... It's thanks to them that everything turns out perfect on a daily basis. Without their work, the smooth running of Boho Club would be impossible.
Now that we've been open for 6 months, there are dishes that are starting to feature among our clients' favourites, and are a must-try. I'd highlight the Cold Corn Soup with Avocado and Pickled Vegetables, the Roast Beef with Vitello Tonnato sauce, the Coconut Panna Cotta, Herbal Ice Cream, Passion Fruit and Citrus Meringue, etc... I could recommend the whole menu.

Which wines would you highlight to pair with your dishes at Boho?
We have an international wine list with more than 400 references. I always recommend seeking advice from our Sommelier, who's an excellent professional and the ideal person to get to know our clients' personal tastes and find the perfect wine to accompany the dishes.

MY SPECIALITY IS COOKING AND MAKING MY CLIENTS HAPPY

Have you considered offering a Tasting Menu?
At the present time, we don't have a tasting menu as such, but we will in the near future. I want to have a gourmet menu with more elaborate, sophisticated dishes. But if the client requests it, we can prepare one with dishes from the menu, which is very extensive and therefore appropriate. We make personalised menus on a daily basis, when clients or friends in the profession wish to try a variety of dishes from the menu.

Is your menu static or dynamic, with different dishes depending on the day or season?
We'll change our menu twice a year, with one for autumn-winter and another for spring-summer. We also have suggestions and special dishes that are not on the menu; fish, meat, vegetables, etc, depending on which products are in season. For lunch, we have a menu that we change daily, which includes soup or stew, and is very popular with our clients.

Do you opt for the essence of local or international products in your cuisine?
For the last 10 years I've been a staunch defender of the value and quality of our products, and in particular of the 0 KM philosophy. Now, at Boho Club we continue opting for locally-sourced products, but I've expanded the radius, using products from Andalusia and the rest of Spain, with hints of other international cuisines. I like to use techniques and products from other countries and incorporate them into our delicious, extensive gastronomy.

Do you believe your clients leave the restaurant satisfied?
We're just starting out, and all beginnings are complicated. The sheer size of Boho Club makes it even more complex, but at the present time, our clients' experience is really positive, and they leave very satisfied. Of course we make mistakes, but this helps us to improve every day, and we never trip over the same stone twice.

What has influenced your style, or what's your philosophy within the world of gastronomy?
My time at El Lago Restaurant marked my cooking style. For 8 years we were constantly searching for products, farmers, livestock breeders, etc. We were always on the lookout for unique products that we had on our doorstep and yet were largely unknown for most people, treating them with respect and care at all times, placing value on their excellence and working side by side.

Is there a culinary technique you'd like to highlight?
I think that one of the major advances in the kitchen is vacuum cooking. They're techniques which require a very long cooking time, thus reducing preparation time in the services and respecting the product to the fullest.

Which contemporary chef do you admire most and why?
I admire so many chefs that I couldn't choose only one - from the Roca brothers, for their modesty, their contributions and everything they transmit, also Dani García, for all he has done to dignify and promote Andalusian cuisine within Spain and beyond our borders, to Ángel León, for his work on marine species, resource exploitation, respect and sustainability.

An ingredient you've recently discovered that you can't do without in your kitchen now, and why?
Rather than a recently-discovered ingredient, I'd say there's equipment I can't do without and I love using, because of what it contributes to my dishes and culinary processes. I've had a wood-fired oven and grill in my kitchen for a year now. I love the rustic, elegant flavour the embers give vegetables, meat, fish, etc... always in moderation though, so that the smoky touches in the dishes don't become overpowering.

What should the cuisine of the future have?
Nowadays, we have an acute shortage of professionals. During the recession, many catering schools closed down, and others no longer receive funding. One of the main sources of income we have in Spain is tourism, and in order to be a strong, competitive destination, we must promote training and professionalisation. Without this, there is no future.

How would you define your cuisine?
A cuisine of varied origins, of memories, of flavour. A sensible, natural, elegant cuisine. I cater for all tastes.

Which dish would you like to be remembered for?
I wouldn't like to be remembered for a dish... I'd rather it were for what I've contributed to all those who've worked with me, in both their professional and personal development.

DIEGO DEL RÍO

CHEF EJECUTIVO EN EL RESTAURANTE BOHO

Una Experiencia que trasciende culturas

Hablemos de sus comienzos, ¿Qué le llevó a ser Chef?

Yo estudié administrativo y estuve trabajando un par de años, pero siempre me ha había gustado cocinar para los amigos, con la familia y fueron mis padres quienes me animaron a hacer un curso de cocina y probar, si me gustaban me formaría y en caso contrario me quedaría trabajando en mi oficina. Pero a mí no me gustaba estar sentado en una mesa rodeado de papeles, me engancho desde el minuto 1 el ambiente frenético que se respiraba y vivía en una cocina.

¿Qué es lo más importante en un plato?

Es primordial una excelente materia prima, manipularlo adecuadamente y que mantenga todas sus propiedades organolepticas después de su cocinado. Me gusta la sencillez y no recargar los platos con muchas elaboraciones. Que el producto sea el protagonista del plato.

¿Cuáles son los productos con los que le gusta sorprender al cliente?

Me gusta de presumir de los productos de nuestra tierra, Gambas y Salmonetes de Marbella, Quisquillas de Motril, Conchas finas, Quesos Artesanos de Andalucía, Aceite de Oliva Virgen Extra, etc... tenemos productos excepcionales y de una altísima calidad.

En Boho, ¿Cuál es su especialidad, su gran apuesta, cocina de Vanguardia o de Tradición?

No tengo ninguna especialidad, mi especialidad es cocinar y hacer felices a mis clientes. La base de la cocina de Boho es una mezcla de cocina clásica y de vanguardia pero sin perder el norte y con los pies en el suelo.

¿Cuál es el auténtico secreto de su cocina en Boho? ¿Qué platos destacaría?

El secreto de mi cocina es utilizar productos de primera calidad, la constancia y el querer superarnos cada día, pero todo este trabajo no sería posible sin el equipo humano que hay detrás, de cocina como de sala, limpiadores, etc.. que gracias a ellos hacen que cada día salga todo perfecto, Sin su trabajo sería imposible el perfecto funcionamiento de Boho Club.

Después de 6 meses abiertos hay platos que se van haciendo un hueco entre los favoritos de nuestros clientes y que tienes que probar si o si, destacaría La sopa de maíz con el mojo de aguacate asado y verduras encurtidas, Roast Beef con salsa Vitello Tonatto, Panacota de coco helado de hierbas fruta de la pasión y merengue cítrico, etc... os podría recomendar la carta entera.

¿Qué vinos destacaría en Boho para maridar sus platos?

Tenemos una carta de vinos internacionales con mas de 400 referencias, yo siempre recomiendo dejarse aconsejar con nuestro Somellier que es un excelente profesional y la persona adecuada para conocer los gustos personales de nuestros clientes y encontrar el vino perfecto para acompañar los platos.

MI ESPECIALIDAD ES COCINAR Y HACER FELICES A MIS CLIENTES

¿Han pensado en hacer un Menú Degustación?

A día de hoy menú degustación en sí no hay pero lo tendremos en breve. Quiero tener un menú Gourmet con platos más elaborados y sofisticados, pero si el cliente nos lo pide lo realizamos con los platos de la propia carta que es muy extensa y se presta a ello. Hacemos menús personalizados a diario, cuando vienen clientes o amigos de la profesión que quieren probar variedad de platos de la carta.

¿Tienen un menú estático o dinámico cambiando los platos en función del día o la temporada?

La carta que tenemos la cambiaremos dos veces al año, una cara al otoño-invierno y otra primavera-verano. Incluimos sugerencias y platos fueras de carta, tanto de pescado, carne, verdura, etc...dependiendo de la temporalidad de los productos. Para el almuerzo tenemos un menú del día en el cual se incluye un plato de cuchara que cambiamos a diario y que es muy demandado por nuestros clientes.

En su cocina ¿Apuestan por la esencia del producto local o internacional?

Estos últimos 10 años he defendido a ultranza el valor y calidad de nuestros productos y sobre todo de KM 0, ahora desde Boho Club seguimos apostando por los productos de cercanía pero he ampliado nuestro radio, consumiendo productos de Andalucía y del resto de España, con guiños a otras cocinas internacionales. Me gusta utilizar técnicas y productos de fuera de nuestras fronteras y fusionarlas con nuestra rica y extensa gastronomía.

¿Siente que satisface a sus clientes en el restaurante?

Apenas acabamos de aterrizar y todos los comienzos son complicados y la envergadura de Boho Club lo hace más complejo aún, pero a día de hoy la experiencia de nuestros clientes es muy positiva y se van muy satisfechos. Por supuesto que cometemos errores , pero nos ayuda a mejorar cada día y no volver a tropezar en la misma piedra.

¿Qué ha influido en su estilo o cuál es su filosofía en el mundo de la cocina?

Mi paso por el restaurante El Lago ha marcado mi estilo de cocina, fueron 8 años durante los cuales estábamos a la búsqueda de productos, productores, ganaderos, etc...siempre buscando productos únicos que teníamos al lado y eran un gran desconocido para todos. Siempre respetándolos, mimándolos, trabajando codo a codo y poniendo en valor la excelencia de estos.

¿Alguna técnica culinaria que quiera resaltar?

Creo que una de las mayores avances en la cocina hay sido el vacío, son técnicas que tienen un tiempo de cocinado muy largo, acortando tiempos de preparación en los servicios y respetando el producto al máximo.

¿A qué Chef actual admira más y por qué?

Son muchos los chefs que admiro no me podría decantar por uno, desde los hermanos Roca por la humildad y por todo lo que aportan y nos transmiten, Dani García por la labor que ha echo por dignificar y dar a conocer la cocina de Andalucía en España y fuera de nuestras fronteras, Angel León por sus trabajos sobre el mar, aprovechamiento de recursos, respeto y sostenibilidad.

¿Qué ingrediente ha descubierto últimamente del cual no puede prescindir en su cocina? ¿Por qué?

Mas que un ingrediente que haya descubierto últimamente, me decanto por maquinaria que no puedo prescindir de ella y que me encanta utilizarla por todo lo que aporta a mis platos y elaboraciones, desde hace 1 año tengo en mi cocina un grill y horno de leña todo en 1, me encanta el sabor rústico y elegante que le aporta las brasas a las verduras, carnes, pescados, etc... siempre con moderación para no saturar los platos de toques ahumados.

¿Qué debería tener La Cocina del Futuro?

A día de hoy tenemos una carencia de profesionales brutal, durante la crisis se han cerrando muchas escuelas de hostelería y en otras se ha dejado de invertir. En España una de la principales fuentes de ingreso que tenemos es el turismo y para ser un destino fuerte y competitivo hay que apostar por la formación y profesionalización, sin ella no hay futuro.

¿Cómo definiría su Cocina

Una cocina con muchas raíces, de recuerdos, de sabor, una cocina sensata, natural, elegante. Cocino para todos los públicos.

¿Por qué plato le gustaría ser recordado?

No me gustaría ser recordado por un plato, me quedo con lo que he aportado a todos los que han trabajado conmigo, en su formación tanto a nivel profesional como personal.

Top 3 worlwide institution in Hospitality Management education (QS Ranking 2019)

Les Roches

Be fearless.
Be Les Roches.

lesroches.edu

ALEJANDRO HERMANN

ART GALLERY

C.N. Tembo – La Alhambra del Mar, Local 4. 29602 Marbella, Málaga
Tlf.: (+34) 699 87 03 11 / (+34) 672 78 17 69 / (+34) 952 84 86 66 / (+34) 952 81 09 50
www.alejandrohermann.com / gallery@alejandrohermann.es

MS DESIGN

MARCOS & MAURICE SÁINZ

The creative spirit of the architect

By Rafael Barrio

When did you develop your passion for architecture?

It was always clear to me that architecture was what I was passionate about. There was a great deal of creativity in my family, and it's through family that feelings and basic knowledge are conveyed, and where we "learn to look". The way we view our environment is fundamental: the concept of a project and understanding it isn't only achieved through architecture itself, but also from in-depth knowledge of other activities: artistic, philosophical, sociological... and the relationship that exists between them. And this universal knowledge that they always instilled in me, together with my own life and daily activity, have shaped the creative spirit of the architect within me.

What must architects have nowadays in order to make a name for themselves and build a reputation in the world of architecture?

At MS Design, we believe that good architecture must be based on reality; a reality that goes beyond the building itself and takes into account the environment and the intended use. A good architect must always have an innate sense of urban planning, a feeling for local culture and heritage, and they must also understand the commercial and technical reality of the place they're working in. The search for new horizons should never cause in the architect to forget that the projects they undertake are not for their own vainglory, but designs for the inhabitants. Socrates said "Know thyself." I say: "Know your clients. And guess what? They don't think like you." I'd say the same thing to the new generations of architects that I tell my children: learn to build dreams with the humility of a public servant.

As the founder of MS Design, how would you define your style? Do you consider yourself innovative, or do you advocate established traditions?

The MSD team strives to convey clarity and simplicity, but I don't think we have an easily identifiable, characteristic style. This may be because we've been fortunate enough to work on a wide variety of projects, from villas and apartments to offices, club houses and master plans of various tourist complexes. It could also be because we don't work around a single person, but as a team. This is what MS Design is about, the input of all the team members, which is not only important, but contributes to keeping our ideas fresh and our inspiration alive.

I don't believe innovation is incompatible with evoking external influences. For us, it's a priority to understand the environment in which we're working, the light and the colour of the topography, the trees, the orientation in respect to the sun, the most appropriate materials and systems in each case and, above all, the importance of understanding the end client's spirit. But if all this is achieved with respect and dialogue, hand in hand with the local architecture, it will result in a totally innovative symbiosis. We've always strived to achieve harmony with the traditional rustic elements of the Andalusian style, updated to meet the modern standards of comfort.

What do you like most about your job?

I enjoy the feeling of being in constant communication. Designing is like telling stories, and when I manage to develop a good rapport with the client through my work, to evoke emotions in them, I feel that I've achieved something beautiful, not only in the aesthetic or practical sense, but in the truest sense of architecture, which is to create concepts or spaces which touch the soul. I don't feel like I'm working, just telling stories.

What is the ideal house?

One that's pleasant to live in, and allows the client to enjoy everyday life quite unconsciously, one that adapts naturally to them. That's why we avoid experimental designs lacking in practical value, or which have little or no connection with their end users or the environment. Therefore,

the ideal house is one in which we thoroughly study every last detail of the interior design and harmonise it with our architecture. The result is consistency in every aspect, which is ideal.

What are your prototypes in architecture?
We look to the works of the great masters, as well as the latest developments in technology and architecture. We have many references, but we like to mention Luis Barragán, who was a great artist and creator of the world-famous Mexican architecture. His spaces convey poetry, serenity, and have a unique style that stands out from all the rest.

What's most important when it comes to designing a luxury home?
Actually, we our approach to design doesn't vary based on luxury. We've carried out projects in which the client didn't have a large budget, and we've achieved luxurious results. Luxury is not only a matter of quality finishes, it must be a feature of the space you create, and we focus on the latter no matter who the client is, ot the intended use of the space. The most important thing is understanding the objective, because content precedes design. Designing without content isn't design, it's decoration.

What differences do you find between the architecture when you started out with today's architecture?
With reference to Marbella, in the 80s and 90s, our designs were contemporary Andalusian, we worked with very similar projects with regard to textures and volumes. In present times, we don't repeat styles. Now each project is different, customised to the client's requirements and to the new construction and aesthetic trends. We also give more importance to energy efficiency, although we've always had a vision of environmentally-friendly design.
We understand architecture as a living element: it will continue to change, and it must be consistent in proper professional practice. Nowadays there is an internationalisation of architectural styles due to its evolution, but the challenge of increasingly advanced architecture is keeping in consonance with our socio-economic, cultural and technical

environment, without renouncing its origins or a defined environment. We must adapt architecture to more contemporary criteria and aspects, and not use the term 'modern' for architecture developed merely with plastic or image elements.

What do you consider your flagship design?
Every completed project is a dream come true, but undoubtedly the timeless quality of the Puerto Banús project is a proven success. As an architectural development, we sought to provide it with a unique appeal, while always taking into account the architectural elements of the region, providing innovation in the use of spaces, and maintaining the spirit of the local architecture. An architectural work needs time - to understand the space and its use, so that its shape is assimilated and it is integrated into the space. Now, in its mature stage, this project is still a worldwide reference point. As an architect, however, you learn to think in relative terms. That is to say, the original design of our project was even more elaborate, with canals that recreated a small Mediterranean Venice, but it never materialised. Some of the most spectacular designs are those that never get beyond the drawing board, far-removed from the construction process, and when you've had the opportunity to create something special, internally you wonder if you could have done better. We aim to utilise this challenge constuctively to excel in every project, and of course, we make sure that we cherish the awards we've received. We were recently granted the award to the Professional Career by Andalucía Excelente, which is precisely what we strive for every day, continual improvement in our professional career. We like to say that the best project is the one we are yet to start.

What are your favorite hobbies?
Travelling. It's one of the forces that arouses creativity, and creativity is fun. It's inventing, experimenting, growing, taking risks, breaking rules, making mistakes and having fun. It opens your eyes to other proposals, to different idiosyncrasies that enrich you and sustain your vision of urban planning and architecture.

What projects are you currently working on?
We have several projects underway at different stages of implementation. We're currently developing two very important partial plans for the tourist development of the Costa del Sol, and that will mark a before and after in this regard. On a personal level, we're mainly developing exclusive housing projects in different areas of the Costa del Sol, Mallorca, Miami...

MS DESIGN

MARCOS Y MAURICE SÁINZ

Espíritu creador

¿Cuándo surgió en usted la pasión por la Arquitectura?

Siempre tuve claro que la Arquitectura era lo que me apasionaba. En mi familia había mucha creatividad y es a través de la familia como se transmiten los sentimientos, los conocimientos básicos, y desde donde "aprendemos a mirar". La manera de observar nuestro entorno es básica: la idea de un proyecto, su comprensión, no sólo se alcanza a través de la propia Arquitectura sino también desde un amplio conocimiento de otras actividades: artísticas, filosóficas, sociológicas... y su relación entre sí. Y este conocimiento universal que siempre me inculcaron, unido a la propia actividad vital y cotidiana, conformaron en mí el espíritu creador de Arquitecto.

¿Qué tiene que tener hoy en día un arquitecto para abrirse camino en el mundo de la Arquitectura y hacerse con un nombre?

En MS Design creemos que la buena Arquitectura ha de estar basada en la realidad; una realidad que va más allá de la propia edificación en sí y tiene en cuenta el entorno y el uso al que se va a destinar. Un buen arquitecto siempre debe tener un sentido intrínseco del urbanismo, un feeling por la cultura y el patrimonio local, y también debe comprender la realidad comercial y técnica del lugar en el que está trabajando. La búsqueda de nuevos horizontes nunca debería permitir al arquitecto olvidarse de que los proyectos que realiza no son para su vanagloria personal sino diseños para sus moradores. Sócrates decía "Conócete a ti mismo". Yo digo: "Conozca a los clientes, y, ¿adivina qué?, ellos no piensan como usted". A las nuevas generaciones de arquitectos les diría lo mismo que les digo a mis hijos: que aprendan a construir sueños desde la humildad de aquel que es un servidor público.

Fundador del estudio MS, ¿cómo definiría su estilo? ¿Se considera innovador o hace guiños a tradiciones asentadas?

El equipo MSD se esfuerza por transmitir claridad y sencillez, pero no creo que tengamos un estilo característico fácilmente identificable. Quizá porque hemos tenido la suerte de trabajar en una gran variedad de proyectos, desde villas y apartamentos a oficinas, casas club y el master plan de diversos complejos turísticos. Quizá también sea porque no trabajamos alrededor de una única persona, sino como equipo. Esto es MS Design, las aportaciones de todos los miembros del equipo, que no sólo han sido importantes sino que han contribuido a mantener las ideas frescas y la inspiración viva.

No creo que la innovación esté reñida con evocar las influencias foráneas. Para nosotros es prioritaria la comprensión del entorno en que se actúa, de la luz y del color de la topografía, de su arbolado, la orientación al sol, los materiales y sistemas más adecuados en cada caso y, sobre todo, es importante el entendimiento del espíritu del destinatario de la obra. Pero si todo esto se logra de la mano del respeto y el diálogo con la arquitectura local, se produce una simbiosis completamente innovadora. Hemos intentado siempre hacer un buen maridaje con los elementos tradicionales rústicos del estilo andaluz actualizándolos a los estándares modernos de confort.

¿Qué es lo que más le gusta de su trabajo?

Disfruto la sensación de estar siempre comunicando. Diseñar es como contar historias, y cuando consigo conectar con el cliente a través

de mi trabajo, despertar en él emociones, siento que he logrado algo bello, no sólo en el sentido estético o práctico sino en el sentido más verdadero de la Arquitectura, que es crear conceptos o espacios que toquen el alma. No siento estar trabajando, sólo contando historias.

LA BUENA ARQUITECTURA
ha de estar basada en la realidad

¿Cuál es la casa ideal?
La que es amable de habitar, la que logra que el cliente sienta placer en la cotidianidad casi de manera inconsciente, la que se adapta a él de manera natural. Por eso evitamos los diseños experimentales que tienen poco valor práctico y escaso o ningún vínculo con sus usuarios finales y el entorno. Por eso, la casa ideal es aquella en la que podemos adentrarnos hasta el último detalle del diseño interior y coordinarlo con nuestra Arquitectura. Esto conduce a un resultado coherente en todos los aspectos, y eso es lo ideal.

¿Cuáles son sus referentes en Arquitectura?
Acudimos a las obras de los grandes maestros así como a las últimas novedades en tecnología y Arquitectura. Tenemos muchos referentes, pero nos gusta nombrar a Luis Barragán, que fue un gran artista y creador de la arquitectura mundialmente conocida como mexicana. Sus espacios transmiten poesía, serenidad y un estilo único que se diferencia de todos.

¿Qué es lo más importante a la hora de diseñar una casa de lujo?
Realmente, no diferenciamos la manera de abordar nuestros diseños en función del lujo. Hemos realizado proyectos para los que el cliente no contaba con un gran presupuesto y hemos conseguido resultados lujosos. El lujo no es sólo una cuestión de calidad en los acabados sino que debe ser una cualidad del espacio que creas, y en esto último incidimos sea quien sea el cliente y sea cual sea el servicio al que se destina el espacio. Lo más importante es comprender el objetivo, porque el contenido precede al diseño. Diseñar sin contenido no es diseño, es decoración.

¿Qué diferencias encuentra en la Arquitectura de sus inicios con esta Arquitectura que se hace ahora?
Si hablamos de Marbella, en los años 80 y 90 nuestro diseño era contemporáneo andaluz, se trabajaba con proyectos muy parecidos a nivel de texturas y volúmenes. En la actualidad no repetimos los estilos. Ahora, cada proyecto es distinto, adecuado a la demanda del cliente y a las nuevas tendencias constructivas y estéticas. También cuidamos más la eficiencia energética, aunque siempre hemos tenido una visión del diseño respetuosa con el medio ambiente.
Entendemos la Arquitectura como elemento vivo: seguirá modificándose y deberá ser consecuente en el correcto ejercicio. Hoy en día se tiende a una internacionalización de estilos arquitectónicos por la propia evolución, pero el reto de una Arquitectura cada vez más avanzada es guardar una consonancia con nuestro entorno socio-económico, cultural y técnico, sin renunciar a las raíces y a un entorno definido. Debemos adaptar la Arquitectura a criterios y aspectos más contemporáneos y no utilizar la etiqueta de "moderno" para la arquitectura desarrollada con elementos meramente plásticos o de imagen.

¿Cuál cree que ha sido su diseño estrella?
Cada proyecto terminado es un sueño realizado, pero es cierto que la calidad intemporal del proyecto de Puerto Banús es un éxito demostrado. Una obra arquitectónica necesita tiempo - para comprender el espacio y su uso, para que sus formas sean asimiladas y para que se integre en el espacio. Ahora, en su etapa de madurez, este proyecto sigue siendo un referente a nivel mundial. Como arquitecto, sin embargo, aprendes a pensar en términos relativos. Quiero decir que el diseño original de nuestro proyecto era incluso más elaborado, con canales que recreaban una pequeña Venecia mediterránea, pero nunca llegó a materializarse. Algunos de los diseños más espectaculares son los que se quedan en la mesa de dibujo, ajenos al proceso constructivo y, cuando has tenido la oportunidad de crear algo especial, internamente te cuestionas si hubieras podido hacerlo mejor. Intentamos alimentarnos positivamente de esa duda para superarnos en cada proyecto y, por supuesto, procuramos nunca olvidarnos de los reconocimientos con los que se nos ha galardonado. Recientemente hemos recibido de Andalucía Excelente el premio a la Trayectoria Profesional, y es exactamente eso en lo que trabajamos cada día, en mejorar nuestra trayectoria. Nos gusta decir que el mejor proyecto es el que aún no hemos comenzado.

¿Cuáles son sus hobbies preferidos?
Viajar. Es una de las fuerzas que despiertan la creatividad, y la creatividad es divertida: es inventar, experimentar, crecer, tomar riesgos, romper reglas, cometer errores y divertirse. Te abre los ojos a otras propuestas, a diferentes idiosincrasias que te enriquecen y que expanden tu visión del urbanismo y de la Arquitectura.

Actualmente, ¿en qué proyecto está trabajando?
Tenemos varios proyectos en marcha a diferentes niveles. Actualmente estamos desarrollando dos planes parciales muy importantes para el desarrollo turístico de la Costa del Sol y que marcarán un antes o un después en este aspecto. A nivel particular, principalmente estamos elaborando proyectos de vivienda exclusivos en diferentes puntos de la Costa del Sol, Mallorca, Miami,...

SILHOUETTE, FIRMA AUSTRÍACA LÍDER EN GAFAS SIN MONTURA
SILHOUETTE, THE LEADING AUSTRIAN COMPANY IN RIMLESS EYEWEAR

SILHOUETTE ES SINÓNIMO DE CALIDAD, DURABILIDAD Y ELEGANCIA
SILHOUETTE STANDS FOR QUALITY, DURABILITY AND ELEGANCE

POSIBILIDAD DE PERSONALIZAR SUS MODELOS COMO SI FUESEN UN TRAJE A MEDIDA
POSSIBILITY OF CUSTOMISING THEIR MODELS AS IF THEY WERE A TAILORED SUIT

Óptica Dunia, centro distribuidor de Varilux, se fundó en 1991 en pleno centro de Marbella. A lo largo de estos casi 30 años, ha logrado consolidarse como una óptica de confianza y referencia dentro de esta localidad, tanto por la variedad y calidad de sus monturas y lentes, como por el trato personalizado que ofrecen y su exquisita atención al cliente.

Y es que cuando se trata de disfrutar de una visión clara, atender las necesidades únicas de cada cliente es clave. Por ello, Óptica Dunia ha apostado fuertemente por un asesoramiento personal, competente e íntegro. Porque hay unas gafas perfectas para cada persona.

Además, Óptica Dunia cuenta con un destacado y profesional equipo de ópticos-optometristas, con dilatada experiencia y con capacidad para ofrecer una amplia oferta de servicios.

La relación de Óptica Dunia con Silhouette, firma austríaca líder en gafas sin montura, se remonta a hace más de veinte años, con el lanzamiento del primer modelo Titan Minimal Art. La filosofía minimalista de la firma, la alta calidad de sus materiales y la posibilidad de personalizar sus modelos como si fuesen un traje a medida encajan a la perfección con los valores de la óptica, que ha seguido confiando en Silhouette desde el primer día, recomendando la marca a sus clientes. Silhouette es sinónimo de calidad, durabilidad y elegancia. Por ello, en Óptica Dunia los clientes podrán encontrar una amplia variedad de colecciones Silhouette, entre las que destaca su gama superior Elegance: lujosas gafas que incorporan materiales nobles como el oro y cristales Swarovski para la mujer o fibras de carbono para el hombre, resaltando el atractivo natural de cada persona.

