

# ABOUT MARBELLA

magazine

**MOGLI**

MARBELLA



 We deliver your car throughout Spain, either at our office, at the airport upon arrival or at your hotel or home.

 Мы доставляем ваш автомобиль по всей Испании в наш офис, в аэропорт по прибытии, в отель или домой.

 عيڤمچ يڤ كتر ايس ميل ستيب موقن وان بيبكم يڤ ام، اين ايس احنا كق دنف يڤ اولوصول دنع راطملا يڤ كلزنم وا

 Le entregamos su coche en toda España, ya sea en nuestra oficina, en el aeropuerto a su llegada o en su hotel o domicilio.



 RENT A CAR

 ПРОКАТ АВТОМОБИЛЕЙ

 قر ايس ريجات

 ALQUILER DE COCHE



We deliver your car throughout Spain, either at our office, at the airport upon arrival or at your hotel or home

www.jcklmotor.com |  jcklmotor

 (+34) 676 60 69 45 | (+34) 608 51 98 86





ALOHA  
Tennis  
CLUB



# AZZA Cars

Marbella

RENT A CAR  
from 20€ per day  
RENT TO BUY

WE ACCEPT ALL  
PAYMENT METHODS  
~~~~~  
ACEPTAMOS TODO  
TIPO DE PAGO



Información:

+34 631-687-774

@azzacarsmarbella

f azza.carsmarbella

[www.azzacars.com](http://www.azzacars.com)

Calle Bonanza, 5, 29604 El Rosario, Marbella

# ANÚNCIATE CON NOSOTROS

DESDE TAN SÓLO:

150€



INFO@ABOUTMARBELLA.ES

+34 610 42 62 83 / +34 722 13 34 56

## SUMMARY SUMARIO

GASTRONOMY 11

FINED FOR WEARING... PANTS? 14



A LOOK FOR THE FASHION HISTORY BOOKS 30



LIFESTYLE 43

LA BANDEJA ORIGINAL 56



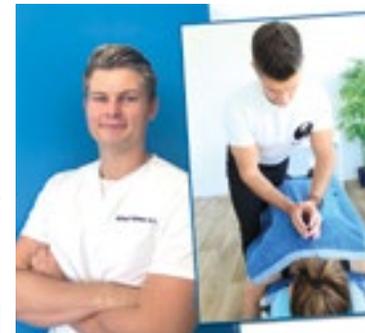
¿DOLORES DE ESPALDA? 60



RESTAURANTS DESIGN TRENDS 62



AFRAID OF THE CRACK? 68



AUTOMOCIÓN 78



SOCIAL 87

THE WEALTHIEST ARTISTS HIGHT NOW 94



Who's In Who's Out  
As usual, ABSOLUT MAGAZINE attended the hottest parties and events on the coast. Where you there? 118



ABOUT MARBELLA



Mr. Cohen  
+34 722 133 456  
cohen@aboutmarbella.es

Sr. Daniel Ruiz  
+34 610 426 283  
daniel@aboutmarbella.es

Follow us:  
@aboutmarbella f  
www.aboutmarbella.es



BAO  
GARDEN