VARILUX®
ESPECIALISTA

AV. RICARDO SORIANO, 32. 29601 MARBELLA. T: 952 77 36 43. WWW.OPTICADUNIA.ES

IMA - The Icon, Mod. 5541, Shape IS in 6560 & Shape IU in 4140 / © Silhouette, valid until 06.2021

DISTRIBUIDOR AUTORIZADO

Cl. Ricardo Soriano, 32
29601 Marbella (Málaga)

+34 952 77 36 43

www.opticadunia.es

federópticos
ÓPTICA DUNIA
FUNDADA EN 1991

TMA – Futura, Model 4077, Male Color 9060, Female Color 8530 | © Silhouette, valid until 11.2021
YOU'LL NEVER WANT TO WEAR ANYTHING ELSE AGAIN.
Incomparably light.
Extraordinarily comfortable.
Try it. Wear it. Love it.
Silhouette®
ICONIC EYEWEAR MADE IN AUSTRIA. SINCE 1964.
DISTRIBUIDOR AUTORIZADO
Cl. Ricardo Soriano, 32
29601 Marbella (Málaga)
+34 952 77 36 43
www.opticadunia.es
federópticos
ÓPTICA DUNIA
FUNDADA EN 1991

MARIE-NOËLLE
COMUNICACIÓN

¿SABES TODO LO QUE PODEMOS HACER POR TU EMPRESA?

- Gabinete de prensa
- Comunicación estratégica
- Campañas con influencers
- Viajes de prensa
- Gestión de crisis
- Asuntos públicos
- Formación de portavoces
- Redacción de discursos
- Organización integral de eventos
- Marketing digital

Investigación de Mercado:

- Estudios de factibilidad
- Imagen y Posicionamiento de Marca.
- Pre y Post Test Publicitarios
- Test de conceptos y mensajes
- Análisis de la competencia y Consumidores
- Estudios de Satisfacción, etc.
- Hábitos y Actitudes de Consumo
- Evaluación publicidades y mensajes
- Análisis de la competencia
- Perfil de Consumidores
- Estudios de Satisfacción

- Creación de Identidad Corporativa
- Gestión de celebridades

AGENCIA DE COMUNICACIÓN · ORGANIZACIÓN DE EVENTOS · RELACIONES PÚBLICAS

COMMUNICATION AGENCY · EVENT PLANNING · PUBLIC RELATIONS

Descubre todos nuestros servicios en: **WWW.MNCOMUNICACION.COM**

DLC ABOGADOS

"The reward for work well done is the opportunity to do more". Jonas E. Salk
Work provides us happiness. We want to pass on to you our passion for what we do. Entrust us with your legal advice, let us show you how effective we are and how we add value to convert our professional relationship into a reliable and long lasting one.
Specialized in property law, family law, labour law, corporate law, and finance-related criminal law.
We speak your language: Spanish, English, French, German, Russian and Dutch
Email: margot@dlcabogados.com

Camino de Camoján, 7. Edificio Camoján, Oficina 1. 29602 Marbella
Tel.: (+34) 952 77 37 00 | Fax: (+34) 952 826 443

Plaza del Agua, Local 6-A-III, Pt. Baja Edf. E. Puerto Deportivo. 11360 Sotogrande.
Tel: (+34) 856 561 242

dlcabogados.com

CORPORATE OWNERSHIP OF PROPERTIES

AND THE ASSIGNMENT OF THEIR USE TO SHAREHOLDERS OR MANAGERS (PRESUMED INCOME)

By Santiago de la Cruz

The purchase and posterior use of a property through a company in which you are a shareholder or manager is not a normal option in the property market.

However, once this purchasing formula is accepted, you must be aware of the tax implications deriving from it. This is because there must be corresponding consideration from the shareholder (rent payment) and, likewise, the corresponding taxation by the company of the income generated. Surprisingly, there are still some individuals who, even if they have opted for this legal purchasing and property use option, are unaware, avoid or ignore the fact that temporary or permanent use of the property belonging to the company in which they are a shareholder must be accompanied by a consideration in the form of rental payments.

The Spanish Corporate Tax Law Ley del Impuesto de Sociedades is crystal clear when it states in Article 18.1 that "operations executed between people or linked entities –linked is understood to be an entity with its shareholders or managers– shall be valued at their market value." Based on the rotundity of this regulation, the tax implications of properties owned by companies and their use by the companies' shareholders or managers can be analysed:

1 (a) With regards to Spanish companies that own properties and whose shareholders or managers residing in Spain temporarily or permanently use the properties, their free assignment would constitute a presumed income for the company. This (presumed) income would be subject to corporate tax at a rate of 25%, that is to say, the current general rate. This income would also be equivalent to the market value for renting or leasing property with similar characteristics (essentially the type, surface area and location) and should be subject to a quarterly declaration and payment.

1. (b) From the shareholder or manager's perspective, the temporary or permanent use of the company's property would constitute an income in kind pursuant to Article 42 of the Spanish Personal Income Tax Law Ley del IRPF and they would have to pay taxes at the current rates, that is to say, at progressive rates of 19% (up to 6,000 Euros), 21% (up to 44,000 Euros) and 23% (over 44,000 Euros).

Thereby, in their Personal Income Tax declaration, the shareholder must declare a total equivalent to the market value of the aforementioned rental as capital gains tax.

2. (a) With regards to foreign companies that own properties in Spain which are used and enjoyed by non-resident shareholders or managers, the Spanish Non-Residents Tax Law Ley del Impuesto Sobre la Renta de no Residentes must be contrasted with the Agreement to avoid double taxation from the company's country of residence, based on the Spanish legislative requirement that the transfer of assets (use and enjoyment of the property) likely to generate income in Spain will be presumed gainful, unless proven otherwise. This is so that a non-resident company that owns a property in Spain, and which is used by its shareholders or managers, obtains a presumed income in Spain which is subject to taxation in said country.

Again, the value of the income shall be the market value, as previously indicated for Spanish companies.

2. (b) Regarding the analysis of tax implications for the non-resident shareholder or non-resident manager of the company -also a non-resident- the temporary or permanent use of the company's property located in Spain would not be subject to Spanish Personal Income Tax.

Therefore, it is evident that the free assignment of properties by companies to their shareholders or managers is perfectly viable and completely legal; it is legal for both the company and the shareholders and managers. However, it is essential to obtain the appropriate guidance to understand and analyse the tax implications of these temporary or permanent assignments both for the company and for its shareholders or managers, based on their respective taxation countries, whether in Spain or otherwise. Failure to obtain said guidance could result in the generation of unwanted tax contingencies, and many clients are being forced to deal with these contingencies since the Spanish Tax Office has been looking for -and finding- the forgetfulness or omission of these presumed incomes.

LA TITULARIDAD DE VIVIENDAS POR PARTE DE SOCIEDADES Y LA CESIÓN DE SU USO A SUS SOCIOS O ADMINISTRADORES. (LA RENTA PRESUNTA).

La compra y el posterior disfrute de una vivienda a través de sociedades de las que se es socio o administrador no resulta una opción inhabitual en el mercado inmobiliario.

Pero, aceptada esta fórmula adquisitiva, es necesario tener consciencia de las implicaciones fiscales que de ella se derivan. Y es que debe existir la correspondiente contraprestación por parte del socio (pago de renta) y asimismo la correspondiente tributación por parte de la sociedad de las rentas recibidas. Y, sorprendentemente, aún seguimos encontrándonos con quienes, si bien han optado por esta posibilidad legal de compra y disfrute de viviendas, desconocen, obvian o ignoran que el uso temporal o permanente del inmueble de la sociedad de la que son socios debe llevar aparejada una contraprestación en forma de pago de renta.

La Ley del Impuesto de Sociedades es absolutamente clara cuando en su artículo 18.1 dice "que las operaciones efectuadas entre personas o entidades vinculadas -y se entienden vinculadas una entidad con sus socios o administradores- se valorarán por su valor de mercado". Partiendo de la rotundidad de esta norma, podemos analizar las consecuencias fiscales de la titularidad de viviendas por sociedades y su disfrute por sus socios o administradores:

1 (a).- En el caso de sociedades españolas que titularicen los inmuebles y cuyos socios o administradores residentes en España usen temporal o permanente mente las viviendas, su cesión gratuita constituiría un ingreso presunto para la sociedad. Este ingreso -presunto-tributaría en el impuesto de sociedades al tipo del 25%, es decir, al tipo general vigente. Este ingreso sería el equivalente al valor de mercado en renta o alquiler de un inmueble de similares características (esencialmente tipología, superficie y localización) y debiera ser objeto de declaración trimestral y pago trimestral.

1 (b).- Desde el prisma del socio o del administrador, el uso temporal o permanente de la vivienda de la sociedad constituiría una renta en especie conforme a lo previsto en la Ley del IRPF en su artículo 42 y tendría que tributar por él a los tipos legales vigentes, es decir, a los tipos progresivos del 19% (hasta 6.000 euros), 21% hasta 44.000 euros y 23% por encima de esta cifra.

Así, el socio debiera incluir en su declaración de IRPF como rendimiento de capital mobiliario un importe equivalente al valor de mercado del citado alquiler.

2 (a).- Cuando se trate de sociedades extranjeras que titularicen inmuebles en España que usen o disfruten su socios o administradores no residentes, tendremos que contrastar la Ley del Impuesto sobre la Renta de no Residentes con el Convenio para evitar la doble imposición del país de residencia de la sociedad, partiendo de la premisa normativa española que se presumirán retribuidas la cesiones de bienes (uso y disfrute de la vivienda) susceptibles de generar rentas en territorio español, salvo prueba en contrario, de manera que la sociedad no residente en España que titularice una propiedad en España de la disfruten sus socios o administradores obtendrá una renta presunta en España susceptible de tributación en España. Nuevamente, el valor de las rentas será el valor de mercado como vimos en el supuesto de las sociedades españolas.

2 (b).- En cuanto al análisis de las repercusiones fiscales para el socio no residente o administrador no residente de la sociedad -también no residente- el uso temporal o permanente de la vivienda de la vivienda de la sociedad situada en España no estaría sujeto a tributación en el IRPF en España.

Por tanto, vemos que es perfectamente posible y absolutamente legal la cesión gratuita de viviendas por parte de sociedades a sus socios o administradores, es legal para la sociedad y es legal para los socios y administradores, pero es imprescindible asesorarse adecuadamente para conocer y analizar las implicaciones tributarias de estas cesiones temporales o permanentes tanto para la sociedad como para sus socios o administradores, en función de sus respectivas residencias fiscales o no en España, porque de lo contrario podremos generarnos contingencias fiscales no deseables y no son pocos los clientes que están viéndose obligados a atender estas contingencias porque la Agencia Tributaria lleva tiempo buscando -y encontrando- los olvidos u omisiones de declaración de estas rentas presuntas.

MEET SOLVILLA

The Company evolving with the landscape of Marbella

By Ana Pavón

REAL ESTATE MARKET *is booming...*

...it does not stop growing and every month new Real Estate Agencies are being established in Marbella. Do you think professionals are well trained to succeed in such a competitive sector?

It is important for buyers to know that both in Marbella and wider Spain it is not obligatory to have a licence to become a real estate agent and so choosing the right agent can be a gamble.

To be a successful agent, you must at least understand the areas, the neighbourhoods and the current market prices to be able to best advise your client. It is also important to have some technical knowledge to better understand the properties, such as the windows, the kitchens and also having some legal knowledge. There are some very well qualified agents here who have this knowledge but not the actual qualifications, and there are also some agents who may have the qualification but have limited knowledge. These agents might take the client to multiple properties and hope that the client might like one.

Our advice to those selling or buying property is to seek an agent with knowledge on the market prices and the area in question and also someone who has legal and technical awareness. Ask your agent to compare similar properties as well, so that you can be sure you are gaining the best price that you can.

How and when was Solvilla emerged?

Solvilla was born as a developer, several years ago. Although we are a relatively "young" company, because we started our roots as a developer, we have skin in the game; an understanding of the core of building a property in terms of the technical and financial details more than the average real estate agent. We have long worked with architects and we know the areas we position ourselves in extremely well.

What do you remember of the beginnings in Marbella? What have you learned from this market?

Before Prince Alfonso of Hohenlohe came to Marbella, it was a small fisherman's town. When he arrived and set up Marbella Club Hotel, the luxury holiday destination of the wealthy was born and areas such as the Golden Mile began to flourish. We have our office situated in Marbella Club Hotel because it is the only place here in Marbella to still carry this "real" Marbella vibe today. Now the wider Marbella market is booming, and areas such as Nueva Andalucía have become a prime area where real estate retains value. While Marbella is an ever-changing market, we are constantly working to bring up the level of property and as such, we have recently sold Nueva Andalucía's highest value property.

You have positioned your Company in Marbella in a record time and you sell properties really quickly. Why are you so successful in selling luxury properties?

Solvilla offers quality properties in prime locations. Our sales advisors have years of experience selling properties in the Marbella area and our combined knowledge is helping our clients to secure fantastic investments and high-quality family homes in the best areas.

As we sell many properties, we have up to date statistics and a more analytical overview of the market and can continue to offer the best investments for our clients. We also constantly evolve our marketing efforts, tailor-making our marketing to each individual property.

What is Solvilla´s property selection criteria? What makes Solvilla different from other agencies?

Our main areas are Nueva Andalucía, Sierra Blanca, the Golden Mile and La Quinta. We look for high quality products; properties that use quality materials and both aesthetic and functional architecture and design. In terms of what makes us different, Solvilla is typically involved in a project long before the property is completed. We work to advise the seller on how to create a sellable product and so we know what is behind the functionalities and the nice carpet you see on the floor.

Regarding the previous Real Estate Boom, the one before the Crisis, do you think we have learned from mistakes or they are being repeated?

Prior to the crisis, banks were lending money without strict qualifying procedures and as a result, many people borrowed who simply could not pay back. Now, the banks are still lending but only to qualified buyers, helping to stabilise the market.

How many people are part of Solvilla´s team? How do you recruit your staff?

Solvilla is now a team of more than 15 employees. We do not have a strict criteria for recruitment, it is more a feeling. Each time we have a possible candidate, the entire team is consulted and gives feedback, so it is very much a team decision.

What would you advise an Undecided Investor regarding the Marbella Market?

To call us now and we will find your dream investment! In real estate, there really is no good or bad time to invest, it is about finding a property that is well priced within the current economic situation. Here in Marbella, the prices are growing steadily, and the amount of transactions are increasing.

Any professional challenge for 2020?

We strive to provide the best service for our clients and collaborating agents. This is a continual objective for us and something that can always be improved, and we will never be complacent. We are also excited to soon be launching The Hills, our biggest turnkey development to date.

CONOCE SOLVILLA

la Empresa que evoluciona con el paisaje de Marbella

EL MERCADO INMOBILIARIO *está en auge...*

...no deja de crecer y cada mes se establecen nuevas agencias inmobiliarias en Marbella. ¿Crees que los profesionales están bien capacitados para tener éxito en un sector tan competitivo?

Es importante que los compradores sepan que tanto en Marbella como en el resto de España no es obligatorio tener una licencia para convertirse en un agente inmobiliario, por lo que elegir el agente adecuado puede ser una apuesta.

Para ser un agente exitoso, al menos debes conocer las áreas, los vecindarios y los precios actuales del mercado para poder asesorar mejor a su cliente. También es importante tener algunos conocimientos técnicos para comprender mejor las propiedades, como el tipo de ventanas, de cocinas que están de moda y también tener algunos conocimientos legales. Hay algunos agentes muy bien cualificados aquí que tienen este conocimiento pero no las cualificaciones realistas o actuales, y también hay algunos agentes que pueden tener la cualificación pero tienen un conocimiento limitado. Estos agentes pueden llevar al cliente a múltiples propiedades y esperar que al cliente le guste una.

Nuestro consejo para quienes venden o compran propiedades es buscar un agente con conocimiento sobre los precios del mercado y el área en cuestión y también alguien que tenga conocimiento legal y técnico. Pídale a su agente que compare también propiedades similares, de modo que pueda estar seguro de que está obteniendo el mejor precio posible.

¿Cómo y cuándo surgió Solvilla?

Solvilla nació como constructor hace varios años. Aunque somos una empresa relativamente "joven", porque comenzamos como constructores, estamos al tanto de todo; Comprendemos desde dentro cómo llevar la construcción de una propiedad en términos de detalles técnicos y financieros más que un agente inmobiliario . Llevamos mucho tiempo trabajando con arquitectos y conocemos muy bien las áreas en las que nos posicionamos.

¿Qué recuerdas de los comienzos en Marbella? ¿Qué has aprendido de este mercado?

Antes de que el Príncipe Alfonso de Hohenlohe llegara a Marbella, era una pequeña ciudad de pescadores. Cuando llegó y estableció el Marbella Club Hotel, nació el destino de vacaciones de lujo de los ricos y áreas como la Milla de Oro comenzaron a florecer. Tenemos nuestra oficina ubicada en Marbella Club Hotel porque es el único lugar aquí en Marbella que aún conserva este ambiente "real" de Marbella hoy en dia. Ahora el mercado más amplio de Marbella está en auge, y áreas como Nueva Andalucía se han convertido en una zona privilegiada donde los

bienes raíces retienen el valor. Si bien Marbella es un mercado en continuo cambio, estamos trabajando constantemente para elevar el nivel de propiedad, la exclusividad como tal, y por ello recientemente hemos vendido la propiedad de mayor precio de Nueva Andalucía.

Ha posicionado su empresa en Marbella en un tiempo récord y vende propiedades muy rapido ¿Por qué tienes tanto éxito en la venta de propiedades de lujo?

Solvilla ofrece propiedades de calidad en ubicaciones privilegiadas. Nuestros asesores de ventas tienen años de experiencia en la venta de propiedades en el área de Marbella y nuestro conocimiento combinado está ayudando a nuestros clientes a asegurar fantásticas inversiones y viviendas familiares de alta calidad en las mejores áreas. Como vendemos muchas propiedades, tenemos estadísticas actualizadas y una visión más analítica del mercado y podemos continuar ofreciendo las mejores inversiones para nuestros clientes. También evolucionamos constantemente y potenciamos el marketing de cada propiedad de manera individual.

¿Cuál es el criterio de selección de propiedades de Solvilla? ¿Qué hace a Solvilla diferente de otras agencias?

Nuestras áreas principales son Nueva Andalucía, Sierra Blanca, la Milla de Oro y La Quinta. Buscamos productos de alta calidad; propiedades que utilizan materiales de calidad y arquitectura y diseño tanto estéticos como funcionales. En términos de lo que nos hace diferentes, Solvilla generalmente participa en un proyecto mucho antes de que se complete la propiedad. Trabajamos para asesorar al vendedor sobre cómo crear un producto vendible y, por lo tanto, sabemos qué hay detrás de las funcionalidades y la linda alfombra que ve en el piso.

Con respecto al boom inmobiliario anterior, el anterior a la crisis, ¿cree que hemos aprendido de los errores o se están repitiendo?

Antes de la crisis, los bancos prestaban dinero sin procedimientos estrictos. Como resultado, muchas personas pidieron prestado y simplemente no pudieron pagar. Ahora, los bancos siguen prestando, pero solo a compradores solventes, lo que ayuda a estabilizar el mercado.

¿Cuántas personas forman parte del equipo de Solvilla? ¿Cómo reclutas a tu personal?

Solvilla ahora es un equipo de más de 15 empleados. No tenemos un criterio estricto para el reclutamiento, es más un sentimiento. Cada vez que tenemos un posible candidato, se consulta a todo el equipo y tomamos una decisión conjunta.

¿Qué le aconsejaría a un inversor indeciso sobre el mercado de Marbella?

¡Llámenos ahora y encontraremos la inversión de sus sueños!

En el sector inmobiliario, realmente no hay buenos o malos momentos para invertir; se trata de encontrar una propiedad que tenga un buen precio dentro de la situación económica actual. Aquí en Marbella, los precios están creciendo constantemente y la cantidad de transacciones está aumentando.

¿Algún desafío profesional para 2020?

Nos esforzamos por brindar el mejor servicio a nuestros clientes y agentes colaboradores. Este es un objetivo continuo para nosotros y algo que siempre se puede mejorar y nunca nos damos por satisfechos. También estamos entusiasmados de lanzar pronto The Hills, nuestro mayor proyecto llave en mano hasta la fecha.

DESIGNING WITH NATURE

Having plants inside your home doesn't just look good it makes us feel good as well. When we get in touch with nature, we reduce mental fatigue and stress while increasing our relaxation and self-esteem. Plants also clean our indoor air by absorbing toxins, increasing humidity and producing oxygen. But how can you incorporate nature into the home so that it becomes a natural part of the furnishings?

This issue we look at a villa designed by the award-winning architectural and interior design company, UDesign, that is built around the central theme of a hanging garden. UDesign created a Zen-inspired garden on every level of the house using a central atrium rising more than eight metres from the basement to the top floor. This hanging garden proved to be quite an engineering feat. Metal cables and an automatic pulley system allow specially made stainless steel pots to be set to the exact level needed for pruning, watering, and an occasional play on heights. The cables also allow for illumination, turning the hanging garden into a magical night-time spectacle.

The basement atrium was created as a place for reflection, spacious enough for a garden where you can sit down and relax. Inspired by the movie Avatar, UDesign took the concept of a magical centrepiece tree and gave it a Japanese twist, using a red miniature maple tree which provides a dramatic colour accent. This natural element extends beyond the garden onto the walls in the form of moss panels. One of them, circular with integrated LED lighting, brings even more greenery and light into the space, reminding us of a full moon rising over a tranquil landscape.

Being an ancient Asian art form, bonsai inspires us to contemplate, and the rest of the room is designed accordingly. Simple Benaldo sofas and yellow Brabbu armchairs sit on a carpet with a basic geometrical pattern. No television set here: this is for conversation, reading, playing chess or just looking at the miniature garden and reflecting on everyday life, as intended by the ancient masters of bonsai. Two terracotta warriors guard the room, adding to the feeling of tranquility and security.

The zen feel is carried through the entire house, and this distinct style combined with high-end, contemporary pieces of furniture and lighting creates a sumptuous and relaxing environment. Oriental and Mediterranean style might not be an obvious union, but it certainly makes for a fascinating design aesthetic.

If you are looking for interior design inspiration, contact the team at UDesign – their creativity and innovative designs will bring life into your home!

Call the UDesign team on 952 794 117 or visit their website for more information. udesign.es

EL DISEÑO EN FUSIÓN con la naturaleza

Tener plantas en el interior de nuestros hogares no es sólo un recurso decorativo, sino que además nos hace sentir bien. El contacto con la naturaleza reduce la fatiga mental y el estrés al tiempo que nos ayuda a sentirnos más relajados y mejora nuestra autoestima. Las plantas también purifican el aire interior ya que absorben toxinas, aumentan la humedad y producen oxígeno. Pero, ¿cómo se puede incorporar la naturaleza en el hogar de forma que se convierta en un elemento natural integrado en el mobiliario?

Precisamente encontramos dicha fusión en una villa diseñada por el galardonado estudio de diseño de interiores y arquitectura, UDesign, construida en torno a un jardín colgante como elemento central. UDesign ha creado un jardín zen en cada planta de la vivienda en base a un atrio central que se eleva más de ocho metros desde la planta sótano hasta la planta superior.

Este jardín colgante ha resultado ser toda una proeza de ingeniería. El cableado de acero y un sistema automático de poleas permiten que las jardineras de acero inoxidable especialmente diseñadas se coloquen en el nivel exacto idóneo para la poda, riego y manipulación ocasional de la altura de las plantas. Dicho cableado permite igualmente modificar la iluminación, convirtiendo el jardín colgante en un mágico espectáculo nocturno.

El atrio en la planta sótano ha sido creado como un espacio para la reflexión, lo suficientemente espacioso para disponer de un jardín donde te puedes sentar y relajarte. Inspirándose en la película Avatar, UDesign adoptó el concepto de un árbol mágico como pieza central y le dio un toque japonés, utilizando para ello un bonsái de arce rojo que produce un espectacular efecto de color. Este elemento natural se extiende más allá del jardín hasta las paredes en forma de paneles de musgo. Uno de ellos, circular y con iluminación LED integrada, aporta aún un mayor toque de verdor e iluminación al espacio, evocando una luna llena que se eleva sobre un tranquilo paisaje.

Al tratarse de una antigua forma de arte asiático, el bonsái nos invita a la reflexión, habiendo sido diseñado el resto de la estancia en línea con ello. Sencillos sofás Bonaldo y sillones Brabbu en tonos amarillos descansan sobre una alfombra de diseño geométrico básico. Aquí no hay televisión: este espacio debe invitar a conversar, leer, jugar al ajedrez o simplemente contemplar el jardín en miniatura y reflexionar sobre la vida cotidiana, tal y como pretendían los antiguos maestros del bonsái. La estancia está custodiada por dos guerreros de terracota que proporcionan aún una mayor sensación de tranquilidad y seguridad.

La sensación "zen" se extiende por toda la casa, y este estilo único, en unión con un mobiliario e iluminación contemporáneos de alta gama, crean un ambiente suntuoso y relajante. Puede que el estilo oriental y el mediterráneo no sea una combinación muy lógica, pero indudablemente con ello se logra una estética de diseño fascinante.

Si busca inspiración para el diseño de interiores, contacte con el personal de UDesign. ¡Su creatividad y diseños innovadores le darán vida a su hogar!

Contacte telefónicamente con UDesign a través del número 952 794 117 o visite su página web para obtener más información. udesign.es

AALTO

EXCLUSIVE DESIGN

INTERIOR DESIGN . BESPOKE CARPENTRY . FURNITURE COLLECTION

SHOWROOM MARBELLA - AVDA. BLV. PRÍNCIPE ALFONSO DE HOHENLOHE. URB. CAROLINA PARK

Opening hours Mon-Fri: 10:00-19:00 Sat: upon appointment

T.+34 951 919 092 - M.+34 626918392

www.aaltoexclusivedesign.com

@aalto.design

Blackshaw is a Marbella-based interior design and construction firm providing extensive building and renovation for residential and commercial projects. Working mainly in Southern Spain, Blackshaw delivers exquisite interior concepts featuring luxury brands and bespoke furniture that is tailored to each client's personal taste and needs.

Interior Design Showroom Marbella
Avenida Canovas del Castillo 25

blackshawinteriordesign.com
+34 951 403 787

BLACKSHAW

Interior Design & Property Development

BRING SPACE AND ELEGANCE into your HOME

By Emma Surgenor, from Space & Grace

As a constructor specialising in recreating spaces, I am constantly on the lookout for concepts that can transform my client's Mediterranean home into something genuine, functional and essentially beautiful. Living in a beautiful space brings joy!

To do this, I need suppliers that can help me to inject fresh ideas into my projects. Of particular interest are those who allow me to incorporate the latest trends from other parts of Europe, ensuring that the spaces I co-create with my clients can rise above the ordinary and meet their unique needs and tastes.

A regular feature of the projects that I take on is opening-up dark and tight spaces into 'open plan' ones, maximising space and allowing light to flow seamlessly. This is often necessary in an apartment or smaller holiday home, especially when my clients are used to larger spaces back home. Integrating a kitchen with a salon allows the creation of a more dramatic and accommodating space that fits around 21st century lifestyles, but it can have the drawback of confrontation by kitchen mess. I work hard with my clients to create the best possible space by bringing together a harmony of tones, textures, materials and discrete sectioning off of potentially messy areas. To do this, I need access to suppliers of impeccable quality and taste.

I was therefore excited when I met Zoran Vasiljevic, official distributor of Modulnova, a top Italian brand synonymous with quality and innovation. Modulnova, offer a dramatic and elegant interpretation of the open plan space, using a range of natural materials such as wood, metal and stone, combined with durable plastics, to make a room both functional and stylish. www.modulnovamarbella.com

They also supply ADL, another Italian brand leader, that specialises in connecting spaces in a seamless and effortless way.

http://spaceandgrace.net Space & Grace

Masterpiece in Cascada de Camoján

El Nido - a property without equal in Marbella, a new level of architectural refinement which belongs to an international category of the most exquisite homes found in top locations around the world, a home of art and design. Created by the renowned architect Joaquín Torres who also built houses for Penélope Cruz, Javier Bardem and Cristiano Ronaldo. Joaquín Torres was commissioned to create an outstanding family house of a unique style, comfort and sophistication, a contemporary villa and a true home, not cold and abstract. The house enjoys spectacular reception rooms with breathtaking sea views and several exceptional master suites. Built around a magnificat sculpture, this boutique style home offers a luxurious spa level with an indoor heated pool, sauna, hammam and a professional gym. Extra features are a world class tennis court, luxury staff apartment and a 10 car garage. 8 beds, 11 baths. Built 3.152 m², plot 6.466 m². **E&V ID: W-023N8G. P.O.A.**

Marbella Golden Mile Shop: 952 868 406 · www.engelvoelkers.com/Marbella

ENGEL&VÖLKERS

Beachside Villa in Marbesa

Casa del Mar - a new concept of luxury living by the sea. This stunning contemporary villa is situated just steps from the pristine beach in Marbesa, one of the trendiest beach resorts in Marbella. The villa is set on a large plot and offers a tailor-made living area with a completely new living concept. The home offers a unique architectural design and stylish interiors envisaged to offer a chic, luxury lifestyle by the sea. The single-level villa has been built with minute attention to detail and top-quality materials. It affords a picturesque garden with outdoor chill-out areas, a pool bar and a large swimming pool. The villa enjoys five luxury en-suite bedrooms with a delicate design, and separate sitting areas. The exclusive kitchen with a separate breakfast patio is fitted with the latest Gaggenau appliances. The property also boasts a separate spa house complete with a gym and sauna. 5 beds, 7 baths. Built 731 m², plot 2.519 m².
E&V ID: W-02GB2G. Price: 4.600.000€

Elviria Shop: 952 835 580 · www.engelvoelkers.com/Marbella

ENGEL&VÖLKERS

A NEW LEVEL OF LUXURY LIVING AT THE BEGINNING OF

Prices from 1.900.000 €

- Gated community of only 15 villas in a prime location, walking distance to the beach and Marbella centre
- Contemporary villas with private pools, gardens and sea views
- The luxury of hassle free living: Concierge, security guards, centrally maintained gardens and swimming pools
- State-of-the-art architecture designed by the renowned architect Ernesto Palanco
- Environmentally friendly building concept with natural materials and high sustainability
- Incorporating the highest quality materials and the latest technology
- Large basements with bull's-eye windows into the pools

THE GOLDEN MILE

LA FUENTE

de marbella

ENGEL & VÖLKERS

Exclusive to Engel & Völkers Marbella
marbella.developments@engelvoelkers.com
Tel.: +34 951 492 549

Los Flamingos Golf Resort

Los Flamingos Views - Spectacular designer villa with panoramic sea views in one of Europe´s most prestigious Golf Resorts. The villa has been recently completed and furnished to perfection, ready to move in. Located within the exclusive, gated 5-Star Golf Resort of Los Flamingos, surrounded by a truly magical landscape. Designed with double height ceilings, a stylish kitchen with the latest appliances, a smart-home control system, under-floor heating and other luxury features. The lower floor is built around a beautiful courtyard with palm trees and features a wine cellar, gym and a cinema room. 4 beds, 6 baths. Built 544 m^2, plot1.253 m^2.
E&V ID: W-02BS5K. Price: 1.950.000 €.

Puerto Banús Shop: 952 859 860 · www.engelvoelkers.com/Marbella

ENGEL&VÖLKERS

Frontline Golf Los Naranjos

Villa Esmeralda - where taste meets the best location. A home of exquisite style, comfort and sophistication, inspired by the love of details and where the living space blends to perfection with the outdoor design, integrating exterior and interior in harmony with the surrounding golf course. An absolute beauty from the first minute you enter the property, surrounded by waterfalls, entering a home that has been carefully designed to offer a unique, luxury living atmosphere. The living room and bedrooms are beautifully decorated, as well as the spectacular terraces with several chill-out areas and an outdoor fireplace, all facing the beautiful golf course. 5 beds, 5 baths. Built 564 m², plot 1.528 m². **E&V ID: W-02FMBJ. Price: 3.825.000 €.**

Puerto Banús Shop: 952 859 860 · www.engelvoelkers.com/Marbella

ENGEL&VÖLKERS

FINCA LA TORRE

Finca la Torre, un proyecto de nueva creación que surgió con el objetivo de producir el mejor Aceite de Oliva Virgen Extra del Mundo, 5 años después de la creación de la marca podemos afirmar que el consumidor lo ha entendido así y nos considera un producto de máxima excelencia. Con apenas 200 litros de AOVE envasados en la campaña 2013/14 se antojaba un reto cuanto menos arriesgado, hoy, en Octubre de 2019 proyectamos un mínimo de 40.000 litros envasado para esta campaña, el consumidor es quien nos ha dado la razón y lo que nos impulsa cada año a seguir buscando la máxima calidad posible en un AOVE.

Finca la Torre está ubicada en Bobadilla, a escasos 15 kilómetros de Antequera y a 600 metros de altitud sobre el nivel del mar. En un entorno único crecen los más de 30.000 olivos de las variedades Hojiblanca, Arbequina, Picuda y Cornicabra de acuerdo a las pautas de trabajo de la exclusiva agricultura BIODINAMICA.

Los AOVEs de Finca la Torre han cosechado multitud de premios a nivel internacional como el Mario Solinas, Biol, New York o La máxima puntuación durante los últimos 3 años de las prestigiosa guía Italiana Flos Olei que premia los 500 mejores AOVES del Mundo pero sin duda, el galardón mas prestigioso y que ha revolucionado el sector en estos últimos años ha sido el reconocimiento del Ministerio de Agricultura Pesca y Alimentación como Mejor Aceite de Oliva Virgen Extra en cinco de los siete últimos años y los dos restantes finalista, sin duda un éxito nunca antes celebrado por ningún otro productor.

Este año además Finca la Torre lanza el nuevo ONE Edición Limitada en una botella transparente con protección ultravioleta para mantener las propiedades del AOVE intactas y disfrutar de los colores tan impresionantes de este AOVE único de cosecha temprana.

INTERNATIONAL AWARDS: Mario Solinas, Biol and NY and maximum rating during the last 3 years in FLOS OLEI (Prestigious Italian Guide)
RECOGNITION BY Ministry of Agriculture Fisheries & Food as the best Virgen Olive Oil

THE BIANCHETTO TRUFFLE **#PUENTELIFE365**

March puts a highlight on the Bianchetto truffle in Puente Romano's flagship restaurant. The social calendar marks brunch featuring PADOVAN fashion show on April 1st - stay tuned!

Marzo es el mes de la trufa Bianchetto en el restaurante insignia de Puente Romano. El calendario social marca un fabuloso brunch con desfile de moda de PADOVAN el 1 de abril.

LIVE
LIFE

Sea Grill

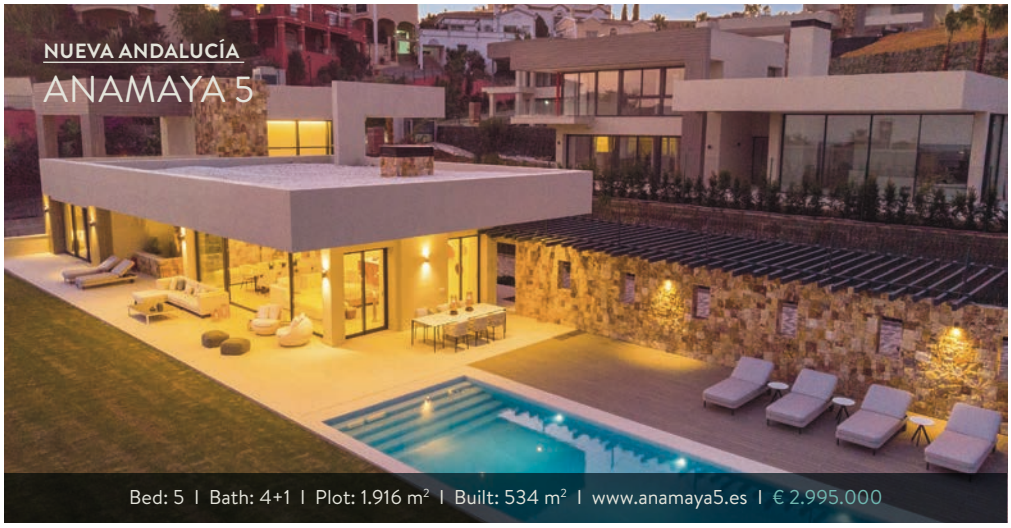
restaurantes@puenteromano.com
+34 952 820 900 | **puenteromano.com**

LEADING HOTELS

Puente Romano
MARBELLA

MARBELLA'S LARGEST SELECTION OF TURN-KEY VILLAS IN PRIME AREAS

www.solvilla.no



Exclusively by

Solvilla

PROPERTY DEVELOPERS & ADVISORS
· MARBELLA ·

OFFICE: **+34 952 765 060**
MOBILE: **+34 627 813 545**
EMAIL: **info@solvilla.no**

Hotel Marbella Club, oficina 10
29602 Marbella, Spain
Blvd. Principe Alfonso von Hohenlohe s/n

Thai Gallery

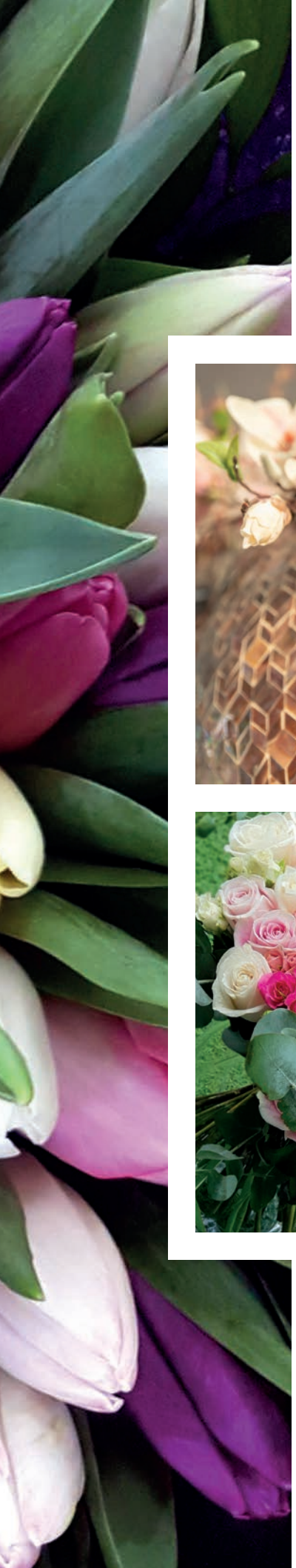
Ornate interiors and tantalising scents await as your luxurious prelude to dinner at Puente Romano's Thai Gallery.
Effortlessly combining authentic recipes with adventurous twists, our Thai Gallery is no ordinary Thai restaurant. Modern interiors flooded with light set the scene for cutting-edge cuisine, delicately prepared with edible origami. From the start to the end of your exotic fine dining experience, each course is designed to enchant the senses.

Hotel Puente Romano, Av. Principe Alfonso Hohenlohe, s/n, 29600 Marbella
Tel: +34 952 81 83 92 · www.thaigallerymarbella.com

New Tai Pan

Chinese cuisine - Polynesian bar.
Oriental fine dining. Start with a cocktail at the bar!
Tai Pan specialises in beautifully prepared and presented but above all delicious Chinese and other Asian dishes that you can enjoy within a stylish, refined setting.

Hotel Puente Romano. Puente Romano fase 2, Marbella
Tel: +34 952 777 893 · +34 952 775 500
www.taipanmarbella.com
Open every day from 7.30pm



HOLLAND FLOWERS

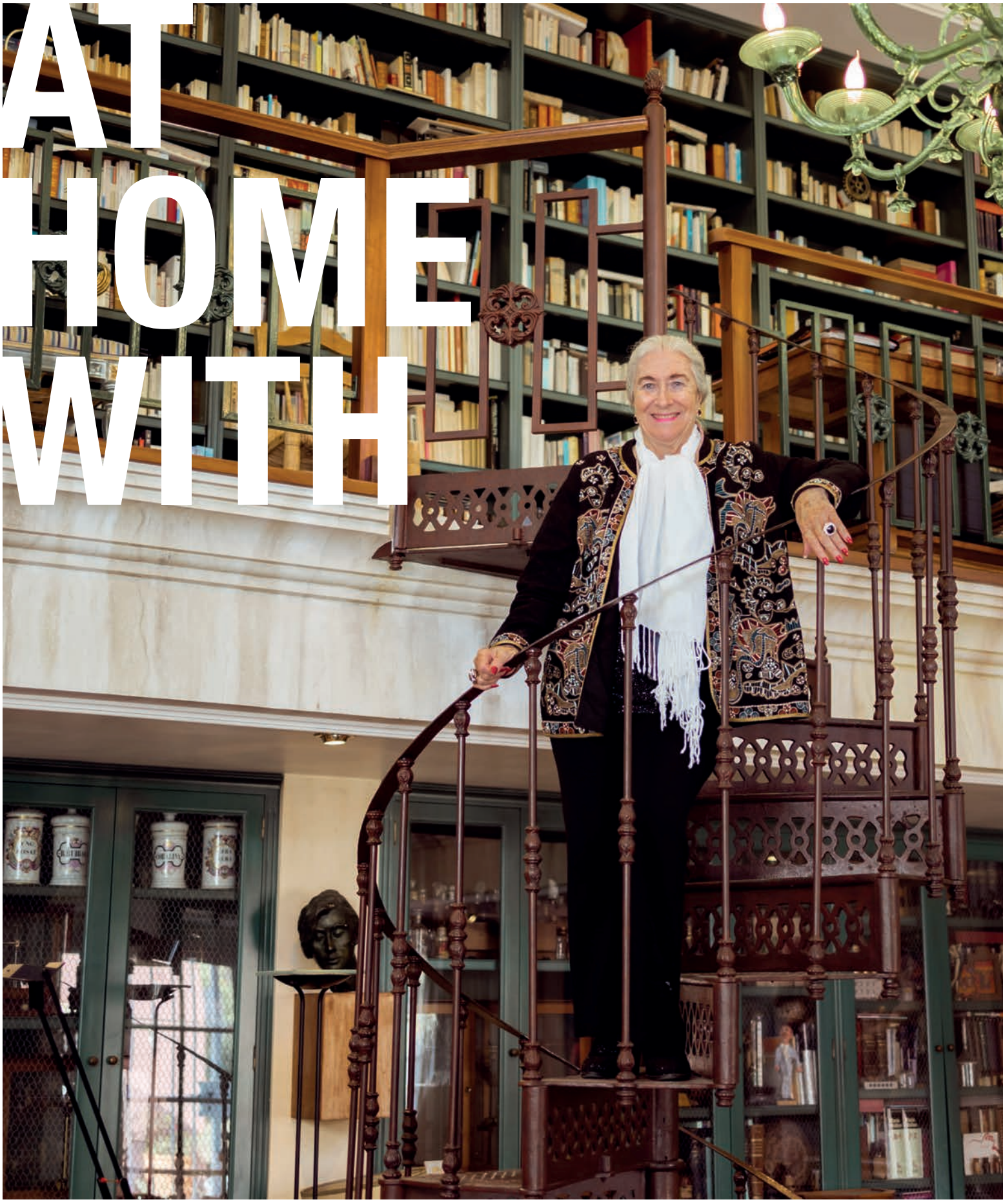
ABRE LAS PUERTAS A LA PRIMAVERA
OPEN THE DOORS TO SPRING

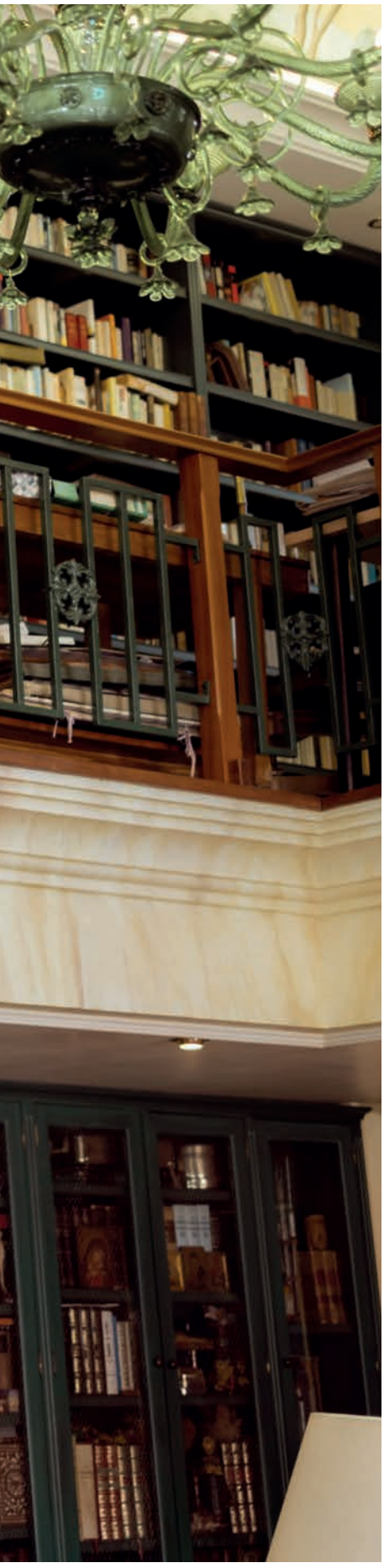
Urb. Marbellamar Loc. B-2. Ctra. Cádiz Km 179. 29602 Marbella

T: 952 77 96 51 · E:info@hollandflowers-marbella.com

www.hollandflowers-marbella.com

AT HOME WITH





Remedios Nieto de del Río

A LIFE DEDICATED TO OTHERS

By Ana Pavón

What I perceive when I look at you is strength and sincerity... I'd like to know what Remedios Nieto was like as a child. What are your fondest memories from your childhood?

I was just like I am now, a dynamic person. I was sent off to boarding school at the age of 5, to see if they could straighten me out, but neither the nuns nor my father were able to achieve it... I'm an eternal optimist, always expecting everything to turn out well, I never took NO for an answer. According to my husband, I'm like England, capable of losing battles, but in the end, I win the war.

When did you arrive in Marbella?

I'm from Granada and grew up in Lanjarón, and I first came here at the age of 12, invited by some friends of my father's. My father was a doctor, and as more often than not he didn't charge for his services, they invited me in order to return the favour to him. The last thing I would have imagined was that I'd end up living in the province of Malaga, and furthermore, in a place where there was nothing at that time. If you're referring to once married, then I arrived in 1961.

You were born into a wealthy family, in a financially comfortable environment, so you could have simply led a life of leisure... Yet you decided to fight hard in life, and today you are a highly regarded woman for your professional career in Marbella and Benahavis. Tell us what your greatest legacies are.

My first legacy, my children, and then a pharmacy. From behind the counter of the pharmacy, you notice many necessities, so I founded ASPANDEM. I set up this association because I was asked for help by some parents. When I arrived here, I did a bit of everything, I was in the Red Cross. I worked with Countess Larisch, handling press, radio and television, and a bit of P.R. My husband was also president of the Maritime Red Cross, I worked selling the first UNICEF Christmas cards with Carmen Lizarza. I also worked in a cancer association, when Marita, Cristina Perla were there. And I was, and still am, president of the Athenaeum of Visual Arts of Marbella. My father and my husband have always told me not to seek protagonism, but if I was asked to do something, and I was able to, I had the obligation. Something my father used to say to me was "If I was born to be a spring, I had to give water". And I've been fortunate, I have a husband who has loved me, and still loves me, and as his sight is failing, he still sees me as blonde. And finally, I'm also vice-president of Spanish Friends of Tel Aviv University, I'm president and governor of the University.

Do you think that having success and being a brilliant, dynamic person causes resentment?

Yes, deeply and sadly, yes. Sometimes you realise that you're never forgiven for it. Being brilliant is bad, standing out is bad... because they don't think you're brilliant or out-standing, they think, "So what does she want?" A friend of mine once told me: "If you're luminous, you're not going to put a sack on to dim your light. Head up, and keep going. "

Where does Remedios Nieto end and Remedios del Río begin? Do you think you'd have achieved the same things just being Remedios Nieto?
Where Remedios Nieto ends and Remedios del Río begins is unclear, the two go together. Remedios Nieto was the daughter of Don Emilio, and now I carry the surname of a magnificent, honest man with whom I've come to the same place where Remedios Nieto was.

Which is your favourite room in your home, where you feel most comfortable?
The library, which you're already familiar with, but that's something private of mine. Now, I feel very comfortable anywhere, the thing is, this library has a special energy.

With such an extensive library, what's your favorite book and why?
I would highlight "Oceana" by Neruda, with illustrations by Pepe Caballero, because it's very special, as you've already seen, and "The Little Prince", because who doesn't feel like a little prince? And everything he says, if you really look at it and understand it, is a perfect standard for life.

Taking stock of your life to date, tell us, what is the essence of life for you?
Love. My essence is love... Everything is pure love, and if you give love in your life, you'll cry less at the very least. For me, it's essential, and if you are also loved, then that's "playing your cards and winning."

With four children, you finished your degree in Pharmacy, you have the title of yacht skipper and property agent, boutiques in Sotogrande and the Marbella Club Hotel, you're a founder member of the Rotary Club and an avid philanthropist... Sounds exhausting! How did you manage it?
The fact is that I'm extremely active and disciplined. The Rotary Club was the first mixed club in Andalusia. I'm not a feminist, I'm feminine, I like to walk side by side with men, especially with the man I love. I've always liked working.

Who do you admire most in the world? [She smiles]
Who else could it be? I admire my partner, not because he is magnificent, intellectual and all those things... but for putting up with me, which deserves great credit.

And a woman you admire?
Women, as such. A woman who is feminine, yet knows how to stand up and fight.

You consider yourself feminine, not a feminist. Nevertheless, you can give today's women some advice.
I believe in fair competition. You have to be feminine, you have to be a woman, it's one of the gifts God has given us, and we have to be grateful. My first piece of advice is to be a woman, and furthermore, to compete with men, not to trample on them or try to be superior,

but rather everyone should aim to achieve on the basis of their merits, and not expect to be given more simply because they're women.

How do you see the youth of today?
It scares me. I don't know how I'd live nowadays, I was always very much ahead of my time, but... I'm also afraid because it's not easy for them. The life that awaits them isn't the life we have, it's much more complicated.

Too much competitiveness?
Well, there's always been competitiveness. As there are so many of us, there are lots who aspire to the same thing, that's why it's much more difficult for them than back in my times, when women only made up 10% of the faculty.

What values would you highlight in your family?
I think my family's wonderful. Regarding values, there are two important things for me: ethics and aesthetics. Well-oriented ethics with noble sentiments will overcome anything, and I also believe that family is what will save the world.

When did you set up Aspandem, and why?
I set up ASPANDEM because some parents, Claudio and his wife, came to look for me at the pharmacy, and there was nothing for children with disabilities... My husband let us use one of our premises free of charge for five years. Then we set up a school and drew up the official statutes on May 25, 1980, on the day of Saint Madeleine Sophie Barat. It's now a large company. Then, in 1998, we created FUNDATUL, where we do just two things: one is guardianship, which is granted to us by a judge, from children without families to 90-year-old ladies, and on the other hand, we do what is referred to as support into work, which is the jewel in our crown... We prepare children with physical, mental or sensory disabilities for permanent job positions (all companies with more than 50 employees are required to hire one disabled person). Between 2007 and 2019, we've generated 300 permanent contracts. We only ask our members for €50 per year or €30. I'd like to take this opportunity to send out an SOS, to call us, anyone who has problems should come to us, and we'll solve them whenever we can, and we need all the help we can get.

MY FATHER USED TO SAY ME "IF I WAS BORN TO BE A SPRING, *I had to give water"*

Remedios Nieto de del Río

UNA VIDA DEDICADA A LOS DEMÁS

Lo que percibo al mirarla es su fuerza, que es una mujer autentica... Me gustaría saber, ¿Cómo era aquella niña, Remedios Nieto...? ¿Qué recuerda con más cariño de su infancia?

Era igual que ahora, una persona entusiasta. Me metieron interna a los 5 años para ver si me arreglaban pero no lo consiguieron, ni las monjas, ni mi padre... Siempre he sido una persona optimista, que siempre esperaba que todo saliera bien, nunca acepté el NO. Según mi marido yo soy como Inglaterra, capaz de perder las batallas pero al final gano la Guerra.

¿Cuándo llegó a Marbella?

Yo soy de Granada y criada en Lanjarón y llegue con 12 años, cuando fui invitada por unos amigos de mi padre. Mi padre era médico y como la mitad de las veces no cobraba, me invitaban a mí para cumplir con él. Lo que menos pensaba yo es que iba a terminar viviendo en la provincia de Málaga y además en un lugar donde, por aquel entonces, no había nada. Si me hablas de casada, llegue en 1961.

Ha nacido niña bien, en un entorno acomodado y podría haberse limitado a vivir simplemente como "Señora de"... Sin embargo, decidió luchar en la vida y hoy en día es una mujer muy querida por toda su trayectoria profesional en Marbella y Benahavis... ¿Cuéntenos cuáles son sus grandes legados?

El primer legado mis hijos y después una farmacia. En la farmacia, detrás de un mostrador, te das cuenta de muchas necesidades y fundé ASPANDEM. Funde ASPANDEM porque unos padres me pidieron ayuda. Cuando llegue aquí hice de todo, estuve en la Cruz Roja. Trabajé con la condesa Larisch, yo llevaba prensa, radio y televisión, un poco RRPP... mi marido también fue presidente de la Cruz Roja del mar, trabajé vendiendo los primeros Christmas de UNICEF con Carmen Lizarza, también trabaje en una asociación contra el cáncer cuando estaba Marita, Cristina Perla y fui y aun continuo siendo Presidenta del Ateneo de Artes visuales de Marbella. Mi padre y mi marido siempre me han dicho que no buscara el protagonismo pero que cualquiera viniera a pedirme, si yo podía hacerlo, tenía obligación de hacerlo. Una de las frases que solía decirme mi padre era que "Si yo había nacido para ser fuente tenía que dar agua" y he sido afortunada, he tenido un marido que me ha querido y que me sigue queriendo y que como está mal de la vista me sigue viendo rubia... Y en fin, también ando metida en la Universidad de Tel Aviv, soy vicepresidenta de los amigos, soy presidenta y gobernadora de la Universidad...

¿Cree usted que tener éxito, ser una persona brillante y enérgica... ofende?

Sí, profunda y tristemente, sí. A veces te das cuenta de que no te lo perdonan. Ser brillante

es malo, destacar es malo... porque no piensan ni que eres brillante ni que destacas, piensan: "Y esa tía que quiere". Un amigo mio me dijo: "Si eres luminosa no te vas a poner un saco encima para apagar tu luz. Aguanta y sigue"

¿Dónde termina Remedios Nieto y donde empieza Remedios del Rio? ¿Crees que habrías conseguido las mismas cosas siendo sólo Remedios Nieto?
Remedios Nieto y Remedios del Rio no se sabe dónde empieza y donde acaba, están las dos juntas. Remedios Nieto era hija de Don Emilio y ahora tengo el apellido de un hombre magnifico y honrado con el que he llegado al mismo lugar donde estaba Remedios Nieto.

¿Cuál es la estancia preferida de su casa donde se siente más cómoda?
En la biblioteca, que ya la conocéis, pero eso ya es privado mío. Ahora, yo me siento muy a gusto en cualquier sitio, lo que pasa que aquello tiene una fuerza especial.

Con esta biblioteca tan extensa, ¿Cuál es su libro favorito y por qué?
Destacaría "La Oceana" de Neruda con ilustraciones de Pepe Caballero porque es muy especial, ya lo habéis visto y "El Principito" porque, ¿quién no se siente principito? y todo lo que él dice, si lo miras y lo entiendes bien, es una norma perfecta de vida.

Díganos, haciendo un balance de toda su vida hasta la fecha ¿Cuál es la esencia de la vida para usted?
El Amor. Mi esencia es el amor... Todo es puro amor y si tú en tu vida das Amor por lo menos lloraras menos. Para mí es fundamental y si encima te aman eso ya es... "Jugar a las cartas y ganar..."

Con cuatro hijos terminó la carrera de Farmacia, Patrón de yate, Agente de la Propiedad, boutiques en Sotogrande y en el Marbella Club, fundó el Rotary Club y filántropa solidaria... Suena agotador! ¿Cómo lo hizo?
Es que soy muy activa y disciplinada. El Rotary fue el primer Club mixto de Andalucía. Yo no soy feminista soy femenina, me gusta ir codo con codo con el hombre, sobre todo con el hombre que quiero. Siempre me ha gustado trabajar.

¿Cuál es la persona en el mundo a quien más ha admirado usted?

Sonríe ¿A quién va a ser? Admiro a mi compañero, no porque sea magnifico, intelectual y todo... sino por aguantarme, que tiene mucho mérito.

¿Y una mujer a la que admire?
A la mujer en sí. A una mujer que sea femenina, que sepa ponerse en su sitio y luchar.

Se considera femenina no feminista. Pero no obstante, nos puede dar algunos consejos a las mujeres de hoy en día.
Yo creo en la competencia lícita. Hay que ser femenina, hay que ser mujer, es uno de los dones que nos ha dado Dios y que tenemos que estar agradecidas. El primer consejo es que sean mujeres, que además compitan con el hombre, no a pisarlo ni a ser más, sino a que cada uno aspire a tener según sus méritos, no por ser mujer que le den más.

¿Cómo ve la juventud hoy en día?
Me asusta. No sé cómo viviría en los días de hoy, yo siempre fui muy avanzada para mi época pero... Me da también miedo porque se lo están poniendo muy difícil. La vida que les espera no es la vida que tenemos nosotros, es mucho más complicada.

¿Demasiada competitividad?
Bueno, la competitividad la hemos tenido siempre. Como somos muchos, hay muchos que aspiran a lo mismo, por eso lo tienen mucho más difícil que en mi época donde en la facultad éramos un 10% de mujeres.

¿Cuáles son los valores que destacaría de su familia?
Mi familia me parece maravillosa. Hay dos cosas importantes para mí en valores: la ética y la estética. Una ética bien orientada y con un sentido hermoso lo salva todo y además yo creo que la familia es la que va a salvar el mundo.

¿En qué momento monta Aspandem y por qué?
Yo monto ASPANDEM porque unos padres vienen a buscarme a la Farmacia, Claudio y su mujer, y no existía nada para chicos con deficiencia... Mi marido nos dejó gratis uno de nuestros locales durante cinco años. Después montamos un colegio e hicimos los estatutos oficiales el 25 de mayo de 1980, día de santa Magdalena Sofía Barat. Hoy es día es una gran Empresa. Más tarde creamos en el año 1998 FUNDATUL donde solamente hacemos dos cosas: una es tutela, que nos la da un juez, desde chicos que no tengan familia hasta señoras de 90 años y por otro lado hacemos lo que se llama trabajo con apoyo que es la perla nuestra... Preparamos a chicos con disminuciones físicas, psíquicas o sensoriales para tener un trabajo fijo (todas las empresas con más de 50 empleados tiene que contratar a uno con deficiencia) Desde el año 2007 al 2019 hemos generado 300 contratos fijos. A nuestros socios solamente les pedimos 50 € al año o 30€. Aprovecho desde aquí para decir SOS, que nos llamen, que los que tengan problemas que vengan a nosotros que si podemos los resolveremos y que ayuda la necesitamos toda.

Rexuniversal

If we don't know, nobody knows

Marketing
Social Media

Business
Consultancy

Web / App
Development

info@rexuniversal.com | +34 693 798 882 | rexuniversal.com

HEALTH

Shape up for Summer

PUESTA A PUNTO PARA EL VERANO

How to get your BODY READY *for summer*

It's not too late to get ready for the summer; in fact, it's never too late to take steps to improve your health and wellbeing. Feeling fit and well enough to make the most of the summer sunshine will enhance your enjoyment of this most welcome of seasons. It's the time to get out and have fun, take trips to the beach or the countryside, play with the kids, go on an adventure, or just chill out with your friends enjoying the sunshine.
How do you want to look this summer?
Do you want to prepare your body for summer already?
Do you know what you have to do in order to get this?

Sandra Lopez, Health and Wellness Coach and Weight Loss expert, has some tips for you to look gorgeous this summer: This summer is YOUR summer. Let's do it!

ACCELERATE YOUR METABOLISM FOR A GREAT BODY THIS SUMMER

Research clearly explains how certain foods, good sleep patterns, and the right diet can change your metabolism. The metabolism is a system that converts the nutrients we eat and drink into energy.

What's the first thing you think when you hear the word diet? Do you think healthy eating prevents you from enjoying food or discovering new flavours? Is your current diet bland? Does it silence the cheerful song inside you? "Healthy eating should never be boring", says Sandra Lopez, Health & Wellness Coach. A healthy metabolism is the most important element of a healthy weight. One of the most important things for a healthy life is that our metabolism is working correctly. A slow metabolism can prevent a healthy lifestyle or our ideal weight goals. Our daily habits directly affect the speed of our metabolism.

Our metabolism can speed up or slow down. Of course, this acceleration and deceleration does not happen by itself. How can we influence our metabolism and increase the metabolic burning power?

Health & Wellness Coach, Sandra Lopez says: my advice to speed up your metabolism is to change daily routines and create a new lifestyle habits and here are some of Sandra Lopez's tips to do that:

Photos: Ferhat Elik

1. Consume Healthy Oil
You can speed up your metabolism by consuming healthy oils such as avocado, olive, coconut, walnut, flaxseed, salmon; soybeans contain healthy fat. How many of them do you consume regularly?

2. 2-3 Litres of Water a Day
After drinking half a litre of water, the metabolism accelerates 30% within 10 minutes, and reaches a maximum increase after about 40 minutes. You should repeat this 5-6 times a day.

3.Include The Following in Your Nutritional Program
Avocado, green grapes, lemon, raspberry, salmon, green tea, pepper, flaxseed, watermelon, walnut, almond, apple, soya bean, parsley, rosemary... Include these in your nutrition routine.

4. Add Hot Ingredients To Your Dınner
Adding a little spice to your meals will help speed up your metabolism. It doesn't matter whether you use fresh or dried. And it's especially important for breakfast; a few slices of chilli peppers on eggs, with fresh grated ginger and a fruit smoothie is a very effective way of accelerating the metabolism.

5. Eat Something Healthy Once Every Three-Four Hours
Eating at intervals of three to four hours helps, sending a regular work order to your metabolism which encourages it to burn fat.

6. Avoid Restrictive Diets
This amount will vary depending on your weight, but on average you should avoid diets below 1350-1500 calories per day, Sandra says.

2-CARDIO IS THE KEY FOR A GREAT BODY THIS SUMMER

Even Sandra admits cardio is kind of difficult sometimes, but she insists there's a lot of variety you can play with. "You can go on a power walk with a friend, ride your bike to work, take a salsa class, or go for a swim in the ocean," she suggests. "Just get your body moving!" Any activity will boost your energy.

But, while a one-off burst of exercise may feel good at the time, it's not going to have an ongoing effect on your physical state. How many days a week do you exercise? How many days a month? How many hours a day? Do you exercise at all?

What does exercise mean to you?

Research shows that people who exercise regularly feel 77% more successful than those who don't. Regular exercise that becomes part of your daily and weekly routine is what will boost your endorphin levels and consistently lift your mood.

What does sport mean to you?

'The moment I stopped working for my physical appearance, I became much more motivated', says Sandra Lopez, Health & Wellness Coach creator of the Body & Mind Diet.

She always recommends that her clients set micro targets instead of focusing on big, imposing targets. Instead of developing six-pack abdominal muscles, you can aim to get rid of 2% of your body weight, or run 1 km without stopping. Remember, what's important is that you succeed, not what your goal is. So, it's important to set small, achievable targets at the beginning. What's your target?

Discipline is important to start and maintain exercise, but don't be too strict. When you say things like 'I have to start on Monday or I can't start at all', you actually code yourself not to start. You have to be flexible instead of solid. If you say, 'Let me start with a walk', it doesn't matter what day it is you go for a walk. Then you're more likely to say, 'This is good, I can do it more often.'

3-STAY HYDRATED

Yes, we know you've heard this one before, but Sandra stands by water as crucial for reaching your fitness goals (and getting glowing skin). "A lot of times when you feel hungry, you're actually just dehydrated. Make sure to take in at least half your weight in ounces every day! Add an extra 15 ounces if you're working out or if it's a hot day,"she advises.

4-TREAT YOURSELF

Sandra is all about creating a self-reward system. She suggests picking out something "fun and summery that you really want, like a bikini or a backless dress" and then putting aside some money for every day you stay committed to your goal, this daily action reminds us to stick with the plan.

5-PREPARE YOUR BODY SKIN

The dryness and harshness of winter temperatures combined with heating systems at home can make your body skin very dry. To get it summer-ready, you'll have to moisturize your skin intensely. Coconut oil is an amazing moisturizer if you're looking for a natural alternative.

6-WORK OUT YOUR GLUTES

The glutes are the muscles in your bottom. Toning them up is essential if you want to create the perfect silhouette in your dresses and shorts. Squats are a simple and easy exercise to get your glutes in shape without much effort.

7-DEAL WITH STRESS

When you experience stress, our body begins to produce more cortisol, which can cause extra deposition of subcutaneous fat in some people. Teaching how to deal with stress is one of Sandra Lopez's favourite topics in her workshops and speaking events. Simple advice that can help is taking a yoga class, walking in nature or taking a warm bath before going to bed.

Do you feel stressed? You're not alone, the best thing is to ask for professional help and Sandra Lopez, Health & wellness coach, has helped a hundred of clients to achieve amazing results with her coaching program, De-stress forever, helping people to get rid of stress and anxiety.

"Excessive stress that is not managed properly eventually becomes chronic" says Sandra, "and it will weaken your adrenal glands and impair your ability to cope, ultimately depleting your energy. So look to reduce and manage stress with relaxation, mindfulness techniques, for severe stress ask for support.(more info: www.sandralopezcoaching.com)

8-NURTURE YOUR PASSIONS.

Your inner fire burns at its brightest and hottest in the summer, so don't feel surprised if you find yourself feeling more motivated and courageous to take on certain challenges that are connected to what you're passionate about. Start taking notice of what your emotions are driving you to think. For example, if you find that you feel excited and inspired at the sight of watching horses roaming in a field, maybe you could try horseback riding lessons over the summer, or you might go to a salsa club and get inspired to get some dance classes, keep looking to feed your soul and your body with the activities make your soul happy.

9-SLEEP WELL FOR A GREAT BODY THIS SUMMER

Do you sleep enough? Do you have a regular number of sleep hours? Good sleep is important for a good life. To stay healthy and reach

your ideal weight, sleep is just as important as what you eat. Lack of sleep disrupts your decision-making and self-control mechanisms, thus increasing your risk of turning to unhealthy foods. It increases your appetite by affecting the levels of leptin and ghrelin - known as the 'fasting hormone'. Therefore, your tendency to gain weight also increases, says Sandra.

When we feel tired or lack energy, we start making poor choices. On the other hand, when you feel uplifted and positive, you will be able to make more conscious choices for yourself in every area of life, especially in the goal of getting your body ready for summer and shedding the extra weight you want to lose before summer.

You want to get to a place where you're making the best choices for yourself rather than destructive choices, Simply choose foods that nourish you, that are the highest vibe, highest frequency, give you the most energy, and you don't even think about the ones that don't, says Sandra. She uses NLP with her clients to access the subconscious mind and get rid of the cravings or attraction for unhealthy foods in her program The Body you Desire.(more info www.sandralopezcoaching.com).

10-PRACTISE MINDFULNESS

"Practising meditation helps to boost our attention, but it is not enough to increase our awareness. Eating can also be used as an attention exercise by eating slowly, focusing on the food on your plate. In a quiet place, focusing on our emotions or our body and thinking about the colours of our food and how well presented it looks just for just a few minutes is also an attention exercise that helps to be in control of the portion and eating becomes an enjoyable activity instead a stressful one. When we eat quickly, we put on more weight, but if you consistently practise chewing your food, you'll be amazed at how much better your digestion works, how much less you actually need to eat, and how much more energized you feel overall. All because chewing is not only slowing down your eating, but also grinding up your food's nutrients so you can properly absorb all the vitamins and minerals into your system!" says Sandra Lopez, Health & wellness coach.

In order to get into the habit of chewing (which for many of us is a new phenomenon because we tend to just swallow chunks without chewing) try chewing each bite of food starting with your very next meal, about 20-30 times. Putting your fork down, and breathing between bites will help. This may sound like a ton of chewing but you'll get used to it very quickly.

Sandra Lopez Founder &CEO of Sandra Lopez Coaching LTD mission is to help women around the world restore their health and create the body, health and wealth they desire.

For over 10 years, Sandra Lopez has helped hundreds of women to become the best version of themselves, manifesting the body, health and wealth over these years.

Through her one-to-one online Coaching Programs, group coaching & mentoring, workshops and motivational speaking in different events, she helps women to awaken their power and potential, to believe in themselves again, to boost their confidence to succeed and to help them connect with their inner power. She uses her experience in health and life coaching, nutrition, psychology, NLP and mental health to help women to create the transformation they need and get the results they want in any aspect of their lives they feel stuck. Do you want to get the body you desire, double your energy or start creating wealth with your business?

Sandra Lopez Coaching LTD is design to take care of all the aspects of wellbeing of a woman.Get in touch today sent an email with this Promo Code and get a 20% discount in her programs! PROMOCODE: EXCLUSIVELIFE

For more information: Check her Instagram @sandralopezcoaching · Website www.sandralopezcoaching.com

Contact her by telephone: +447365231696 · Email: info@sandralopezcoaching.com

EIGHT SECRETS
Behind a Beautiful Smile

By Dr. Bruno Pereira

Marbella is increasingly being seen as more than a place to catch some rays of sun and get a great tan. Last year saw a 23% rise in tourist numbers, and not everyone was here just for a vaycay. The city that is home to a luxury port, designer boutiques and sexy beach clubs is also famed for being a top choice for medical tourism. With a select but renowned group of plastic surgeons and a leader in aesthetic dentistry – Dr. Bruno Pereira – heading the luxirous One Clinic on the Golden Mile, Marbella is the ideal choice for those seeking to be a little more gorgeous when they get on the plane back home.

Dr. Pereira was trained in the U.S. and he is a visiting Professor at New York University. As he is a consultant for a U.S. company with groundbreaking technology, he has invested in cutting-edge equipment in his own clinic. Additionally, he is a worldwide speaker on facial and dental aesthetics. Today, he is sharing eight secrets that make a smile captivating.

1 VENEERS ARE A MUST-HAVE IN 2020

"Everyone is loading images and stories on social media these days; Instagram and other social media have blurred the lines between celebrities, influencers, and everyday people," says Dr. Bruno. Indeed, social media can be a double-edged sword. Selfies allow you to see yourself from every angle, and sometimes, images and videos can reveal a thing or two about your smile that you are not 100% happy with.

Veneers are an ideal solution for people wanting quick, yet lasting results. "They last for 15 to 20 years so it is critical to select a well-trained dentist with vast experience in the field. You should also ask for 'before and after' images of their work, so you know that 10 years down the track, you'll still be happy with the result." Furthermore, it is important to get a test of the veneers on yourself to see how they would look on you before starting the treatment. This way, you will easily decide what you want your smile to look like before making a decision.

Veneers are much finer than in the past and teeth are do not need to be sanded down to a nub. "They are used by most celebrities and influencers alongside other beautifying treatments – including laser, lip injections and non-surgical facelifts. They can perfect an already nice smile beyond the capabilities of braces and Invisalign." Indeed, many see this treatment as the perfect marriage of science, technology, and art.

2. CUSTOMISATION IS KEY

For a smile to truly captivate others, it has to be in perfect harmony with the rest of your face. "A smile needs to be tailored to each face as a unique piece of jewellery would. However, it goes beyond that; it also involves meeting each person's needs and understanding their personality so their smile matches their charisma to perfection." Exclusivity is a key factor of the entire process. "It's a bit like the difference between shopping at a regular boutique and going to Paris to commission a Birkin. The results in terms of quality and design

are staggering. These days, people can request the smile they had when they were younger or ask for a newly designed smile, similar to one they have seen onscreen."

3 SEEING IS BELIEVING

Because veneers are an investment, it is important to see what you are signing up for beforehand. "At One Clinic we provide you with 3D renders of your future smile integrated into your face with the shape and size of veneers you have chosen. The dentist takes 3D pictures beforehand, then integrates the scanned smile onto the digital rendering of your face." The image is not a simulation. It is a real 3D image of the smile our team has created for you."

4 VENEERS ARE NOT FOR EVERYONE

Veneers can solve a wide array of issues – including a chipped tooth, teeth that don't respond well to traditional whitening procedures and grey teeth from falls or medication. However, they are not the only solution. "Some people opt for whitening or Invisalign."

5 A UNIQUE SMILE FOR EVERY FACE

It is amazing how individual differences in each face determine an ideal smile. "There are many factors to take into consideration," says Dr. Bruno, "Lips frame the teeth, but the face frames the smile. A smile is the centrepiece of beauty so it needs to flow with the rest of the face. For instance, the ideal shade depends on the colour of your skin. The whiter your skin, the lighter teeth can go. If lips have more volume, they go better with bigger teeth. A smile needs to harmonise with all the facial features, helping to make small asymmetries imperceptible."

6 PERFECT IMPERFECTIONS

A beautiful smile depends on a dentist's understanding of someone's personality, expectations, and the ideal tooth shape and colour for the individual face. The end result is no less than a work of art. "All aesthetic procedures should be subtle; they should simply enhance natural beauty. Real beauty is naturally imperfect. It is all about the small details that can make the difference between a natural and a 'fake' smile," says Dr. Bruno.

7 THERE IS MORE TO A SMILE THAN TEETH

Other procedures are sometimes considered. For instance, some people who have opted for very full lips (with fillers) can find that the area between their upper lip and nose has increased considerably over time – and this ages their look. There is a quick in-house procedure that can shorten this area and give the upper lip a naturally fuller look all at once.

8 THE PAST AND FUTURE OF VENEERS

Veneers originated in 1928, when pioneering aesthetic dentist Charles Pincus accepted commissions from Hollywood directors wishing to embellish actors' smiles. They could actually be popped off at the end of the day. Today, of course, they are a more permanent choice.

The future of smile design looks promising. "Today, artificial intelligence and digital technology are working together to enable veneers to be made in advance – without the dentist touching the person's teeth beforehand. Everything is done digitally and we use guides to be extremely conservative," explains Dr. Bruno, and indeed when it come to future developments, the only way is up!

A beautiful smile is, ultimately, as unique as every human being who walks on the planet. It expresses their personality and indeed, their inner artistry, as well as the dentist's experience and ability to capture who you really are. "These days, we can customise so many things – colour, texture, shape, size, and translucency." In many ways, opting for exclusive smile design can be seen as one of the ultimate acts of self-kindness. Imagine feeling beautiful every time you share who you are with others through one of the most expressive features of your being: your smile!

Dr. Bruno Pereira, Øne Clinic
Phone: 682 635 865 – 951 512 983
Av Hohenlohe S/N, C.C Tembo, Bloque A5,
29602 Marbella, Málaga
www.oneclinicmarbella.com
*bruno_pereira_da_silva_*
one_clinic_marbella

EMSCULPT

THE FIRST AND ONLY FDA-APPROVED DEVICE THAT BUILDS MUSCLE AND BURN FAT.

By Dra. Virginia María Benítez Roig

All indications are exclusive to Aesthetic Medicine.

When speaking about body contouring, most treatments focus on fat loss, however, muscles account for 35 to 40% of the entire body, and remains at the expense of maintaining an exhaustive training in order to define most of the areas in our body. Thanks to EMSCULPT we can build the muscle of each treatment area, providing an effectively definied body, as well as achieving firm and toned musculature.

EMSCULPT is based upon the emission of a high intensity focused electromagnetic field in the treatment area, penetrating the body and stimulating muscle contraction without affecting other areas. These contractions are well above in intensity, in volume of fibers recruited and repetition, of what we could voluntarily do (known as supra maximal contraction). In just four 30-minute sessions, increased muscle and localized fat loss can be accomplished, allowing us to define and sculpt the area.

EMSCULPT indications cover several body areas. The most prominent are the abdomen and buttocks. There is a growing evidence that the abdominal treatment reduces the muscles separation in the abdominal rectus, known as diastasi recti. This separation is common within women after childbirth, and it is not spontaneously reversed . Due to this reason, it is also an ideal treatment for women who, after childbirth, want to regain their body contour.

EMSCULPT has been denominated as the 20,000 crunches machine since, with each 30-minute session, this is the above maximum number of contractions that it produces.

When we talk about buttocks treatment, we can say that EMSCULPT is the only non-invasive treatment with specific indications for buttock lift. The buttock muscles are very large and are very difficult to effectively work them in order to develop any progress.

EMSCULPT offers other applicatons as arm and leg toning. The new applicators for biceps and triceps allow us to quickly sculpt the muscles not only in the arms but also on legs with 4 sessions in only twenty minutes per session.

EMSCULPT results will be more visible after a 3 month period. It is recommended to have maintenance sessions to provide a yearly toned body countour.

EMSCUPLT ES EL PRIMER Y ÚNICO DISPOSITIVO CON APROBACIÓN DE LA FDA QUE DESARROLLA MÚSCULO Y REDUCE GRASA.

Todas sus indicaciones son exclusivas de Medicina Estética.

Cuando hablamos de remodelación corporal, la mayoría de tratamientos se centran en la pérdida de grasa, sin embargo, el músculo, que supone del 35 al 40% de la totalidad del cuerpo, queda a expensas de mantener un entrenamiento exhaustivo para poder definir la mayor parte de las zonas de nuestro cuerpo. Gracias a EMSCULPT podemos desarrollar el músculo de cada zona de tratamiento y conseguir una definición corporal mucho más efectiva, además de conseguir una musculatura más tonificada.

EMSCULPT se basa en la emisión de un campo electromagnético focalizado de alta intensidad en la zona de tratamiento que penetra en el cuerpo estimulando la contracción del músculo sin afectar otra zona. Estas contracciones están muy por encima en intensidad, volumen de fibras reclutadas y repetición, de lo que voluntariamente podríamos hacer (conocido como contracción supra máxima). En tan sólo 4 sesiones de 30 minutos podemos conseguir un incremento muscular y pérdida de grasa localizada que nos permitirá definir y esculpir la zona.

Las indicaciones de EMSCULPT cubren varias zonas corporales. Las más destacadas son el abdomen y los glúteos. También está probado que el tratamiento en abdomen reduce la separación de los músculos rectos abdominales, conocida como diástasis de los rectos. Esta separación es algo habitual en mujeres después del parto, y no se corrige de forma espontánea. Por esta razón, es también un tratamiento ideal para mujeres que, después del parto, quieren recuperar su contorno corporal.

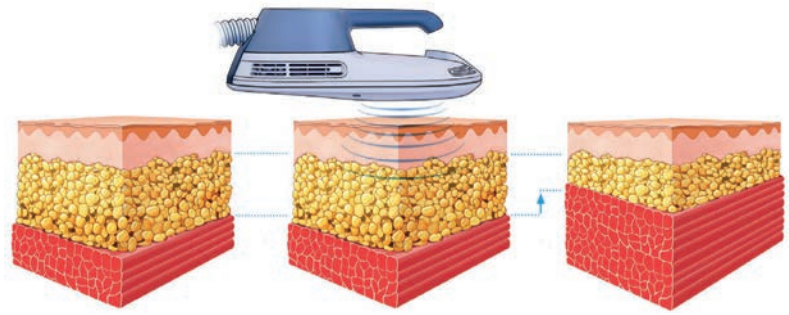
EMSCULPT ha sido denominada la máquina de las 20.000 abdominales ya que, con cada sesión de 30 minutos, ese es el número de contracciones supra máximas que produce.

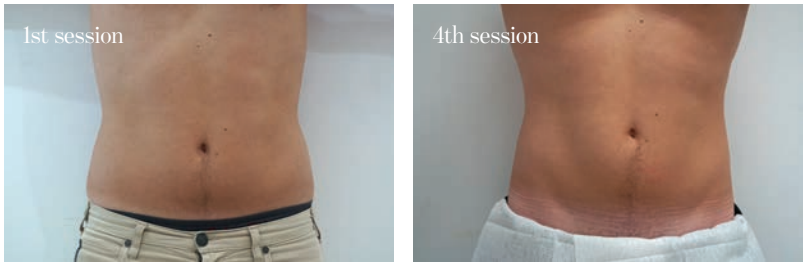
Cuando hablamos del tratamiento en glúteos, podemos decir que EMSCULPT es la única solución no invasiva con indicación específica para el levantamiento de glúteos. Los músculos glúteos son muy grandes y es muy difícil trabajarlos con efectividad para producir un desarrollo de los mismos.

Otras de las aplicaciones del EMSCULPT es la tonificación de los brazos. Los nuevos aplicadores para bíceps y tríceps nos permiten esculpir rápidamente la musculatura no sólo de los brazos sino también de las piernas en 4 sesiones de sólo 20 minutos.

Los resultados de EMSCULPT se harán más evidentes pasados unos 3 meses. Se recomiendan realizar sesiones de mantenimiento para tener un cuerpo tonificado durante todo el año.

Tel. +34 951 104 714 | + 34 697 195 694
info@dravbenitez.com · www.dravbenitez.com



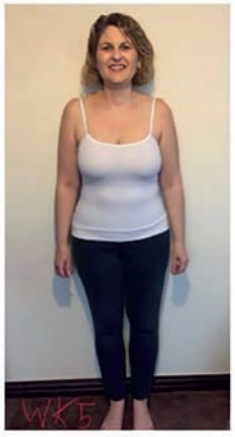


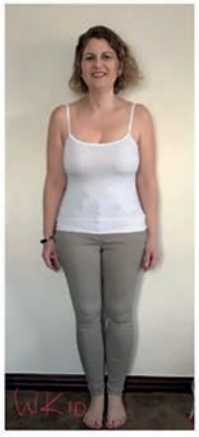
EL PRECIO DEL BALÓN TOP Y TODO COMPLETO:

-Nuestro Balón top , se lleva 4 meses en el estómago y luego el cuerpo lo reabsorbe y elimina solo
-Va incluido todo el seguimiento con una app personalizada que controla el equipo médico.
-Va incluido una nutricionista especializada en nuestro equipo.
-Va incluido todas las citas y consultas serán gratuitas durante un año
-Incluido : Pack de 8 sesiones de Radiofrecuencia Médica (nada que ver con la de los centros de estética) para poder ir trabajando la piel y generando tersura y colágeno de forma natural para evitar flacidez. (Pack valorado en 3.600€.)
Todo por 5.000€. Se puede pagar a plazos.

THE PRICE OF THE "TOP BALLOON" FULL TREATMENT:

-Our top balloon, lasts 4 months in the stomach and then the body reabsorbs and eliminates it by itself.
-It includes all the follow-up with a personalized app which is controlled by the medical team.
-A specialized nutritionist from our team is also available.
-All appointments and consultations will be free during a year
-Also Included: 8 sessions of Medical Radio Frequency (non comparable to those of aesthetic centers) to be able to work the skin and generate elasticity and collagen naturally to avoid sagging. (Pack value: € 3,600.)
-Everything for € 5,000 payable in installments.





BALÓN GÁSTRICO: PÉRDIDA DE PESO CON BALÓN TOP.
SIN CIRUGÍA, SIN ENDOSCOPIA, SIN ANESTESIA

Alcanzar el peso adecuado no es solo una cuestión de estética, sino que también tiene importantes consecuencias para la salud.
Ahora, los avances científicos y tecnológicos han permitido desarrollar un nuevo procedimiento, mucho menos invasivo.
En Arques Clinic hemos incorporado el balón gástrico top como parte de nuestros servicios para combatir el exceso de peso, convirtiéndonos así en uno de los centros de vanguardia en el tratamiento de la obesidad en nuestro país.
El Balón Top se coloca durante una breve visita de 20 minutos al médico y, al final de la terapia, se vacía por sí mismo y se elimina naturalmente. Todas las ventajas de un balón gástrico sin necesidad de endoscopia ni anestesia.
Le recomendamos que venga a un diagnóstico gratuito con el equipo médico para que puedan valorar su piel y poder recomendarle personalmente.
Si desea concertar una cita o consultas puede llamar o enviar un WhatsApp al **662 408 408**

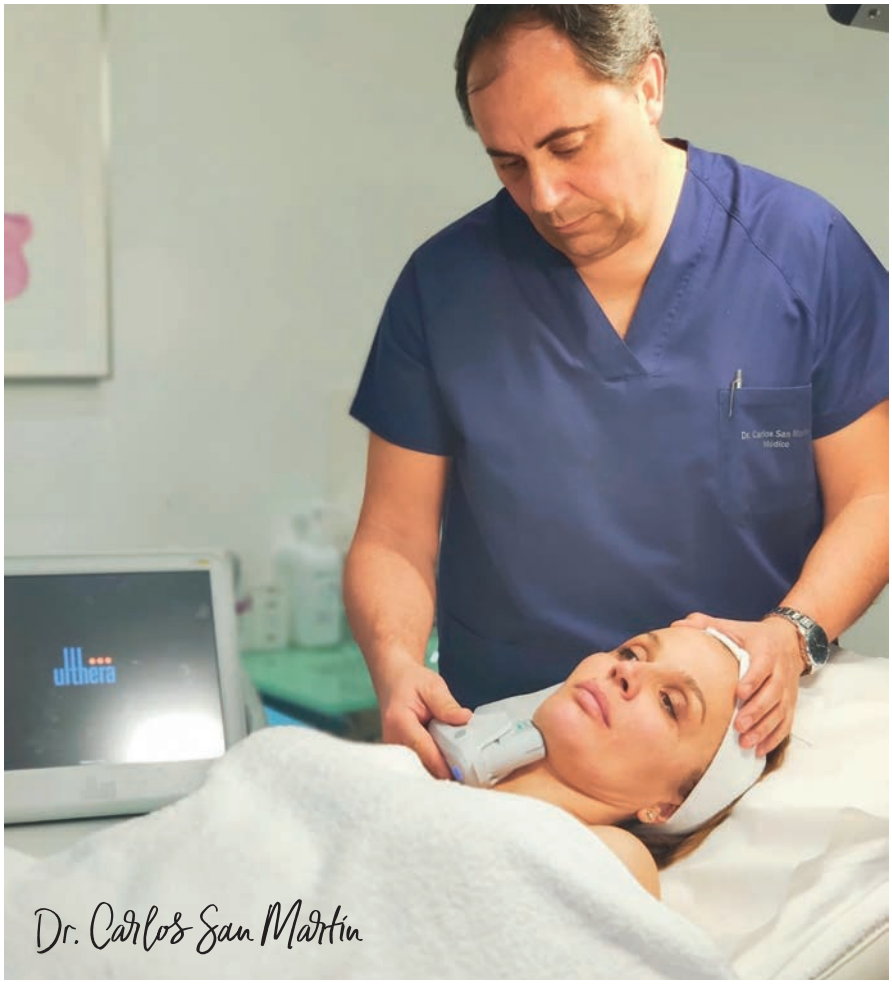
GASTRIC BALLOON: YOU CAN SWALLOW CAN HELP SLIMMERS SHED THIRD OF THEIR WEIGHT IN JUST FOUR MONTHS WITH NO SURGERY

Gastric balloon you can SWALLOW can help slimmers shed third of their weight in just four months with no surgery.
The new high-tech elipse gastric balloon, which suppresses appetite, deflates after four months and then passes out of the body.
Scientists have developed a swallowable balloon that could help people to lose weight.
The hi-tech gastric balloon - which you swallow as a simple pill before it is inflated - fills up your stomach to make you feel full and then deflates itself after four months.
Details of what is being hailed as the magic bullet for slimmers.
Incredible trial results found the 15-minute balloon operation was "safe and effective" and triggered "substantial weight loss" in obese patients.
We advise you to come for a free consultation.
You can book your consultation with us by calling or simply sending us a what's app text at ***662 331 111.***

C/Ramón Areces SN. Complejo Marina Banús, Bloque 3, Local 29. Puerto Banús, Marbella.
T: (0034) 662 388 888 · E: info@arquesclinic.com
www.arquesclinic.com

CLÍNICA MIRØ
MARBELLA

Ultherapy builds your own collagen and elastin for a natural look



Dr. Carlos San Martín

Specialists in Aesthetic Medicine and Anti-Aging Treatments

With more than 20 years in this sector, Clínica Mirø situated in Marbella centre and its multidisciplinary team guarantees the almost care, attention and maximum professionalism in each of its medical and aesthetic treatments.

We specialize in aesthetic medical treatments such as: botox, hyaluronic acid, photorejuvenation and many more. Our specialist will advise you on the perfect treatment that best suits the goal you want to achieve.

Next-generation non-invasive medical treatments whose results can be observed from the first session and that are presented as the best alternatives to those that require surgery. One of the most advanced technologies is Ultherapy®: **A Non-invasive Procedure That Lifts and Tightens your Skin**.

Ultherapy® is the only FDA-cleared, non-invasive procedure that lifts and tightens the skin on the neck, chin and brow, and improves lines and wrinkles on the décolletage.

NewBeauty, your leading authority on today's latest beauty trends, along with a panel of medical aesthetic experts, has recognized Ultherapy as the Gold Standard treatment for nonsurgical skin lifting and tightening. Having received the NewBeauty "Best Nonsurgical Skin Tightener" award for six consecutive years. In Spain, Dr. Carlos San Martín is one of the experts in this treatment.

Focused Ultrasound. No Surgery.

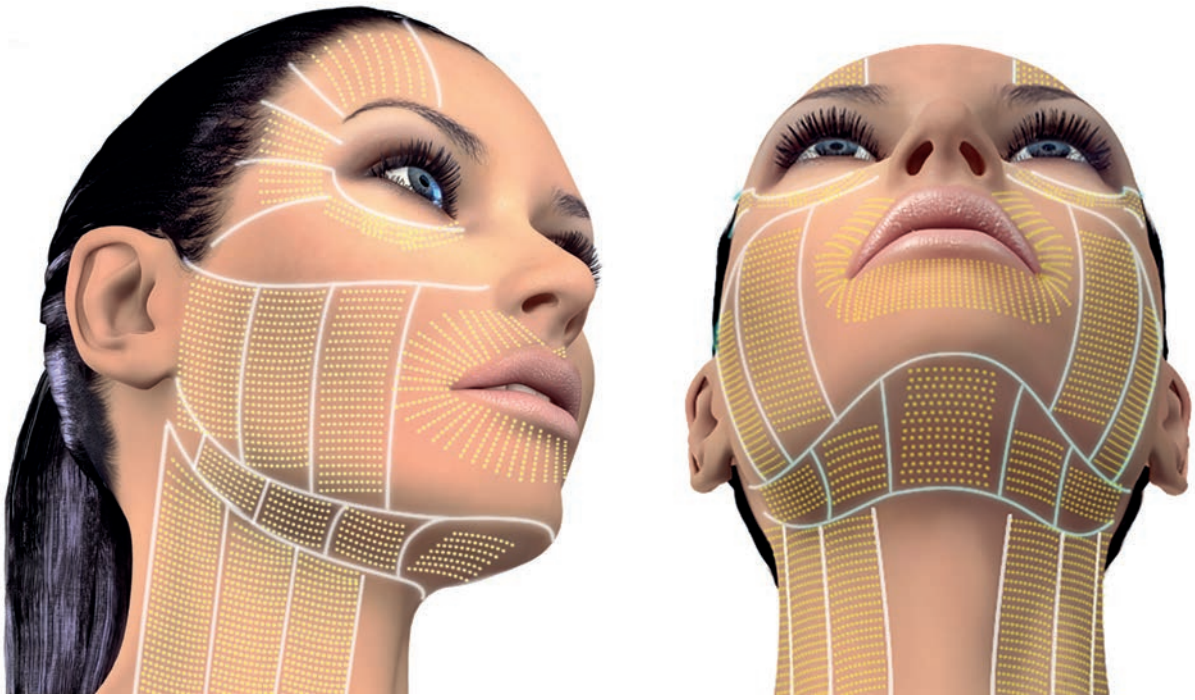
Ultherapy harnesses the power of ultrasound to transform the brow, chin, neck and chest. Ultrasound, of course, has been used throughout the medical field for more than 50 years—and Ultherapy has been established as effective in clinical studies and in over a million treatments worldwide.

Ultherapy builds your own collagen and elastin for a natural look.

Unlike lasers, radio frequency, surgery and other technologies, non-surgical Ultherapy bypasses the surface of the skin to deliver the right amount of ultrasound energy at the right depths and the right temperature. This energy triggers a natural response under the skin, jumpstarting the regenerative process that produces fresh, new collagen.

Some patients see an initial effect right after their treatment, but the real results appear over 2–3 months* as new collagen works to lift and tighten skin on the neck, chin and brow as well as smooth skin on the chest. While Ultherapy won't duplicate the results of a facelift, it's a clinically proven non-invasive alternative for those not ready for surgery—and can even be an option for patients who wish to extend the effects of cosmetic surgery.

Ultherapy®



CLÍNICA MIRØ

AESTHETIC CLINIC

MARBELLA

WE HARMONISE THE REAL YOU
WITH THE DESIRED YOU

Calle Hermanos Salom, 4 Marbella. 951 817 808 | 674 226 933

www.clinicamiromarbella.com

Avda pilar calvo , Centro comercial iberico, 29660, Nueva Andalucía
+ 34 951 56 75 47 | contact@acedntl.com | @dr.acekorkchi
www.acedntl.com

“We are here to bring you a new kind of dentistry. Different, cutting edge and taking a far leap from the rest by offering a new concept”

Together with my master ceramist we have developed a new smile makeover protocol that is minimal invasive with results that imitates nature, from one day to another. How is that possible? - its simple - in ACE DNTL STUDIO our concept is that we work with one patient A DAY. The efficiency and comfort of this takes the process of a smile makeover to a new level.

No uncomfortable temporaries for weeks, no guessing of how the teeth will look and be unpleasantly surprised, no filing down your teeth to stumps.

Call or book online for a free smile makeover or general consultation.

EMPOWERED LIVING

With Maria Erving

Time to open the windows and let some fresh air in and get rid of all the clutter and dust in our lives.

Spring has finally come and what better way to prepare for the summer and to enjoy the wonderful feeling of new beginnings than by doing some good old spring cleaning!

For most people this means decluttering our house and cleaning out our closets, our attics, our garage and other storage units we have.

We might even give our bodies a spring clean by detoxifying it and that's important too, but what I want to invite you to do today is to do a spring cleaning of your internal space.

Most of us have not taken the time to sort out and declutter our mind-space and clear out what no longer serves us, what we've outgrown or weighs heavy on our hearts.

Our outside world is a reflection on what's going on inside, so detoxing and cleaning up our internal world allows us to experience more happiness, joy and peace in our life.

I invite you to sort through that which fills your inner rooms today so that you can move forward with a clean slate and an optimistic and happy heart into the spring and summer of 2020!

Most people have about 70,000 thoughts a day and 90 percent of those thoughts are repetitive, so take an inventory of your thoughts and what's taking up space in your mind and get rid of anything that is not serving you anymore.

Search every nook and cranny of your mind for the mental and emotional sort of dusts or cobwebs that are really all clutter and identify what your repetitive thoughts are and what is taking up valuable mind-space that you could use for other things.

Make new space in your mind in the same way that you create space in your home and office or clean out the toxins from your body.

Take some time for yourself and journal in a notebook and kind of mind-dump everything that's been occupying your mind-space, such as worries, regrets and outdated attitudes and beliefs that are not helpful to you.

Break free from having the same sixty or eighty thousand thoughts 90% of your life and change the dynamics of your inner conversations by examining your thinking-patterns.

Many people are so used to having a chaotic mind, a monkey mind, but we can have a much more peaceful and fulfilling life experience when we take charge of the mind instead of having it running the show.

Clean out the old and go into the spring feeling happier, less worried, and improve the quality of your life by writing about whatever is disturbing your peace.

It can be about your health, work, finances, personal relationships, or anything else.

Writing is a powerful tool that will help you expel and purge negative energy from your mind, so write freely about anything that comes up and when you're done you can then burn the pages as a symbol of letting go.

When you release the old you will feel so much lighter and you don't have to carry it with you into the new beginnings that the spring symbolizes.

Some simple questions that will help you clear out the old:

• Is this thought that I have really true, or am I making it up?

Many times our inner conversations are simply imaginations about something of the past or about something that has not even happened yet and might never happen either.

The truth is that we can never know what will happen even 5 minutes from now, and we can choose to learn from the past and move on, so why use valuable energy on fret, regret and worry?

• Do I need this thought/belief/attitude, does it serve me in any way?

If you have to ask that that's usually a sign that it doesn't. If it's not bringing you a sense of happiness and gratitude, let it go and focus on how you can love and be more loving instead, how you can give of yourself more and be more present in the moment.

• What do you want to shed and let go of?

• How do you want to renew and change?

• Who do you want to be moving forward in this new season of spring, and of your life?

Ask yourself these questions and I promise you this; when you get the inside right, the outside will fall into place, many times magically.

Life reorganizes itself to what goes on inside, so organize your thoughts and mind and see the miraculous happen!

Happy Spring - Both inside and out!

Maria Erving is a Transformational Teacher and Energy Healer on the Costa del Sol. She works with clients in the Malaga - Marbella area in Spain as well as online with people from all over the world.

To learn more, please visit: www.MariaErving.com

Es hora de abrir las ventanas y dejar que entre aire fresco y eliminar todo el desorden y el polvo en nuestras vidas.

¡Finalmente ha llegado la primavera y qué mejor manera de prepararse para el verano y disfrutar de la maravillosa sensación de nuevos comienzos, que haciendo una buena limpieza de primavera!

Para la mayoría de las personas, esto significa limpiar nuestra casa y limpiar nuestros armarios, nuestros áticos, nuestro garaje y otras unidades de almacenamiento que tenemos.

Incluso podríamos limpiar nuestros cuerpos desintoxicándolos y eso también es importante, pero lo que quiero invitarles a hacer hoy es a hacer una limpieza de primavera de su espacio interno.

La mayoría de nosotros no nos hemos tomado el tiempo para organizar y despejar nuestro espacio mental y aclarar lo que ya no nos sirve, lo que hemos superado o que pesa en nuestros corazones.

Nuestro mundo exterior es un reflejo de lo que está sucediendo dentro, por lo que desintoxicar y limpiar nuestro mundo interno nos permite experimentar más felicidad, alegría y paz en nuestra vida.

¡Te invito a que revises lo que llena tus habitaciones interiores hoy para que puedas avanzar con una pizarra limpia y un corazón optimista y feliz en la primavera y el verano de 2020!

La mayoría de las personas tienen alrededor de 70,000 pensamientos al día y el 90 por ciento de esos pensamientos son repetitivos, así que haga un inventario de sus pensamientos y de lo que está ocupando espacio en su mente y deshágase de todo lo que ya no le sirve.

Busque en cada rincón de su mente los tipos de problemas mentales y emocionales que realmente están desordenados e identifique cuáles son sus pensamientos repetitivos y qué está ocupando su valioso espacio mental, que podría usar para otras cosas más constructivas.

Haga un nuevo espacio en su mente de la misma manera que crea espacio en su hogar y oficina o limpie las toxinas de su cuerpo.

Tómese un tiempo para usted y escriba en un cuaderno y descarte todo lo que ha estado ocupando su espacio mental, como las preocupaciones, los remordimientos, las actitudes y creencias obsoletas que no son útiles para usted.

Libérate de tener los mismos sesenta u ochenta mil pensamientos el 90% de tu vida y cambia la dinámica de tus conversaciones internas examinando tus patrones de pensamiento.

Muchas personas están tan acostumbradas a tener una mente caótica, una mente inquieta, juguetona, pero podemos tener una experiencia de vida mucho más pacífica y satisfactoria cuando controlamos la mente, en vez de dejarla controlarnos.

Limpia lo viejo y entra en la primavera sintiéndote más feliz, menos preocupado y mejora la calidad de tu vida escribiendo sobre lo que sea que esté perturbando tu paz.

Puede ser sobre su salud, trabajo, finanzas, relaciones personales o cualquier otra cosa.

Escribir es una herramienta poderosa que te ayudará a expulsar y purgar la energía negativa de tu mente, así que escribe libremente sobre cualquier cosa que surja y cuando hayas terminado, puedes quemar las páginas como un símbolo de dejar ir.

Cuando sueltes lo viejo, te sentirás mucho más liviano y no tendrás que llevarlo contigo a los nuevos comienzos que simboliza la primavera.

Algunas preguntas simples que le ayudarán a limpiar lo obsoleto:

• ¿Es esto un pensamiento que realmente tengo o lo estoy inventando?

Muchas veces nuestras conversaciones internas son simplemente imaginaciones sobre algo del pasado o sobre algo que aún no ha sucedido y que nunca sucederá.

La verdad es que nunca podremos saber qué sucederá incluso dentro de 5 minutos, y podemos elegir aprender del pasado y seguir adelante, entonces, ¿por qué usar energía valiosa para preocuparse, arrepentirse y preocuparse?

• ¿Este pensamiento / creencia / actitud, me sirve de alguna manera?

Si tiene que preguntar eso, generalmente es una señal de que no es así. Si no te brinda una sensación de felicidad y gratitud, déjalo ir y enfócate en cómo puedes amar y ser más amoroso, cómo puedes darte más y estar más presente en el momento.

• ¿Qué quieres arrojar y soltar?

• ¿Cómo quieres renovar y cambiar?

• ¿Con quién quieres avanzar en esta nueva temporada de primavera y de tu vida?

Hágase estas preguntas y le prometo esto; cuando te sientas bien interiormente, el exterior se colocará en su lugar, muchas veces por arte de magia.

La vida se reorganiza según lo que sucede dentro, ¡así que organiza tus pensamientos y tu mente y observa cómo sucede el milagro!

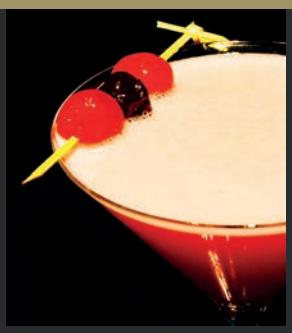
¡Feliz primavera, por dentro y por fuera!

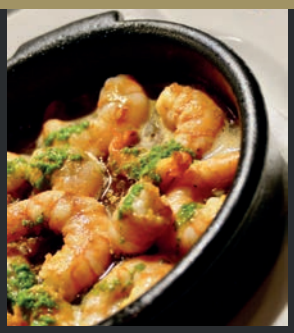
Maria Erving es Profesora Transformacional y Sanadora Energética en la Costa del Sol. Ella trabaja con clientes en el área de Málaga - Marbella en España, así como en línea con personas de todo el mundo. Para obtener más información, visite: www.MariaErving.com

SAN FRANCISCO

COSMOPOLITAN GASTRONOMIC, MODERN TWIST · COCKTAILS

BEST COCKTAILS IN TOWN





Calle Camilo José Cela, 4. 29602 Marbella
Tuesday to Sunday 6pm-12am / Martes a Domingo 18h-24h
+34 952 868 898 · reservas@sanfranciscomarbella.com · www.sanfranciscomarbella.com

PHILIPP PLEIN

THE NEW SPRING COLLECTION

AN EXPLOSION OF COLOURS

Photos: Diar Marco

PHILIPP PLEIN
Philipp Plein
PHILIPP PLEIN
PLEIN

PHILIPP PLEIN available in
Calle Muelle Ribera, 19,
29660 Marbella, Málaga
952 81 57 00 · www.plein.com

THE BEST PAELLAS IN MARBELLA
CREATIVE TRADITIONAL CUISINE

TRADICIÓN Y PASIÓN
EN CADA PLATO

Una cocina tradicional elaborada con los productos de la región.

Especializado en paellas, fideuas, ibéricos, además de una gran selección de ensaladas y mariscos.

Siempre acompañado de los mejores vinos la bodega de Javier Ponte.

A CUISINE BASED ON TRADITION, BUT FULL OF INNOVATION

Una cocina basada en la tradición pero llena de innovación.

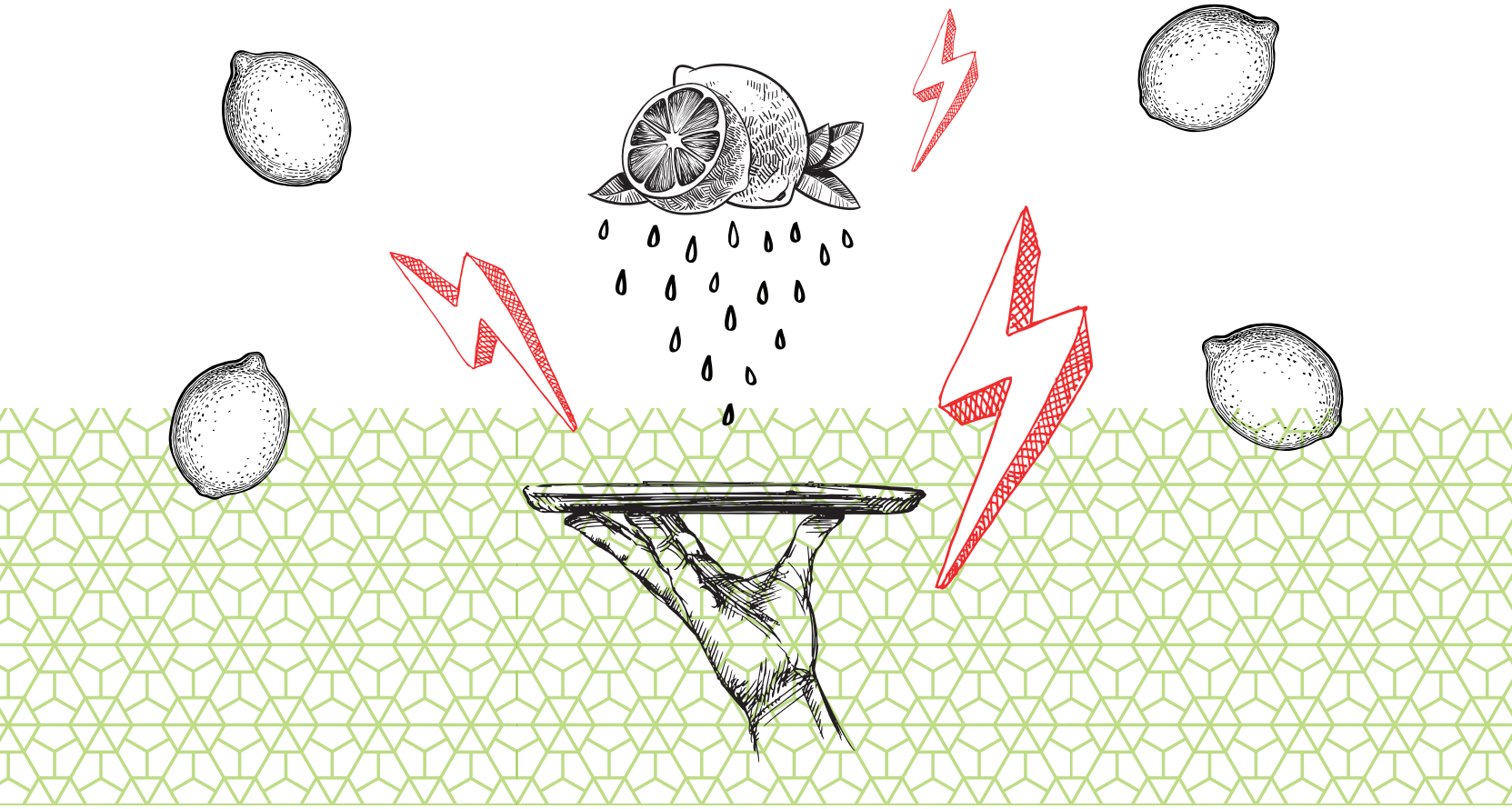
C/ Hermanos Salom, 3 Entrada por Jacinto Benavente, 33. 29601 Marbella
+34 952 82 25 11 / reservas@restaurantepaellasymas.com / www.restaurantepaellasymas.com

COCKTAILS
are the protagonists

Never before has the cocktail bar been so fun, now the cocktails are the protagonists of your leisure time and at Eddy's Bar, it is the cocktail that chooses you. The Anantara Villa Padierna Palace hotel presents a new concept by the famous and award-winning bartender, Diego Cabrera. The renowned mixologist joins this new project and brings to the Costa del Sol, the recipes that have earned him international awards as one of the best cocktails makers around.
For more than 20 years dedicated to the creation and reinvention of the best flavours in the mixology world. Powered by the energy of the successes achieved in the iconic Viva and Madrid Salmon Guru, which is one of the fifty best bars in the world. Now, Diego Cabrera takes the helm of Eddy's Bar. With each sip, our senses and curiosity embark on a journey through the most edgy side of Anantara Villa Padierna Palace Resort. A journey with no way back.

Nunca antes la coctelería había sido tan divertida, ahora los combinados son los protagonistas de tus momentos de ocio y en Eddy´s Bar, es el coctel quien te elige a ti. El hotel Anantara Villa Padierna Palace presenta un nuevo concepto de la mano del famoso y premiado barman, Diego Cabrera. El reputado mixólogo se une a este nuevo proyecto y trae hasta la costa marbellí, las recetas que le han hecho merecedor de premios internacionales como uno de los mejores cocteleros que existen.
Tras más de 20 años dedicado a crear, recuperar y reinventar los mejores sabores del mundo de la coctelería, y con toda la energía de los éxitos alcanzados en sus icónicos locales, como Viva Madrid o Salmón Gurú, que es uno de los cincuenta mejores bares del mundo. Ahora Diego Cabrera aterriza en Eddy's Bar, para sorbo a sorbo satisfacer la curiosidad y los paladares más exigentes y para embarcarnos en un viaje a la parte más transgresora del Anantara Villa Padierna Palace. Sin retorno.

UNVEIL THE BEST FLAVOURS IN THE MIXOLOGY WORLD.



Diego Cabrera is at the helm of Eddy's Bar to lead our senses and curiosity, drop by drop, to a new horizon. Discover every chapter of this magical journey inspired by Andalusian flavours.

EDDY'S BAR

ANANTARA
VILLA PADIERNA PALACE
BENAHAVIS · MARBELLA
RESORT

LIFE IS A JOURNEY. Visit villapadierna.anantara.com

ANANTARA VILLA PADIERNA PALACE BENAHAVÍS MARBELLA RESORT
URB. LOS FLAMINGOS GOLF. CTRA. DE CÁDIZ, KM 166. 29679, MARBELLA, MÁLAGA
T +34 952 889 150 E VILLAPADIERNA@ANANTARA-HOTELS.COM

THE EXTERIOR DESIGN: PURISTIC NEW DESIGN WITH PORSCHE DNA

Breaking new ground in the best Porsche design tradition – that was the brief for designing the Taycan. As it was designed as a fully electric vehicle from the outset, new freedoms opened up for the designers. At the same time, the first purely electrically powered Porsche had to be immediately recognisable as such.

The result is an emotionally charged, four-door sports saloon that carries the unmistakeable Porsche design DNA. Its silhouette is defined by the sporty roofline sloping downward to the rear – called a "flyline" by the Porsche designers. The highly sculpted side sections are also characteristic. The sleek cabin (the greenhouse), the drawn-in C-pillar and the pronounced shoulders of the wings result in a sharply emphasised rear, typical of the brand. At the same time, with its clean, pure approach and innovative elements such as the Porsche lettering in glass-effect in the rear light bar, the sports saloon signals that, at first glance, a new era has begun. However, the Taycan has remained very close to the 2015 Mission E concept car on the whole.

THE FRONT: A STRIKING LOOK WITH A UNIQUE LIGHT EMBLEM

The Taycan is 1,966 millimetres wide, but only around 1,380 millimetres high. From the front, it therefore looks particularly wide and flat. Due to the compact drive components, the bonnet slopes down at a flat angle between the two highly pronounced wings, a feature typical for Porsche. The LED matrix headlights form a visual unit with the air curtains and seem to float. The four-point daytime running lights that are typical of the brand are flatter and wider than any other Porsche. Produced with three-dimensional glass elements, the result is a striking sports car look with a unique light signature. All the light functions are, for the first time, integrated in one module.

The cooling air intakes are smaller than in a vehicle with a similarly powerful combustion engine. Combined with the flatter front bonnet, this makes the Taycan look very sporty. The flaps integrated into the cooling air intakes not only control the air supply for the cooling and air-conditioning systems, but also cool the brakes efficiently in a targeted way. The roof line slopes down steeply. A typical feature of a sports car is also the recess in the middle of the roof. The Taycan is also available with a large panoramic fixed glass roof on request, which does not require any transverse bows.

THE HEADLIGHTS: HIGH-TECH WITH DESIGN ASPIRATIONS

The lighting technology plays a crucial role in the striking front end and the high recognition factor of the Taycan. The following headlight systems are available for the Turbo and Turbo S:

• LED matrix headlights including PDLS Plus: the matrix deactivates segments of the permanent high beam cone in a targeted way. 84 individually controlled LEDs can be adjusted to the current situation by switching them off or dimming them. Vehicles in front or approaching vehicles are no longer dazzled, though the areas in between and next to them continue to be fully illuminated.

• These LED matrix headlights with PDLS Plus are also optionally available in a special version from Porsche Exclusive Manufaktur, with a three-dimensional circuit board graphic in the headlight housing as well as daytime running light elements in Glacier Ice Blue. With these, the headlights appear to be in this colour from certain viewing angles.

THE SIDE VIEW: SPORTY PROPORTIONS AND SCULPTURED SURFACES

Short overhangs at the front and rear intensify the sporty proportions of the four-door model. The sleek cabin sits on a wide body, reinforcing the lean and muscular look. The typical Porsche flyline makes the vehicle appear sporty even when the car is at a standstill. The sculpted design, with strong recesses on the body and edges, creates an exciting interplay of light and shadow. The air outlets behind the front wheels are distinctive design features.

The flat door handles are flush with the doors and pop out electrically when required. Their visual appearance accentuates the distinct and modern overall impression of the vehicle. The same applies to the wheels, which have been optimised in terms of aerodynamics and weight. The highlights in the extensive wheel range include a 21-inch, five-spoke forged wheel with two-tone look in Brilliant Silver/Black (high-gloss), based on the wheel design of the Mission E concept car. Wheels with carbon aeroblades are also available from Porsche Exclusive Manufaktur.

THE REAR: PORSCHE LETTERING IN A GLASS LOOK WITH PCB GRAPHIC AS A HIGHLIGHT

The sleek cabin (the greenhouse), the drawn-in C-pillar and the pronounced shoulders of the wings emphasise the wide rear, typical of the brand. A narrow bar illuminated from the inside stretches across the full width of the vehicle. The Porsche logo made of three-dimensionally shaped glass letters is located in this. A unique feature besides the glass-effect design: The lettering is embedded in a three-dimensional black circuit board design. Porsche Exclusive Manufaktur optionally offers this graphic with dark metallisation and the deep glass letters in the colours Glacier Ice or Black.

The number plate is placed very low down. The aerodynamically efficient rear diffuser with a subtle louvred look visually completes the vehicle in a downward direction. A typical Porsche feature is the rear spoiler, which extends in three stages depending on the speed (see the articles on body and aerodynamics). The horizontally arranged lines of the rear and the pronounced shoulders of the wings further emphasise the deep, wide sports car look of the Taycan.

EL DISEÑO EXTERIOR: NUEVO DISEÑO PURISTA CON ADN DE PORSCHE

Abriendo nuevos caminos en la mejor tradición de diseño de Porsche: ese fue el resumen para diseñar el Taycan. Como se diseñó como un vehículo totalmente eléctrico desde el principio, se abrieron nuevas libertades para los diseñadores. Al mismo tiempo, el primer Porsche puramente eléctrico tenía que ser inmediatamente reconocible como tal.

El resultado es un salón deportivo de cuatro puertas cargado de emociones que lleva el inconfundible ADN de diseño de Porsche. Su silueta se define por la línea deportiva del techo que se inclina hacia abajo hacia la parte trasera, llamada "línea de vuelo" por los diseñadores de Porsche. Las secciones laterales altamente esculpidas también son características. La elegante cabina (el invernadero), el pilar C dibujado y los hombros pronunciados de las alas dan como resultado una parte trasera fuertemente enfatizada, típica de la marca. Al mismo tiempo, con su enfoque limpio y puro y elementos innovadores como las letras Porsche con efecto de vidrio en la barra de luces trasera, el salón deportivo indica que, a primera vista, una nueva era ha comenzado. Sin embargo, el Taycan se ha mantenido muy cerca del concept car Mission E 2015 en general.

EL FRENTE: UN ASPECTO LLAMATIVO CON UN EMBLEMA DE LUZ ÚNICO

El Taycan tiene 1.966 milímetros de ancho, pero solo alrededor de 1.380 milímetros de alto. De frente, por lo tanto, se ve particularmente ancho y plano. Debido a los componentes de la unidad compacta, el capó se inclina hacia abajo en un ángulo plano entre las dos alas muy pronunciadas, una característica típica de Porsche. Los faros LED de matriz forman una unidad visual con las cortinas de aire y parecen flotar. Las luces diurnas de cuatro puntos que son típicas de la marca son más planas y anchas que cualquier otro Porsche. Producido con elementos de vidrio tridimensionales, el resultado es un llamativo aspecto deportivo con una firma ligera única. Todas las funciones de luz están, por primera vez, integradas en un módulo.

Las entradas de aire de refrigeración son más pequeñas que en un vehículo con un motor de combustión igualmente potente. Combinado con el capó delantero más plano, esto hace que el Taycan se vea muy deportivo. Las aletas integradas en las tomas de aire de refrigeración no solo controlan el suministro de aire para los sistemas de refrigeración y aire acondicionado, sino que también enfrían los frenos de manera eficiente de forma específica. La línea del techo desciende abruptamente. Una característica típica de un automóvil deportivo es también el receso en el medio del techo. El Taycan también está disponible con un gran techo panorámico de vidrio fijo bajo pedido, que no requiere arcos transversales.

LOS FAROS: ALTA TECNOLOGÍA CON ASPIRACIONES DE DISEÑO

La tecnología de iluminación juega un papel crucial en el sorprendente frontal y el alto factor de reconocimiento del Taycan. Los siguientes sistemas de faros están disponibles para el Turbo y Turbo S:

• Faros LED de matriz que incluyen PDLS Plus: la matriz desactiva segmentos del cono de luz de carretera permanente de forma específica. 84 LED controlados individualmente se pueden ajustar a la situación actual apagán-

dolos o atenuándolos. Los vehículos en el frente o los vehículos que se aproximan ya no están deslumbrados, aunque las áreas intermedias y próximas a ellos continúan estando completamente iluminadas.

• Estos faros LED de matriz con PDLS Plus también están disponibles opcionalmente en una versión especial de Porsche Exclusive Manufaktur, con un gráfico de placa de circuito tridimensional en la carcasa del faro, así como elementos de luz diurna en Glacier Ice Blue. Con estos, los faros parecen estar en este color desde ciertos ángulos de visión.

LA VISTA LATERAL: PROPORCIONES DEPORTIVAS Y SUPERFICIES ESCULPIDAS

Los voladizos cortos en la parte delantera y trasera intensifican las proporciones deportivas del modelo de cuatro puertas. La elegante cabina se asienta sobre un cuerpo ancho, lo que refuerza el aspecto delgado y musculoso. La línea de vuelo típica de Porsche hace que el vehículo parezca deportivo incluso cuando el automóvil está parado. El diseño esculpido, con fuertes huecos en el cuerpo y los bordes, crea una emocionante interacción de luces y sombras. Las salidas de aire detrás de las ruedas delanteras son características de diseño distintivas.

Las manijas de las puertas planas están al ras de las puertas y se abren eléctricamente cuando es necesario. Su aspecto visual acentúa la impresión general distinta y moderna del vehículo. Lo mismo se aplica a las ruedas, que se han optimizado en términos de aerodinámica y peso. Los aspectos más destacados en la extensa gama de ruedas incluyen una rueda forjada de 21 pulgadas y cinco radios con aspecto de dos tonos en Brilliant Silver / Black (alto brillo), basada en el diseño de la rueda del concept car Mission E. Las ruedas con aeroblades de carbono también están disponibles en Porsche Exclusive Manufaktur.

LA PARTE POSTERIOR: LETRAS DE PORSCHE EN UN ASPECTO DE CRISTAL CON UN GRÁFICO DE PCB COMO PUNTO CULMINANTE

La elegante cabina (el invernadero), el pilar C dibujado y los pronunciados hombros de las alas enfatizan la parte trasera ancha, típica de la marca. Una barra estrecha iluminada desde el interior se extiende por todo el ancho del vehículo. Aquí se encuentra el logotipo de Porsche hecho de letras de vidrio con forma tridimensional. Una característica única además del diseño con efecto de vidrio: las letras están incrustadas en un diseño de placa de circuito negro tridimensional. Porsche Exclusive Manufaktur ofrece opcionalmente este gráfico con metalización oscura y las letras de cristal profundo en los colores Glacier Ice o Black.

La matrícula se coloca muy abajo. El difusor trasero aerodinámicamente eficiente con una sutil apariencia de lamas completa visualmente el vehículo en dirección descendente. Una característica típica de Porsche es el alerón trasero, que se extiende en tres etapas según la velocidad (consulte los artículos sobre carrocería y aerodinámica). Las líneas dispuestas horizontalmente de la parte trasera y los pronunciados hombros de las alas enfatizan aún más el aspecto amplio y profundo del auto deportivo del Taycan.

Chill out in our cocktail lounge and enjoy
one of our live music acts.

We aim to provide a stunning eating environment, with the highest quality
produce, cooked to the highest standards.

OLD TOWN: c/ Tetuán 7, Marbella
Tel: 952 77 15 60

GOLDEN MILE: Urb. MarbellaMar 9, Milla de Oro, Marbella
Tel: 952 770 760

www.momomarbella.es

Momo

RESTAURANT

try something different to have a different result

Rolls Royce Dawn-Cedido por Magna Super Cars

Exclusive interview with VICTOR KORTSCHEFF

We are with Victor Kortscheff, considered to be the best car salesman in Spain.

Since when have you had your passion for luxury cars?
I've been a luxury-car enthusiast from an early age. The first Mini in Marbella was mine. The Riley Elf was like a small Rolls Royce. I brought it from Gibraltar.

When did you start your professional career?
I came to Marbella with my parents, from San Francisco, California, in 1965. At the time, I asked my father: "Where's Marbella? I can't find it on the map." Marbella was really beautiful back then, but compared to San Francisco there were very few things, few hotels... It was deserted... It was another world.
Shortly after, I started working in real estate. Then I travelled all over the world, doing real estate exhibitions, and in 1997, I started working at the company C. de Salamanca, S.A. At that time, Don Enrique Ruiz Jiménez was the manager. My first mission was to promote the Land Rover Freelander. I managed to bring about 9,000 guests related to this brand to Marbella.
In the beginning, I sold cars of the Land Rover brand, then Aston Martin, Ferrari, Maserati, and finally Rolls Royce and then Bentley, because the brand had a very promising future. I managed to increase sales year after year, Marbella and Puerto Banús were full of our cars.

Which car would you say is the most luxurious in the world?
Rolls Royce and Bentley.

When it comes to choosing, what's the first thing a client looks at?
When the model is for pleasure, after the price, the delivery time, the options and the colours of the exterior and interior, a Bentley can take months to customise to the client's taste.

Tell us some people you've met that are worth mentioning.
Gary Player, Al Jarreau, Rod Stewart, Miguel Ángel Jiménez, Dolph Lundgren, Toni Dalli, Ashmawi, Martin Gastón Demichelis, Enzo Maresca, Julio César Clemente
Baptista, and (Lauren) Bisan-Etame Mayer.

What's the most expensive car you've ever sold?
An Aston Martin One-77, for €1,600,000.

How many cars have you sold in your professional career?
Bentley, Rolls-Royce, Ferrari, Maserati, Aston-Martin, Jaguar & Land-Rover. About 900 cars.

A wish for the future?
To be able to set up a Classic Car Museum in Marbella. I'm already working on it.

What do you think of electric cars?
I don't think they're definitive, and battery recharging will prove very complicated in the coming years. The design of the car is beautiful, but it doesn't provide emotion or sound.

Nos encontramos con Don Victor Kortscheff, considerado como el mejor vendedor de coches de España.

¿Desde cuándo su afición por los coches de lujo?
Amante de los coches de lujo desde jovencito (el primer Mini en Marbella fue mío) el Riley Elf era como un pequeño Rolls Royce. Lo traje de Gibraltar.

¿Cuándo empezó su carrera profesional?
Yo llegue a Marbella en el año 1965, con mis padres, desde San Francisco, California. Marbella, le dije entonces a mi padre: ¿Dónde está?, no la encuentro en el mapa. Marbella era entonces muy bonita, pero comparada con San Francisco había muy pocas cosas, pocos hoteles... Estaba desierta... Era otro mundo.
Poco después comencé a trabajar en una inmobiliaria. Luego viajé por todo el mundo, hice exposiciones inmobiliarias y en el año 1997, entré a trabajar en la empresa C. de Salamanca, S.A. Entonces estaba como gerente Don Enrique Ruiz Jiménez. Mi primera misión consistió en la promoción del Land Rover Freelander. Conseguí traer a Marbella unos 9.000 invitados relacionados con esta marca.
Al principio vendía coches de la marca Land Rover, después Aston Martin, Ferrari, Maserati, y al final Rolls Royce y después Bentley, porque el futuro de la marca era muy prometedor. Conseguí incrementar las ventas año tras año, Marbella y Puerto Banús estaban llenos de nuestros coches.

¿Qué coche diría que es el más lujoso del mundo?
Rolls Royce y Bentley.

A la hora de elegir ¿Qué es lo primero que mira un cliente?
Siempre que el modelo sea para su disfrute, después el precio, el plazo de entrega, opciones y colores del exterior e interior, un Bentley puede tardar meses para hacerlo al gusto del cliente.

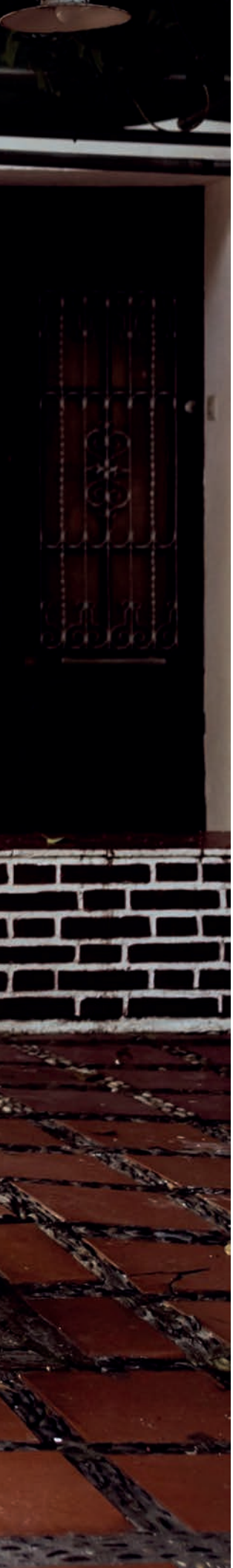
Díganos ¿A quién ha conocido que sea digno de mencionar?
Gary Player, Al Jarreau, Rod Stewart, Miguel Ángel Jiménez, Dolph Lundgren, Toni Dalli, Ashmawi, Martin Gastón Demichelis, Enzo Maresca, Julio César Clemente Baptista y (Lauren) Bisán-Etame Mayer.

¿Cuál ha sido el coche más caro que ha vendido?
Un Aston Martin One-77 por 1.600.000 €

¿Cuántos coches ha vendido en su carrera profesional?
Bentley, Rolls-Royce, Ferrari, Maserati, Aston-Martin, Jaguar & Land-Rover. Unos 900 coches.

¿Cuál es su deseo de futuro?
Poder hacer un Museo de Coches Clásicos en Marbella, estoy ya trabajando en ello.

¿Qué opina de los coches eléctricos?
Creo que no son definitivos y muy complicada la recarga de baterías en los próximos años. La línea del diseño del coche es bonita, pero no ofrece emoción y sonido.



Stefania Pinyagina

Photos: Diar Marco

The new collection represents a modern interpretation of the poppy. Poppy flowers and checks combined, making "flower power" very special and fresh. There are mainly casual style pieces in this collection. We hope your child can fully feel the vibes of freedom in these high quality clothes. Stefania presents how she will enjoy the collection during her holidays.

Clothes are an important part of your appearance. They create the first impression of a person, of their creativity and individuality. The main goal of the company is the development and manufacturing of comfortable, elegant pieces for children that represent their desire to be mature and independent. Apart from that, it is extremely important to develop the child's taste and sense of style from an early age! This is why Stefania put great effort into showing children the beauty and harmony, helping them express themselves, finding their style and fashion and interacting with the outside world through it - all with Stefania clothes.

COMFORTABLE AND ELEGANT PIECES FOR CHILDREN THAT REPRESENT THEIR DESIRE TO BE

MATURE AND INDEPENDENT

ABOUT THE COMPANY

It all started with a great love - the love of parents for their long-awaited daughter, Stefania. They wanted to give their newborn baby a gift that can only be dreamed of: a premium brand that would carry her name and represent her in the world of high fashion.

Time will pass, and Stefania will be able to show all her creativity - the brand will reflect her aesthetic view of the world and unique style.

Thus, the fabulous story of Stefania, memories of her childhood and her first discoveries became the very instant inspiration for all the collections of the STEFANIA brand, an initial guideline for a beautiful and careful selection of details.

It's not a secret that fashion is capricious, flighty and fleeting. Its main feature is constant change. Most of us accept the game and follow the new tendencies, and it is totally understandable - everyone wants to be modern and successful, which most of the time requires us to be fashionable. But there are more meaningful things in life - timeless things.

For our company, family, with its rules & traditions, love for children, and utmost care for each family member will forever be the number one value.

We are proud that our company can combine family values and business - this feature lays in the foundation of both its internal and external policies. The relationship between the members of our team could be called family. We do not only work together - we relax, celebrate and spend downtime altogether. Our attitude towards our partners and clients is also very attentive and warm. This atmosphere makes our work very pleasant, allowing us to manage the everyday routine easily and smoothly.

STEFANIA available in
Ricardo Soriano 58, 29601 Marbella
+34 667 853 003
info@stefaniapinyagina.com
www.stefaniapinyagina.com

THE LIFE **YOU** DESERVE

JADE TOWER
by CORDIA & Otero

LUXURY APARTMENTS IN THE HEART OF **FUENGIROLA**

Exclusive Healthclub

Indoor pool | Gym | Spa
Fitness Studio

Facilities

Gastrobar | Co-working
Cinema

Community APP

Domotic | Concierge service
Community Information

Tel. +34 633 075 446 | jadetower@otero.com.es | www.jadetower.es

California

The Golden State

California is a surprise on its own, from the bohemian and dreamy environment of San Francisco's steep streets, to the immense and chaotic city of Los Angeles. More than 550 kilometres separate these two cities, enough space to accommodate French air villages, sea lions under the sun, luxurious villas and "bodies to die for", including movie sceneries like 'Vertigo' and castles that inspired Orson Wells for his 'Citizen Kane'.
We will make a route on the coast, having the chance to admire the giant sequoias of Muir Woods, to observe San Francisco Bay from the coastal villa of Sausalito or to enjoy the Californian wines in Sonoma…

SAN FRANCISCO: CITY OF CONTRASTS

Known as the Western Paris, San Francisco shines brightly on its own. Stately Victorian houses, a giant red steel bridge, infinite slopes surrounded by mountains with views to the bay, and centenarian trams that go up and down its hills welcome us to this great city.

Visiting its Civic Centre, its famous Victorian houses of Alamo Street, Union Square, Chinatown, the financial centre, the Italian neighbourhood of North Beach, the popular Lombard Street, the Golden Gate Park, the former hippie community of Haight and Ashbury, Twin Peaks or Castro neighbourhood, are almost a compulsory stop, but Nuba travellers take a step further. Aboard a private sailing boat, former yacht of the America's Cup, they will have the opportunity to discover the most emblematic places of the city from a completely different point of view, sailing under the impressive structure of the Golden Gate, while toasting with a glass of champagne.

Located in the centre of San Francisco Bay, Alcatraz Island harbours the former and world's most famous maximum-security federal prison, where such known gangsters as Al Capone or Machine Gun Kelly were imprisoned. Today, it is part of the Golden Gate National Recreation Area, and travellers will enjoy a private and exclusive visit to the facilities at sunset, being able to learn the history and details of this famous penitentiary at night.

One of the best experiences for the oenophiles is to discover Napa Valley and Sonoma, where they will get to know family wine cellars, other ones closed to the public and big winery companies, where they will taste the excellent Californian wines, while they learn about the secrets of the production and distillation process of them.

Enjoying a gourmet dinner at a Michelin 3-Stars restaurant or overflying Napa Valley at sunrise to observe from the sky the vineyards, the volcanic hills or the picturesque villages like Yountville, Rutherford and Calistoga, are two of the many experiences that travellers will have the chance to live in this charming region.

ONE OF THE BEST WAYS TO DISCOVER CALIFORNIA IS BY TRAVELING ALONG ITS WEST COAST

THE WEST COAST: NATURAL LUXURY

One of the best ways to discover California is by traveling along its West Coast; travellers will start their journey and leave San Francisco on a private plane, by motorcycle, on a Chrysler or by driving a sports car on the famous Rute 1.

By having a stopover at Moss Landing, travellers will plough through the water of the bay in a thrilling private safari at the ocean. There, Nuba travellers will have the chance to explore the coast of Monterrey Bay, Point Lobos or Elkhorn Slough, one of California's most spectacular wetlands full of otters, seals and sealions, in addition to humpback whales, blue whales and orcas. Even dolphins may make an appearance!

Another option is to stop at Carmel-by-the-Sea to have lunch in this picturesque city, before arriving at one of the world's most exclusive hotels, whose hot tub hangs over a large cliff with an outstanding view to the Pacific Ocean.

At the breath-taking Big Sur, travellers will take a route climbing up a canyon, surrounded by unbelievable greens, to reach one of the world's most beautiful waterfalls. Once they reach the ocean, having lunch with a panoramic view to this vast spectrum of blues will be the best reward. Arriving at White Peak, Big Sur's most distinctive peak, located at Los Padres National Park, will delight the true nature lovers.

LOS ANGELES: CITY OF DREAMS

Everyone who arrives at Los Angeles is looking for something, it's the representation of the 'American dream', sun, golden beaches, surf and the never-ending opportunities give identity to this large, glamorous and always changing metropolis.

This cosmopolitan city contains a great range of places of interest, such as the Downtown, the Cathedral, the Walt Disney Concert Hall -designed by the architect Frank Gehry-, Olvera Street and the Avila Adobe. In Hollywood we can find the Chinese Theater, the Walk of Fame and the Dolby Theatre, also known as Kodak Theatre, where the Academy Awards Ceremony is held each year.

Travellers will go all over the legendary Sunset Strip, Rodeo Drive, the boutiques and high fashion design mecca, and they'll have the chance to visit Universal Studios, Warner Bros Studios or the famous beaches of Santa Monica, Venice Beach or Malibu. They will go to the residential areas of Bel Air and Beverly Hills, with time for shopping included, plus a visit to the private mansion of a Hollywood star.

At Studio Plaza, Nuba travellers will get to know all the secrets behind the scenes, and will have the chance to have lunch at the Commissary Fine Dining Room, where producers, actors, screenwriters and executives meet to talk about their latest projects and top secret scripts. They will also visit the Prop Department, which holds one of the biggest collections of antiques, modern furniture, rugs, curtains, lightning and accessories of Hollywood's golden age, and The Archive, which showcases costumes and wearables of some of Warner Bros' most emblematic productions.

Overflying Universal Studios, Hollywood Sign, celebrities' houses of Beverly Hills and Bel Air, beaches, Santa Monica's peer and Pacific Palisades, on a private helicopter, is possible for Nuba travellers. They will land on an exclusive and remote plateau, where they'll enjoy a rustic aperitif consisting of toasts, champagne, strawberries and cheesecake, while admiring the unforgettable view.

Another option is to fly to Death Valley, North America's lowest place, to discover the most remarkable and spectacular aspects of this impressive, desolated and bumpy land. This journey will take them to the heart of Death Valley, with fantastic opportunities to take photos at Dante's View, Zabriskie Point, Artist's Pallet and Bad Water Basin, the Western Hemisphere's lowest point!

And as the perfect finale, for basketball lovers, Nuba will be able to get the best seats of the court, and the VIP hospitality before, during and after the Lakers' game. And for the real fanatics, visits to the locker rooms can be organised, accompanied by their coach, before the game.

Nuba Viajes.
Calle Cervantes, 12. 29016 Málaga.
www.nuba.net

California

El Estado Dorado

California sorprende desde el ambiente bohemio y soñador de las empinadas calles de San Francisco, hasta la inmensa y caótica ciudad de Los Ángeles. Más de 550 kilómetros separan estas dos ciudades, espacio suficiente para albergar pueblos con aire francés, leones marinos al sol, villas de lujo y "cuerpos de escándalo", sin olvidar los escenarios de películas como 'Vértigo' o castillos que inspiraron a Orson Welles para su 'Ciudadano Kane'.
Haremos un recorrido por la costa, mientras admiramos las secuoyas gigantes del Bosque de Muir, observamos la Bahía de San francisco desde la villa costera de Sausalito o disfrutamos de los vinos californianos en Sonoma…

SAN FRANCISCO: CIUDAD DE CONTRASTES

Conocida como el París del Oeste, San Francisco brilla con luz propia. Señoriales casas victorianas, un enorme puente rojo de acero, infinitas cuestas con vistas a la bahía rodeadas de montañas, y centenarios tranvías que ascienden y descienden por sus colinas, nos dan la bienvenida a esta gran ciudad.

Recorrer su Centro Cívico, sus famosas casas victorianas de Alamo Street, Union Square, Chinatown, el centro financiero, el barrio italiano de North Beach, la popular Lombard Street, Golden Gate Park, el antiguo reducto hippie de Haight and Ashbury, Twin Peaks o el barrio de Castro, se convierte en una visita casi obligatoria, pero los viajeros Nuba va un paso más allá. A bordo de un velero privado, un antiguo yate de la America's Cup (Copa América), tendrán la oportunidad de conocer los puntos más emblemáticos de la ciudad desde una perspectiva completamente diferente, navegando bajo la impresionante estructura del Golden Gate, mientras brindan con una copa de champán.

Ubicada en el centro de la bahía de San Francisco, la isla de Alcatraz alberga en su interior la antigua prisión de máxima seguridad más famosa del mundo, que fue el centro de reclusión de gánsteres tan conocidos como Al Capone o George "Metralleta" Kelly. Hoy en día forma parte del Parque Nacional Golden Gate y los viajeros podrán realizar una exclusiva visita en privado al atardecer, para conocer de noche los detalles y la historia de este famoso presidio.

Una de las mejores experiencias para los enófilos es descubrir el Valle de Napa y Sonoma, donde podrán conocer bodegas familiares, otras cerradas al público y grandes empresas vinícolas, en las que degustar los excelentes vinos californianos, al tiempo que aprenden los secretos de la producción y destilación de estos.

Disfrutar de una cena gourmet en un restaurante con 3 estrellas Michelin o sobrevolar el Valle de Napa al amanecer para observar desde lo alto la zona vinícola, las colinas volcánicas o los pintorescos pueblos como Yountville, Rutherford y Calistoga, son algunas de las experiencias que podrán vivir en esta encantadora región.

LA COSTA OESTE: LUJO NATURAL

Una de las mejores formas de descubrir California es recorriendo su Costa Oeste; los viajeros podrán salir de San Francisco en avión privado, en moto, en Chrysler o conduciendo un deportivo por la famosa Ruta 1.

Realizando una parada en Moss Landing, atravesarán las hermosas aguas de la bahía en un emocionante safari privado de medio día por el océano. Allí, los viajeros Nuba podrán explorar la costa de la Bahía de Monterrey, Point Lobos o Elkhorn Slough, uno de los humedales más espectaculares de California, lleno de nutrias, focas y leones marinos, además de conocer de cerca a las ballenas jorobadas, las orcas o las ballenas azules. ¡Se sabe que los delfines también hacen apariciones frecuentes!

Otra opción es realizar una parada en Carmel-by-the-Sea para almorzar en esta pintoresca ciudad, antes de llegar a uno de los hoteles más exclusivos del mundo, cuya bañera de hidromasaje cuelga sobre un gran acantilado con vistas al Océano Pacífico.

En el majestuoso Big Sur, los viajeros podrán realizar un recorrido a pie, subiendo por un cañón rodeado de verdes inimaginables, hasta alcanzar una de las cascadas más bellas del mundo. Tras llegar al océano, un almuerzo con vistas panorámicas a este espectro de azules será el descanso perfecto. Continuar hasta White Peak, el pico más distintivo en Big Sur, ubicado en el Bosque Nacional Los Padres, hará las delicias de los amantes de la naturaleza.

LOS ANGELES: CIUDAD DE LOS SUEÑOS

Todo el mundo llega a Los Angeles en busca de algo, es la representación del "sueño americano", el sol, las playas doradas, el surf y la infinidad de oportunidades son la identidad de esta extensa metrópolis glamurosa y siempre cambiante.

Esta ciudad tan cosmopolita, cuenta con diversos puntos de interés como el Downtown, la Catedral, el Walt Disney Concert Hall, diseñado por el arquitecto Frank Gehry, la Placita Olvera y la Casa Avila. En Hollywood encontramos el Teatro Chino, el Paseo de la Fama y el Teatro Dolby, más conocido como Kodak Theatre, donde cada año se celebra la gala de los Oscar.

Los viajeros recorrerán la mítica Sunset Strip, Rodeo Drive, la meca de las boutiques de diseño y alta costura, y tendrán la opción de visitar los Estudios Universal, Estudios Warner Bros o las famosas playas de Santa Monica, Venice Beach o Malibú. Conocerán también la zona residencial de Bel Air y Beverly Hills, incluido el tiempo para ir de compras y una visita privada a la mansión de una estrella de Hollywood.

En el Studio Plaza, los viajeros Nuba conocerán todos los secretos behind the scenes y podrán disfrutar de un delicioso almuerzo en el Commissary Fine Dining Room, donde los productores, actores, escritores y ejecutivos de estudio se reúnen para discutir sus últimos proyectos. Conocerán el Prop Department, que alberga una de las mayores colecciones de antigüedades raras y muebles modernos, alfombras, cortinas, iluminación y complementos de mano de la época dorada de Hollywood, y The Archive, que muestra disfraces y accesorios de algunas de las producciones más emblemáticas de Warner Bros.

Sobrevolar Universal Studios, Hollywood Sign, las casas de las celebrities en Beverly Hills y Bel Air, las playas y el muelle de Santa Mónica y Pacific Palisades, en helicóptero privado, es posible para los viajeros Nuba. Aterrizarán en una meseta exclusiva y aislada, donde disfrutarán de un almuerzo campestre con tostadas de champán, fresas y tarta de queso, mientras admiran las inolvidables vistas.

Otra opción es volar hasta Death Valley, el lugar más bajo de América del Norte, para conocer los aspectos más destacados y espectaculares de este impresionante terreno desolado y accidentado. Este recorrido los llevará al corazón del Valle de la Muerte, con fantásticas oportunidades para tomar fotos en Dante's View, Zabriskie Point, Artist's Pallet y Bad Water Basin ¡el punto más bajo del hemisferio occidental!

Y como broche final, para los amantes del baloncesto, Nuba podrá obtener los mejores asientos en la cancha y la hospitalidad VIP antes, durante y después del partido de los Lakers. Para los verdaderos fanáticos, también se pueden organizar visitas a los vestuarios con el entrenador antes del partido.

Tikitano
by besaya
welcome back to your dreams
GRUPO
BESAYA
+34 952 79 84 49
www.tikitano.com
Urb. Guadalmansa, Ctra. de Cadiz KM 164 29680 Estepona, Spain

besaya beach
MARBELLA

Welcome to Besaya Beach

En plena "orilla del mar", 365 días al año, acompañados por una sensación incomparable "de estar sobre el agua" sin renunciar al máximo confort de sus espacios, a su detallada atención, y a su exquisita gastronomía mediterránea.

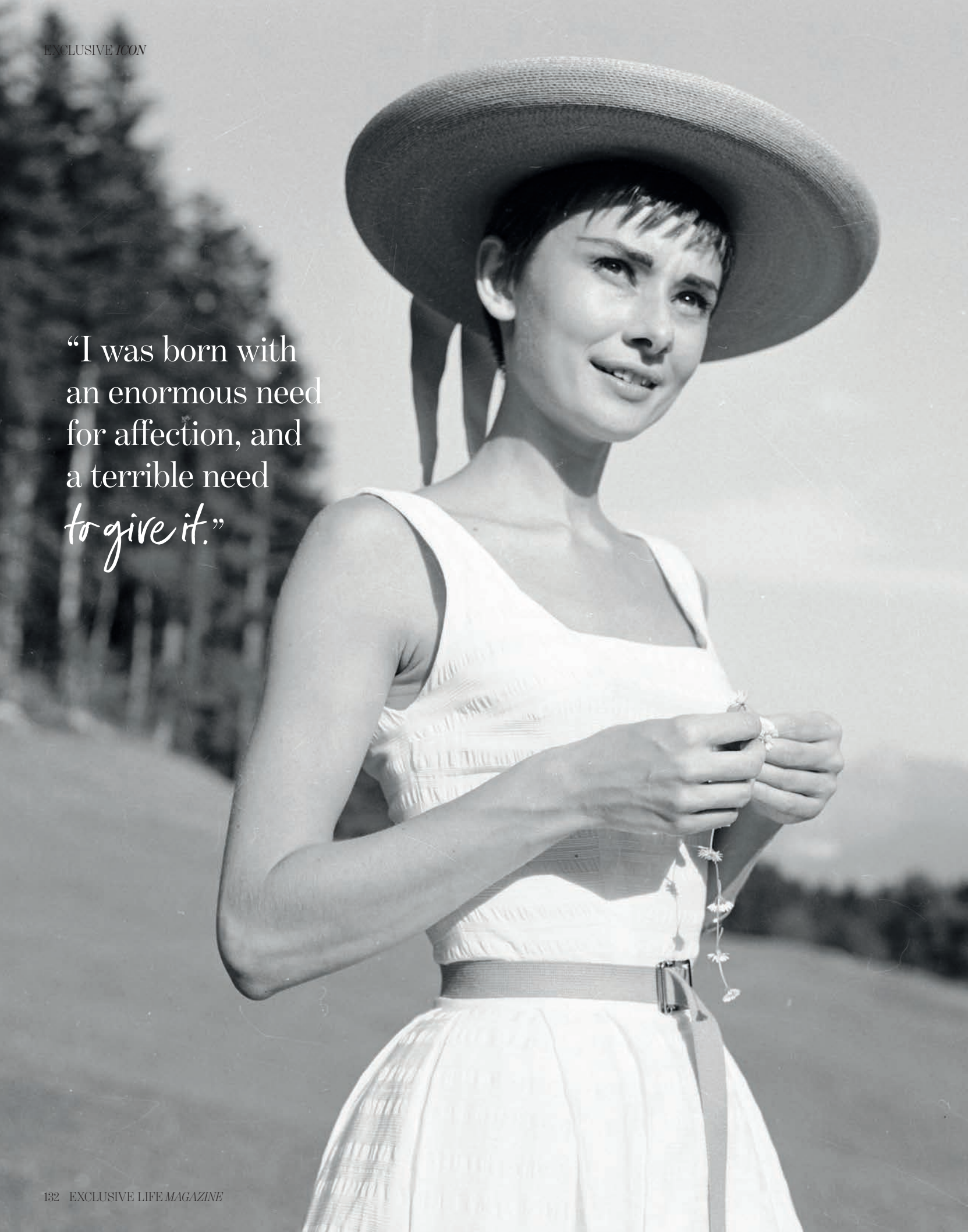
Welcome to Besaya Beach

In full "seashore", 365 days a year, accompanied by an incomparable feeling "of being on the water" without renouncing the maximum comfort of its spaces, its detailed attention, and its exquisite Mediterranean cuisine.

Reservations +34 952 77 72 99
E-mail: reservas@besayabeach.com

Dirección: Urb. Coral Beach Km 176
29600 Marbella Málaga

stay tuned on facebook



"I was born with an enormous need for affection, and a terrible need *to give it.*"

Audrey

The legendary muse

By Eva del Amo

Her eternal smile. Her large, almond-shaped eyes. Her slim figure. Her charming personality. Everything about Audrey Hepburn exuded elegance and glamour, although paradoxically, rather than physical, the actress's most attractive trait was her inner beauty.

On May 4th 1929, Audrey Kathleen Ruston, who the whole world would come to know as Audrey Hepburn, was born in Brussels, Belgium. Her father, Joseph Victor Anthony Ruston, worked in an insurance company, while her mother, Ella van Heemstra, was a baroness of Dutch origin and a descendant of King Edward III of England. However, having aristocratic blood did not spare little Audrey from living the horrors of World War II.

At the age of ten, the future actress moved with her mother and brothers to her grandfather's house, in Arnhem (Netherlands). At the conservatory there she started studying piano and classical ballet, a discipline in which she soon began to excel. However, the war got in the way, and the poor nutrition of the war-torn Europe took its toll on her delicate constitution. She developed anemia and respiratory problems due to dietary deficiencies. Years later, the actress said: "We subsisted on a slice of bread made of whatever type of cereal, and a dish of watery soup, made with just one potato."

Even so, the girl's headstrong nature drove her to keep trying to achieve her dream of becoming a ballerina. In 1945, once the war was over, Audrey left behind Arnhem's conservatory and set off for London to continue studying ballet, with the help of Marie Rambert, a renowned ballet teacher. But she soon realised that she could not succeed as a professional ballerina. Her height (1.67 m), her skinniness, due to malnutrition during the German occupation, and the economic difficulties that her family was facing would prove too much of a burden for Audrey to see her dreams fulfilled. It was during that time of arduous inner struggle when she decided to try her luck as an actress, a better-paid profession than that of ballerina.

MOST SUCCESSFUL FILMS

Her first role was in the film "One Wild Oat", in which she played a hotel receptionist. Thereafter came other small parts of little significance, until Audrey Hepburn landed

IF "ROMAN HOLIDAY" LAUNCHED HER TO STARDOM, "BREAKFAST AT TIFFANY'S" *made her a film icon.*

the role of a lifetime that would catapult her to fame: "Roman Holiday", a film by William Wyler, in which she would star with the already acclaimed Gregory Peck.
Initially, the producers had thought of Elizabeth Taylor for the leading role, but the director was captivated by Audrey as soon as he saw her. Her combination of charm, innocence and talent were perfect for the film. When the filming was over, her co-star predicted that she would get an Oscar for her role, and he was not mistaken. Film critics, audiences and all of Hollywood were won over by the naturalness of the actress, who became an instant star.
In the following years there would be more successful films, such as the iconic "Breakfast at Tiffany's", "My Fair Lady", "The Nun's Story", or "Sabrina". It was in this last feature film that Audrey Hepburn first met the designer, Hubert de Givenchy, responsible for the costumes of the film, and established a friendship that would last a lifetime. When one thinks of Audrey Hepburn nowadays, the image would undoubtedly be of her wearing one of his beautiful dresses.

THREE AWARDS

In 1954, Hepburn played one of the leading roles in "Ondine" alongside the man she would later marry, Mel Ferrer, and with whom the actress had her first child, Sean. That same year she was awarded the Golden Globe for Best Actress, the Oscar for "Roman Holiday", and six weeks later, the Tony Award, again for "Ondine", thus becoming one of the few actresses holding the three most important awards of the film world.
If "Roman Holiday" launched Audrey Hepburn to stardom, "Breakfast at Tiffany's" made her a film icon. Despite this, the actress was still a very shy person.

"I'm an introvert. Playing the extroverted girl was the hardest thing I ever did," she told the press. The elegant costumes of this film were also designed by Givenchy. Her magnificent performance earned her another Oscar nomination, which, on that occasion, was awarded to Sophia Loren.

Apart from being shy, Audrey Hepburn, now a Hollywood star, was also a frugal person. While the other actors and actresses of her magnitude lived in large, luxurious mansions, she preferred to live in a very conventional house, cultivating her own vegetable garden. A glamourous actress who, nonetheless, never stopped helping the needy, in remembrance of the particularly hard childhood she had to live.

After the failure of her first marriage due to the emotional impact of five miscarriages, Hepburn married Andrea Dotti, an Italian psychiatrist with whom she had her second son, Luca. However, his constant infidelities ended up leading Hepburn to an inevitable divorce.

DEVOTED TO OTHERS

Dedicated in her role as a mother, and after fifteen years of ongoing successes, the actress decided to gradually withdraw from the world of cinema, taking refuge in a beautiful country house in the Swiss town of Tolochenaz, with just 500 inhabitants. In spite of everything, Audrey Hepburn never lost contact with the film sets. She played her last role in 1989, in the film "Always", by Steven Spielberg. And it was also on set that she met the Dutch actor, Robert Wolders, about whom she stated: "He made me live again, and realise that everything was not over for me."

In the last years of her life, Audrey was very much involved in helping others. In 1998 she was appointed UNICEF ambassador. She made repeated trips to Sudan, El Salvador, Guatemala, Honduras and Vietnam to partake in the fight against issues such as AIDS or child malnutrition. She made her last trip in 1992, while terminally ill with colon cancer, which had undermined her strength, in an act of generosity that contributed to further magnify her work. UNICEF expressed their gratitude publicly to her by erecting a statue of the actress at the New York headquarters, which was unveiled in 2000.

EXTENSIVE VOLUNTARY WORK

Audrey Hepburn died in Switzerland on January 20, 1993, at the age of 63. The world of Hollywood agreed that: "God would be pleased to have an angel like Audrey with him."

On the day of her funeral, her children, Luca and Sean, who later set up the Audrey Hepburn Children's Fund, were present. Also there were her two ex-husbands and her latest companion, who commented to the journalists gathered: "If in heaven there are angels, I'm convinced they must have the eyes, hands, face and voice of Audrey Hepburn". Tiffany & Co., which the actress popularised with the film "Breakfast at Tiffany's", put her photograph in the windows of their stores around the world with the phrase "Our Huckleberry Friend" from the song, Moon River. The whole world mourned her passing, and with each tear the legend began to take shape.

The passage of time has not been able to erase the eternal smile, the slim figure or the magnetism of the actress, capable of reaching beyond the screen and captivating the audience. Audrey Hepburn is now a mythical figure that outlives fashions, an icon among Hollywood icons. The film muse who hid an interior that was even more outstanding than her indisputable exterior beauty.

Audrey Hepburn
Musa legendaria

Su eterna sonrisa. Sus grandes ojos rasgados. Su figura estilizada. Su arrolladora forma de ser.

Todo en Audrey Hepburn respira elegancia y glamour, a pesar de que paradójicamente lo más bonito de la actriz, lejos de estar en el exterior, se encontraba en el interior.

El 4 de mayo de 1929 nacía en la ciudad belga de Bruselas Audrey Kathleen Ruston, la que el mundo entero conocería como Audrey Hepburn. Su padre, Joseph Victor Anthony Ruston, trabajaba en una compañía de seguros, mientras que su madre, Ella van Heemstra, era una baronesa de origen holandés, descendiente del rey Eduardo III de Inglaterra. Sin embargo, pertenecer a la cuna de la aristocracia no libró a la pequeña Audrey de vivir los horrores de la Segunda Guerra Mundial.

Con diez años la futura actriz se trasladó con su madre y sus hermanos a la casa de su abuelo, en Arnhem (Países Bajos). En el conservatorio de la ciudad empezó a estudiar piano y ballet clásico, una disciplina en la que pronto comenzó a destacar. Sin embargo, la guerra se interpuso en su camino y la mala alimentación que se vivía en la Europa de la contienda hicieron estragos en su frágil constitución. Las carencias alimenticias le provocaron anemia y problemas respiratorios. Años después, la actriz afirmaba: "Nos manteníamos con una rebanada de pan hecho con cualquier cereal y un plato de sopa aguada, elaborada con una sola patata".

Aún así, el carácter decidido de la muchacha hizo que siguiera intentando su sueño de ser bailarina. En 1945, una vez finalizada la guerra, Audrey dejó atrás el conservatorio de Arnhem y se marchó a Londres para seguir estudiando ballet, de la mano de Marie Rambert, una reconocida profesora de danza. Pero pronto se dio cuenta de que no podría destacar como bailarina profesional. Su altura (1,67 metros), su delgada constitución física a causa de la malnutrición

durante la ocupación alemana y la difícil situación económica que atravesaba su familia iban a ser un lastre demasiado pesado para ver cumplidos sus sueños. Fue en esos momentos de dura lucha interior cuando decidió probar suerte en la profesión de actriz, mejor pagada que la de bailarina.

PELÍCULAS DE MÁS ÉXITO

Su primer papel en una película fue el film "One Wild Oat", en el que actuaba como recepcionista de hotel. De ahí llegaron otras pequeñas intervenciones sin demasiada importancia hasta que Audrey Hepburn consiguió el papel de su vida, el que le catapultaría a la fama: "Vacaciones en Roma", una película de William Wyler, en la que compartiría cartel con el ya consagrado Gregory Peck.

En un primer momento, los productores de la película habían pensado en Elizabeth Taylor para el papel protagonista, pero el director del film se quedó prendado de Audrey en cuanto la vio. Esa mezcla de encanto, inocencia y talento eran perfectos para la película. Tras terminar el rodaje su compañero de reparto predijo que recibiría un Oscar por su situación y no se equivocó. Críticos de cine, público y todo Hollywood cayeron rendidos ante la naturalidad de la actriz, convertida ya en una estrella.

En los años siguientes llegaron más películas de éxito, como el icónico film "Desayuno con diamantes", "My Fair Lady "Historia de una monja" o "Sabrina". Fue en este último largometraje cuando Audrey Hepburn entró en contacto con el diseñador Hubert de Givenchy, encargado del vestuario de la película, estableciendo una relación de amistad que duraría toda la vida. Cuando alguien recuerda a Audrey Hepburn hoy en día probablemente lo haga vistiendo uno de sus preciosos trajes.

TRES GALARDONES

En 1954, Hepburn interpretó uno de los papeles protagonistas de "Ondine" junto al que se convertiría en su marido, Mel Ferrer, con quien la actriz tuvo a su primer hijo, Sean. Ese mismo año recibiría el Globo de Oro a la Mejor Actriz, el Oscar por "Vacaciones en Roma" y seis semanas después el premio Tony de nuevo por Ondine, convirtiéndose así en una de las pocas actrices poseedora de los tres galardones más importantes del mundo del celuloide.

Si "Vacaciones en Roma" lanzó a Audrey Hepburn al estrellato, "Desayuno con diamantes" la convirtió en un icono del cine. A pesar de ello, la actriz seguía siendo una persona muy tímida. "Soy introvertida. Actuar interpretando a una chica extrovertida es la cosa que más difícil he hecho en mi vida", llegó a decir a la prensa. El elegante vestuario de esta película también fue diseñado por Givenchy. Su magnífica interpretación le valió otra nominación al Oscar, que en esa ocasión fue entregado a Sophia Loren.

Además de tímida, Audrey Hepburn, convertida en una estrella de Hollywood, era una persona austera. Mientras el resto de los actores y actrices de su nivel vivían en grandes y lujosas mansiones, ella prefería vivir en una casa muy convencional, cultivando su propio huerto. Una actriz llena de glamour que, sin embargo, nunca dejó de ayudar a los más necesitados, en recuerdo de la infancia especialmente dura que le tocó vivir.

Tras el fracaso de su primer matrimonio por el desgaste que le supuso la pérdida de cinco embarazos, Hepburn se casó con Andrea Dotti, un psiquiatra italiano con quien tuvo a su segundo hijo, Luca. Sin embargo, sus continuas infidelidades terminaron avocando a Hepburn un irremediable divorcio.

DEDICADA A LOS DEMÁS

Volcada en su papel de madre, y tras quince años de éxitos continuados, la actriz decidió irse retirando gradualmente del mundo del cine, refugiándose en una preciosa casa de campo en la localidad suiza de Tolochenaz, de apenas 500 habitantes. A pesar de todo, Audrey Hepburn nunca llegó a perder el contacto con los platós de rodaje. Su último papel lo interpretó en 1989, en la película "Always", de Steven Spielberg. Y también fue en un plató donde conoció al actor holandés Bob Wolders, de quien afirmó: "Me hizo vivir de nuevo y darme cuenta de que no todo se había terminado para mí".

En los últimos años de su vida, Audrey se volcó en ayudar a los demás. En 1998 fue nombrada embajadora de UNICEF. Hizo constantes viajes a Sudán, El Salvador, Guatemala, Honduras y Vietnam para luchar por causas como el sida o la malnutrición infantil. El último viaje lo hizo en 1992, ya desahuciada por un cáncer de colon que había minado sus fuerzas, en un acto de generosidad que contribuyó a engrandecer aún más su labor. UNICEF se lo agradeció públicamente colocando una estatua de la actriz en la sede de Nueva York, que fue inaugurada en el año 2000.

EXTENSA LABOR SOLIDARIA

Audrey Hepburn murió en Suiza el 20 de enero de 1993, a los 63 años. El mundo de Hollywood coincidió en afirmar que "Dios estará contento de tener un ángel como Audrey".

El día de su entierro estuvieron presente sus hijos, Luca y Sean, que actualmente gestiona la fundación Audrey Hepburn Childhood. Tampoco faltaron a la cita sus dos ex maridos y el que actual amor, quien comentó a los periodistas allí reunidos: "si en el cielo existen los ángeles estoy convencido de que deben tener los ojos, las manos, el rostro y la voz de Audrey". La joyería Tiffany, que popularizó la actriz con la película "Desayuno con diamantes" le dedicó un escaparate con la frase "My huckleberry friend", de la canción de Moon River. El mundo entero lloraba su marcha y cada lágrima comenzaba a dar forma al mito.

El paso del tiempo no ha podido borrar su eterna sonrisa, su esbelta figura y ese magnetismo propio de la actriz, capaz de atravesar la pantalla y embelesar al espectador. Audrey Hepburn es hoy una figura mítica que perdura más allá de las modas, un icono entre los iconos de Hollywood. La musa del celuloide que escondía un interior todavía más brillante que su indudable belleza exterior.

A luxury Bistro Restaurant in the heart of Puerto Banús.

We offer a unique and intimate dining experience with a popular menu of classic favorites home made sauces to die for.

We have welcomed over 2 million clients from all over the world during the last 30 years.

Muelle Ribera 35 29660 Puerto Banús, Marbella.
Tel: 952 815 915 / 654 018 967 / www.losbandidos.es

LOS BANDIDOS
restaurante

INTERNATIONAL CUISINE · COCINA INTERNACIONAL

NEW YORK Street Art

By Kenza Eizaguirre

The contrast of street art and classic art (romanticism, renaissance etc...) is immense to the eye however, in analysis art is a form of expression; history telling, storytelling, a form of education and escapism and a reflection of society, addressing political and socio-cultural actualities. In this article I will discuss the empowerment of street art and in the next editorial I will compare street art with romanticism-classic art with the current exhibitions in Madrid and Malaga.

Street Art can be seen in every cosmopolitan city worldwide! As a reaction and reflection of society a form of self-expression, generally, for marginalized individuals.

The evolution of street art became evident through such artists as Banksy, who transformed views of this art form. Street art gave birth to artists creating breathtaking murals, decorating the otherwise grey urban walls. Stencils and graffiti became vessels for socio-political activism, some artists becoming known for their live performative installations and others like Banksy and Invador preferring to be incognito.

Some of the earliest expressions of street art were graffiti which started showing up on the sides of train cars and walls often viewed as vandalism. This was the work of gangs in the 1920s and 1930s in New York. The impact of this subversive culture was extraordinarily felt and grew progressively in the 1970s and 1980s and reaching its peak towards the late 90´s.

NEW YORK:

On my latest visit to New York, I visited several contemporary art galleries that I knew from Paris, London, Miami and I discovered new local ones in Soho, Noho and the Meat Packing District which is buzzing in the pop art street art scene.
New York City sits directly at the center of an explosive, global urban art movement. The city overflows with galleries, pop up exhibitions and street murals and sculptures from local talent as well as international artists.
On this last trip to Soho, I stumbled across a Cuban street artist named, Yuni Felix. I was leaving the Mercer Hotel on Mercer Street adjacent to Prince Street and across the sidewalk under a scaffolding construction area I saw a man working on a poster image of Frida Kahlo. We made a date for Sunday at the same place in front of the Mercer Hotel for me to collect the finished Frida Piece.
Yunierki Felix Hodelin was born in Orient, Cuba in 1984. He describes his work as being based on social-spiritual issues.
Using thick, textured paint, recycled materials and collage he creates images, often with cartoon-like figures, that speak to his harrowing experiences as a child.
"Due to my afflictions, my love for art was reborn, after trying to escape from the pain and loneliness. Through my art I was able to find inner peace and comfort, it also brought me to a deep subconscious level where I was forced to face my true self and I was able to learn valuable information about my own personality. Something that helped me know and understand myself in a way that I was able to partially and positively correct."

THE DETOUR GALLERY IN NEW JERSEY.
www.detourgallery.com

It was a rainy, windy and grey Sunday I left my hotel in the Upper East Side walking down 5th Avenue and the Broadway to Union Square were I had discovered the farmers market the day before. I was delighted as the market had several stands with fresh produce coming from the countryside. Predominantly were the apple stands selling granny apples and fresh hot Apple Cider. The key word Hot! As New York in January with the icy winds can be slightly painful the Hot Apple Cider is a God send! Made from the juice of fresh granny apples, cinnamon, cardamom and nutmeg!
I stopped to get a take away of the Hot Apple Cider and continued my way down Broadway to the corner of Prince Street and Mercer to find Yuni Felix. Walking speedily with my apple cider under the glacial winds and rain I arrived at the corner of Mercer Street under the scaffolding were the artist was the previous day. His open air studio was vacant no signs of the artist to be seen.

THE EVOLUTION OF STREET ART BECAME EVIDENT THROUGH SUCH ARTISTS AS BANKSY

I wondered what to do, I thought surely he needed the money that I had offered him for the piece. I went into the trendy Mercer Hotel to get warm and wondered whether to wait for a few hours in the lobby to see whether the artist would appear. As it would be dark by 5pm. I didn't want to go back to my Hotel area too late so I decided to go back to the Upper East Side. How strange I thought a struggling artist would normally be eager to sell his art, especially when one is in need of cash. Monday was my last day in the big apple I had several errands to run and last minute shopping to do, as I had a meeting at the Soho House near Chelsea Market and I wanted to go by China Town as I had not been in years I thought I would walk from China Town to the Chelsea area and cross Mercer street again just to see if Yuni would by chance be at the meeting point.

After walking 23km from Central Park down to Chinatown and then back up Broadway I was exhausted to say the least and running late to my meeting at Chelsea. I was two streets from Mercer and thought it is worth it just to go by and see if by chance the artist would be there, then I would pop in a taxi and make it to my meeting all within 15 minutes. As I approached Mercer Street and came up to the scaffolding spot, to my surprise Yuni was there! His street side studio was all set up with his brushes and poster roll ups he was working on another colorful piece. I approached him, he was pleased to see me and I told him I had missed him yesterday. He explained that due to the cold weather and rain he could not cope to be on the street that is why he didn't make it, but thankfully we managed to catch each other today my last day. He said he had a feeling I would come again, I asked to see the Frida piece. It was completed full of bright colors with the metro map background the piece was full of Life! I paid him and urged him to continue working as he had a great talent! I asked for his contact details to follow his progress and perhaps organize an exhibition for him in Europe!

New York City is a treasure trove of street art. From professionally painted murals to gritty graffiti, this artistic form of self-expression initially gained prominence in the early 1980s and since then, visual artists from all across the globe have flocked to the concrete jungle to create urban masterpieces. Neon Colored posters, pop art, street installations, sculptures and massive wall murals can be observed from all angles of the Big Apple!

While it is common in the contemporary art scene for street artists to successfully combine street art and studio based work, Jean-Michel Basquiat whose powerful 1982 painting of a skull brought $110.5 million at Sotheby's, to become the sixth most expensive work ever sold at auction. Only 10 other works have broken the $100 million mark. (The bidder was the Japanese collector Yusaku Maezawa) Basquiat is one of the most spectacular examples of the crossover from street art into the world of find art.

One of my favourite Galleries in Soho is the DTR modern Gallery on West Broadway with several pieces by Mr. Brainwash, Banksy, Keith Hering, George Kondo, Damian Hirst etc.. I follow Mr. Brainwash since several years ago, I began working for the Parisian Street Art Gallery Moretti Moretti and had several pieces by both Mr. Brainwash and his son the artist Hijack. "Life is Beautiful" is his the artists company name with which he signs all his pieces.

Impressive Murals can be seen around Chelsea Market and in the Meat Packing District and all around Noho.

Detour Gallery in New Jersey includes works by my recent discovery Yuni Felix and several up and coming street artists.

la prairie
SWITZERLAND

WHITE CAVIAR
EYE EXTRAORDINAIRE

BAJO UNA NUEVA LUZ,
EL OJO SE HACE EXTRAORDINARIO.

LUZ Y FORMA.
LA PRAIRIE SE INSPIRA EN LOS ELEMENTOS FUNDAMENTALES DE LA ARQUITECTURA Y LOS APLICA AL OJO,
UNA ZONA DE CONTRASTES, SOMBRAS Y CURVAS. ESTA LUJOSA CREMA ESTÁ ENRIQUECIDA CON LUMIDOSE
– LA EXTRAORDINARIA MOLÉCULA ILUMINADORA – Y EL EXTRACTO DE CAVIAR DORADO.
TRATA TODAS LAS ALTERACIONES CROMÁTICAS EN LA PIEL, PROPORCIONANDO UNA LUMINOSIDAD EXTRAORDINARIA AL OJO.

ENRIQUECIDA CON LUMIDOSE

THE BOND WATCH IS REVEALED

OMEGA IS DELIGHTED TO UNVEIL 007'S NEWEST TIMEPIECE THAT WILL FEATURE IN THE 25TH JAMES BOND FILM, NO TIME TO DIE, SET TO ARRIVE IN CINEMAS IN APRIL 2020.

OMEGA
007
OMEGA
Cayo Caimán
Grande de Sta. María
Fl.5s 48m 28M

OMEGA
Seamaster
CO-AXIAL
MASTER CHRONOMETER
300m / 1000ft

Appearing on-screen will be a thrilling new Seamaster Diver 300M 007 Edition. First launched in 1993, the Diver 300M has built its legacy with real-life divers and style aficionados, as well as becoming the quintessential wrist-wear of James Bond.
OMEGA has worked closely on the development of the Bond watch with Daniel Craig and the filmmakers, whose knowledge of James Bond has brought invaluable insight to OMEGA's watch developers and designers. Daniel Craig's own experience as 007 has also influenced this exciting final design.

Available at Tourbillon Puerto Banús
Muelle Ribera, Casa O, Local 5.
Tel: +34 952 81 38 37 · www.tourbillon.com

Se revela el reloj de

JAMES BOND

OMEGA se complace en revelar el nuevo reloj de 007 que se presentará en la película número 25 de James Bond. No Time To Die (Sin tiempo para morir) llegará a los cines en abril de 2020. En pantalla aparecerá un nuevo y apasionante Seamaster Diver 300M 007 Edition. Lanzado por primera vez en 1993, el Diver 300M ha hecho su historia con submarinistas de la vida real y aficionados al estilo, además de convertirse por excelencia en el reloj de muñeca de James Bond. OMEGA ha trabajado estrechamente en el desarrollo del reloj Bond con Daniel Craig y los productores, cuyo conocimiento de James Bond ha aportado una valiosa información para los diseñadores y desarrolladores de relojes de OMEGA. La propia experiencia de Daniel Craig como 007 ha influido también en este emocionante diseño final.

Disponible en Tourbillon Puerto Banús.
Muelle Ribera, Casa O, Local 5. Tel: +34 952 81 38 37 · www.tourbillon.com

OMEGA
Seamaster
PROFESSIONAL
CO-AXIAL
MASTER CHRONOMETER
300m / 1000ft
10
20
30
40
50

Founded in 2006, Naga Thai is one of Marbella's most distinguished Thai restaurants. Its unique menu is a celebration of authentic Thai cuisine with contemporary Asian influences.
Led by acclaimed chef Prasar Jansong, with the support of a passionate and dedicated team of staff, Naga Thai is renowned for its unique and modern Thai cuisine, expertly prepared with traditional techniques and the finest seasonal ingredients.

Fundada en 2006, Naga Thai es uno de los restaurantes tailandeses más distinguidos de Marbella. Su menú único es una celebración de la auténtica cocina tailandesa con influencias asiáticas contemporáneas.
Dirigida por aclamado chef Prasar Jansong, con el apoyo de un equipo de personal apasionado y dedicado, Naga Thai es famosa por su cocina tailandesa única y moderna, preparada por expertos con técnicas tradicionales utilizando los mejores ingredientes de temporada.

Centro Comercial Cristamar, Local 18-21. 29660 Marbella
Reservation: T: +34 952 81 53 19 · www.naga.es

KORSUN

THE PRÊT-À-PORTER BRAND

with an avant-garde spirit

KORSUN is an art embodied in architectural silhouettes and bold colors, the prêt-à-porter class brand born in the southern Spanish city of Marbella in 2015 dictates a lifestyle with an avant-garde spirit. Creator Katrine Korsun illustrates the creative dialogue with the world of art and expresses her sense of peace through bright colors, graphic silhouettes, carefully playing with bold details: embroideries, prints and decor. The status of Made-in-Italy indicates the high demands of carefully selected fabrics, tailoring, fittings. The main source of inspiration for the creation of the new collection FW 2019/20 was the Andalusian horse: majestic and powerful, but elegant and agile.The grace, beauty and courage of the KORSUN heroine are emphasized by horses, presented in the form of prints and embroideries on coats, suits, dresses. Bright accents are used on no less contrasting colors: red, yellow, blue and white, which makes the collection rich and extraordinary. KORSUN. When your clothes are art.

During the active existence of the brand loved gloss. Vogue, Harper's Bazaar, Interview, Grazia, Elle, Cosmopolitan, Glamour, L'officiel and other publications supported the aesthetics and bold steps of KORSUN in the fashion industry, presenting the brand to the General public. In addition, the brand has already appeared 2 times on the cover of L'officiel Latvia.

KORSUN clothes choose: Maja Wyh, Alysia Reiner, Darja Barannik, Eleonora Carisi, Hereith Paul, Valentina Siragusa, Clara Racz, Elena Barolo, Daria Veledeeva, Oxana On, Diana Yevdokimova, Laura Reynoso, Cristina Gheiceanu, Gina Diaz etc.

Tel.: +34 951 127208 · E-mail: info@korsun.com · www.korsun.com
Instagram: @korsunofficial · Facebook: korsunofficial

Do you want to be
SEEN AND KNOWN?

Quieres ser visto y conocido?

Marlene Mantilla
Sales Support

If you are not here, you do not exist
ADVERTISE WITH US!

Si no estás, no existes
Anúnciate con nosotros!

Contact: Ana Pavón. Tel: +34 644 54 20 81 · ana@exclusivelifemagazine.com
Marlene Mantilla. Tel: +34 678 30 14 18 · marlene@exclusivelifemagazine.com

He started out in photography at an early age. At first, as an amateur with the cameras he found in his family home.
He was born in Peru, but grew up in Salamanca. At age 18, he moved to Madrid to study photography and lighting. At the beginning of last year, he requested a transfer to Marbella to do an internship.
The atmosphere of Marbella was ideal for him to gradually begin to make his way, and get to pho- tograph important families, people and businesses of the town.
He has been a photographer for the Global Gift Foundation, he has photographed international stars such as James Arthur, Luis Fonsi, Martin de Demichelis, Johan Ernst, Dolph Lundgren. Or people of national scope, such as Álvaro de Marichalar.
At 24, he is in charge of the social networks of the Puente Romano and Nobu Marbella group, creating all the content that appears in the resort's online presence. He works freelance with his artistic photography, and personal projects. Also with "Exclusive Life Magazine", doing the photographic reports of interviews and celebrities.
This year brings 'Devil Portraits', a series of portraits that will bring out the darkest and most inner version of influential people in Marbella, through an artistic portrait. More than one will be surprised at what is inside, says Marco.

MARCO REYES
Telf: +34 619 181 588 · www.diarfotografia.com
Instagram: @dear_marco · Facebook page: diar fotografía

devil portraits

shine through your own darkness

FRANK SINATRA

On the stage of success

By Eva del Amo

His parents named him Francis Albert Sinatra, but the world came to know him as Frank Sinatra, or simply "The Voice." He was a singer and actor, who made more than 2,000 music recordings, participated in 50 films, and won five Grammy Awards and an Oscar. But on that December 12th, 1915, in New Jersey, he was simply the son of Anthony Martin and Natalie, a couple with Italian origins.

Frank Sinatra's birth was extremely complicated, with the life of both mother and son in danger, but despite the fact that the medical equipment that had to be used left him with a perforated eardrum, the boy soon developed a great passion for music.

At the age of 9, Frank Sinatra was already singing in the tavern his father ran, accompanied by a pianola. At that time, he would try to imitate not only the voice of the great Bing Crosby, but also his way of dressing. Fond of athletics and swimming, the young Sinatra never finished high school, going from one sporadic job to another: from newspaper vendor to truck driver, messenger or sports commentator. Any job was good enough to earn a wage that would allow him to get by while he sang in small bars at night.

In 1932, he met Nancy Barbato, who would become his wife six years later, and the mother of his three children: Nancy, Frank Jr. and Christina. At that time, fate led him to enter a radio contest, accompanying the trio The Three Flashes, under the name of The Hoboken Four. They won first prize, which consisted of a tour sponsored by the radio programme. After three months, Sinatra abandoned the tour due to disagreements with the rest of the group, but his voice had already begun to gain popularity on the radio. Those who knew him back then said there was nobody with more self-confidence and belief in his own talent.

THE BIRTH OF A LEGEND

A decade later, Sinatra took the stage at the Paramount Theater in New York to accompany Benny Goodman. That day, a fan phenomenon started which got increasingly stronger, to the extent that a year later at the same venue, 40,000 girls brought the streets near the theater to a complete standstill. A star was born, and at the end of that year, thanks to the contract with Columbia Records, Frank Sinatra was already earning a million dollars a year.

Taking advantage of the surge of fame, the singer wanted to try his luck in the world of cinema. At first his films were not well received by critics. Around that time, the media began to make public the arguments between Frank and his wife, who asked for a divorce in 1950, when his relationship with the actress Ava Gardner was already public knowledge.

On November 1st, 1951, the singer obtained a divorce from Nancy, and the next day, Ava and he applied for a marriage license in Philadelphia. They were married in a week, thus beginning a passionate life together that was full of separations and reconciliations, until it ended in divorce in 1957.

SUCCESS IN THE CINEMA

During his marriage to Ava, Sinatra was still determined to be an actor. Following his instincts, he fought to get a role in the film "From Here to Eternity", directed by Fred Zinnemann. The film was not only a blockbuster, it would also win him an Oscar as best supporting actor, thus starting a golden era for the actor, who obtained great success with a number of films, such as "Suddenly." At that time, directors and producers called Sinatra not only to star in musical comedies, but also for dramatic roles.

Between 1955 and 1957, Frank Sinatra starred in more than eleven films, while maintaining his success in music and appearing on the cover of Time magazine, which defined him as "the best in the world of entertainment." In this decade, his income was around four million dollars a year.

At the same time, Frank Sinatra was also enjoying success in love. After his separation from Ava Gardner, he had relationships with Judy Garland, Kim Novak and Lauren Bacall, among others. He even got engaged to some of these magnificent women, only to go back on his word later.

A MUSIC LEGEND

With a booming recording career, and having bought his film and television production companies, Sinatra started the sixties earning twenty million dollars, which he invested in gambling-related companies in Las Vegas, shares in radio, and numerous real estate investments, among other ventures.

Faithful to the Democratic Party, in 1961, the singer and actor produced the Inaugural Gala of John F. Kennedy, while in a relationship with Marilyn Monroe, who was undergoing a difficult emotional process after having separated from her husband. They had a short, intermittent relationship which would not work out, ending abruptly with the death of the actress, a year later.

However, Frank would not take long to find the one who would become his third wife, actress Mia Farrow. Their first encounter took place on the set of "Von Ryan's Express." Despite the fact that the actress was only 19 years old at the time, they were soon married, although this marriage would also end in divorce, only thirteen months after having said "I do". In 1972, Sinatra would add another marriage to his list: Barbara Marx, the ex-wife of Zeppo, of the Marx Brothers.

The eighties were a highly productive decade for Sinatra, in terms of the number of live performances as a singer. The concert he gave at the Maracanã Football Stadium in Rio de Janeiro in front of 175,000 people was particularly significant. He also broke all the records for Carnegie Hall, where all the tickets for two consecutive weeks of concerts were sold in a single day.

Between 1955 and 1957, Frank Sinatra starred in more than eleven films, while maintaining *his success in music.*

LAST PERFORMANCES

His last film, "The First Deadly Sin", was released in 1981, and in 1984 he would record his last album with new songs, including the title track "L.A. is My Lady", in tribute to Los Angeles and as compensation for the success of "New York, New York", one of his greatest hits, along with such iconic songs as "Strangers in the Night" or "My Way".

In the early nineties, Frank Sinatra began his last tour, although his memory and eyesight were beginning to fail him. Despite this, he managed to make a commercial success of his album "Duets", in which he sang with the biggest names in music, such as U2's Bono, Julio Iglesias or Liza Minelli. Few knew, however, that Sinatra did not meet up with any of them in the studio, as their voices were recorded separately and the duets were later electronically assembled.

In 1995, the singer gave what would be his last concert. It was at the Marriott's Desert Springs Resort and Spa, during a private party in front of just over a thousand people. After his last public appearance in November 1996, he was admitted to the hospital. Thus began a long journey of intermittent hospital admissions that tragically ended with a heart attack. Frank Sinatra passed away accompanied by his children and Barbara, his last wife.

The world was left without its "Voice", and the first condolences began to arrive from prominent public figures, such as Martin Scorsese, Nancy Reagan, Kirk Douglas or Bruce Springsteen. The only Catholic church in Beverly Hills was adorned with gardenias, roses and white lilies, Sinatra's favourite flowers. In the chaple, a single song was heard, "Put your dreams away", with which Sinatra used to close his concerts, and the soundtrack that brought an end to a successful life. He was 82 years old and was buried in the Desert Memorial Park of Riverside County, California.

FRANK SINATRA

En el escenario del éxito

Sus padres le llamaron Francis Albert Sinatra, pero el mundo le conoció como Frank Sinatra o simplemente "La Voz". Fue cantante y actor, realizó más de 2.000 grabaciones musicales, participó en 50 películas y ganó cinco premios Grammy y un Oscar. Pero aquel 12 de diciembre de 1915 en Nueva Jersey, fue simplemente el hijo de Martin Anthony y Natalie, una pareja de orígenes italianos.

El nacimiento de Fran Sinatra fue terriblemente complicado. Casi acaba con la vida de la madre y el hijo, pero a pesar de que el instrumental médico que hubo que emplear le dejó un tímpano perforado, el niño pronto desarrolló una gran afición por la música.

A los 9 años, Frank Sinatra ya cantaba en la taberna que regentaba su padre, acompañado por una pionela. Por aquel entonces intentaba imitar, tanto en su voz como en su forma de vestir, al gran Bing Crosby. Amante del atletismo y la natación, el joven Sinatra nunca acabó el instituto, pasando de un trabajo esporádico a otro: de vendedor de periódicos a camionero, recadero o cronista deportivo. Cualquier empleo era bueno para ganarse un sueldo que le permitiera sobrevivir mientras se dedicaba a cantar por las noches en pequeños bares.

En 1932 conoció a Nancy Barbato, que se convertiría en su mujer seis años más tarde y en la madre de sus tres hijos: Nancy, Frank Jr. y Christina. Por aquel entonces, la suerte quiso que se presentara acompañando al trío Three Flashes a un concurso de radio bajo el nombre de Hoboken Four. Ganaron el primer premio, que consistía en una gira patrocinada por el programa radiofónico. A los tres meses Sinatra dejó la gira por desavenencias con el resto del grupo, pero su voz ya había comenzado a hacerse popular en la radio. Los que por entonces le conocieron decían de él que no había nadie que tuviera más confianza en sí mismo y su talento.

EL NACIMIENTO DE UN MITO

Una década más tarde, Sinatra se subía al escenario del Teatro Paramount de Nueva York para acompañar a Benny Goodman. Ese día nació un fenómeno fan que cada día iba cogiendo más fuerza, hasta el punto de que un año más tarde, en el mismo lugar, 40.000 chicas colapsaron por completo las calles cercanas al teatro. Había nacido una estrella y a finales de ese año, gracias al contrato con Columbia Records, Frank Sinatra ya ganaba un millón de dólares al año.

Aprovechando el tirón de la fama, el cantante quiso probar suerte en el mundo del cine. Al principio sus películas no fueron bien recibidas por la crítica. Por aquella época los medios de comunicación comienzan a hacer públicas las discusiones con su mujer, que le pidió el divorcio en 1950, cuando ya era pública la relación que Sinatra mantenía con la actriz Ava Gadner.

El 1 de noviembre de 1951 el cantante obtiene

el divorcio de Nancy, y al día siguiente Ava y él solicitan la licencia de matrimonio en Filadelfia. Tardaron en casarse una semana, comenzando así una pasional vida en común que estuvo llena de separaciones y reconciliaciones, y que terminaría finalmente con el divorcio de la pareja en 1957.

ÉXITO EN EL CINE

Durante su matrimonio con Ava, Sinatra seguía empeñado en ser actor. Haciendo caso a su instinto, luchó para conseguir un papel en la película "De aquí a la eternidad", dirigida por Fred Zinnermann. El film no solo fue un éxito de taquilla, sino que le haría ganar el Oscar como mejor actor secundario, abriéndose así una época dorada para el actor, que obtuvo un gran éxito con algunas películas, como "Suddenly". Por entonces, directores y productores llamaban a Sinatra no solo para que protagonizara comedias musicales, sino también papeles dramáticos.

Entre 1955 y 1957 Frank Sinatra llegó a grabar más de once películas, a la vez que triunfaba en la música y aparecía como portada en la revista Time, quien le definía como "lo mejor del mundo del espectáculo". En esta década sus ingresos rondaban los cuatro millones de dólares anuales.

Paralelamente, Frank Sinatra también triunfaba en el amor. Tras la separación de Ava Gadner llegarían relaciones con Judy Garland, Kim Novak y Lauren Bacal, entre otras. Con algunas de estas fantásticas mujeres llegó incluso a prometerse en matrimonio, incumpliendo después su promesa.

UN MITO DE LA CANCIÓN

Con una carrera discográfica viento en popa, y habiendo comprado ya sus productoras de cine y televisión, Sinatra comenzó la década de los sesenta ganando veinte millones de dólares, que invertía en, entre otros intereses, en empresas orientadas al juego en Las Vegas, acciones en radio y numerosas inversiones inmobiliarias.

Fiel al Partido Demócrata, en 1961, el cantante y actor producía la gala inaugural de la presidencia de John F. Kennedy, al tiempo que intimaba con la actriz Marilyn Monroe, sumida en un difícil proceso emocional tras haberse separado de su marido. Mantuvieron una corta e intermitente relación que no llegó a buen puerto y que terminó de forma abrupta con la muerte de la actriz, un año más tarde.

Sin embargo, Frank no tardaría en encontrar a la que se convertiría en su tercera mujer: la actriz Mia Farrow. El primer encuentro se produjo en el rodaje de la película "El coronel Von Ryan". Y a pesar de que la actriz tenía por entonces 19 años, no tardaron mucho en casarse, aunque de nuevo el matrimonio acabaría en divorcio tan solo trece meses después de haberse dado el "sí, quiero". En 1972, Sinatra añadiría un nuevo matrimonio a su lista: Barbara Max, ex esposa de Zeppo, uno de los componentes de los hermanos Marx.

La década de los ochenta fue muy prolífica en cuanto a número de actuaciones en directo como cantante. Especialmente importante fue el concierto que dio en el estadio de fútbol de Maracaná, en Río de Janeiro, ante 175.000 personas. También batió todos los récords del Carnegie Hall, donde en un solo día se vendieron todas las entradas de dos semanas consecutivas de conciertos.

Entre 1955 y 1957 llegó a grabar más de once películas, a la vez que *triunfaba en la música.*

ÚLTIMAS ACTUACIONES

Su última película, "El primer pecado mortal", fue estrenada en 1981 y en 1984 grabaría su último álbum con canciones nuevas, entre ellas "L.A. is My Lady", en homenaje a Los Ángeles y como compensación del éxito de "New York, New York", uno de sus temas estrella junto a canciones tan e icónicas como "Strangers in the night" o "My way".

A punto de empezar la década de los noventa Frank Sinatra comenzó su última gira, aunque su memoria y su vista comenzaban a fallar. A pesar de ello, consiguió colocar en el número uno a su álbum "Duets", donde cantaba con los más grandes de la música como Bono de U2, Julio Iglesias o Liza Minelli. Pocos sabían, sin embargo, que Sinatra no llegó a coincidir en el estudio con ninguno de ellos, ya que las canciones se grabaron por separado y las voces se mezclaron en el estudio posteriormente.

En 1995 el cantante ofreció el que sería su último concierto. Fue en el Desert Springs Resort and Spa del hotel Marriot, en el transcurso de una fiesta privada ante algo más de mil personas. Tras su última aparición pública en noviembre de 1996 ingresó en el hospital. Comenzaría así un largo periplo de ingresos hospitalarios intermitentes que trágicamente concluyeron con un infarto. Frank Sinatra murió acompañado de sus hijos y de Barbara, su última mujer.

El mundo entero se quedaba sin su "Voz" y comenzaban a llegar las primeras condolencias de personajes de enorme peso en la vida pública, como Martin Scorsese, Nancy Reagan, Kirk Douglas o Bruce Sprinsteen. La única iglesia católica de Beverly Hills fue adornada con gardenias, rosas y flores de lis blancas, las preferidas por Sinatra. En el templo se escuchó una única canción, "Put yours dreams away", con la que Sinatra acostumbraba a cerrar sus conciertos y la banda sonora que puso fin a una vida de éxito. Tenía 82 años y fue enterrado en el Desert Memorial Park de Riverside Country, en California.

TROCADERO SOTOGRANDE (+34) 956 795 012

TROCADERO ARENA (+34) 952 865 579

DONDE COMER SE CONVIERTE EN LITURGIA

#elplacerdetrocadero

GRUPO TROCADERO

TROCADERO

www.grupotrocadero.com

TROCADERO PLAYA (+34) 610 704 144

TROCADERO PETIT PLAYA (+34) 619 736 849

OPEN HOUSE
OF CASA HEDERA

The Open House of Casa Hedera in the gated community of Sierra Blanca treated guests to a special viewing of the property.

Casa Hedera is exclusively listed by Solvilla. A beautifully renovated five-bedroom home with views to the Mediterranean and set against the backdrop of the Sierra Blanca mountains. South facing, the property enjoys the best of the Mediterranean climate. The architecture is classic, with elegant touches and warm Scandinavian style interiors.

www.casa-hedera.es · @solvillamarbella

FACES&PLACES

THE ROCK PARTY

FIESTA DEL ROCK

Saturday 1st February at La Terrasse in Puente Romano. The party began at 10.00 pm and finished very late at night at La Suite. Live Music, great show, margaritas Tequila Patron and nibbles, surprises and much more...
Everybody enjoyed that night.
Here are some funny pictures of the event.

Sabado 1 de febrero en La Terrasse en Puente Romano. La fiesta comenzó a las 10.00 pm y terminó bien entrada la noche en La Suite. Musica en vivo, gran show, margaritas de tequila Patrón y canapés, sorpresas y mucho más...
Todo el mundo se divirtió esa noche.
Aqui os dejamos algunas simpáticas fotografias del evento.

LA SUITE

FACES&PLACES

IF YOU'D LIKE TO APPEAR IN OUR

FACES & PLACES SECTION

contact us, and we'll inform you about how we can promote your event.

*Si estás interesado en aparecer en nuestra sección **FACES & PLACES**, contacta con nosotros y te informaremos de cómo podemos promocionar tu evento.*

Rafael Barrio. Tel: +34 607 223 784 · info@exclusivelifemagazine.com · www. exclusivelifemagazine.com

We are now ONLINE

www.exclusivelifemagazine.com

Shall we connect? @exclusivelifemagazine

FACES&PLACES

ISABELA´S VINTAGE

CREAM TEA PARTY

En Isabela's Vintage Tea Party diseñamos fiestas de té vintage según sus necesidades para una tarde con amigos o cumpleanos, babyshower, despedidas de solteros, pre boda, cumpleaños y todo tipo de eventos.
Todas las fiestas de té vintage permiten a la anfitriona despreocuparse por completo y disfrutar de una experiencia única.

At Isabela's Vintage Tea Party, we design vintage tea parties according to your needs, for an afternoon with friends, or birthdays, baby showers, bachelor parties, pre-wedding and events of all kinds.
All the vintage tea parties allow the hostess to completely relax and enjoy a unique experience.

More info: Lorna Marshall. +34 602 653 286
info@isabelascreamteas.com · www. isabelascreamteas.com

AMERICAN ROULETTE

BLACK JACK

POKER ROOM

JACKPOT PARADISE

RESTAURANT & BAR

VALET PARKING

JACKPOT PARADISE: **12:00-0400**
GAMING ROOM : **20:00-04:00**

BAJOS HOTEL H10
ANDALUCÍA PLAZA

CASINO
MARBELLA

THE BEST THINGS COME
IN SMALL BATCHES

CASINOMARBELLA.COM
PUERTO BANÚS

You only live once - we will show you where!

We open you the doors to the most unique portfolio of high quality homes in Marbella.

ENGEL & VÖLKERS

www.engelvoelkers.com/Marbella · Tel.: 952 86 84 06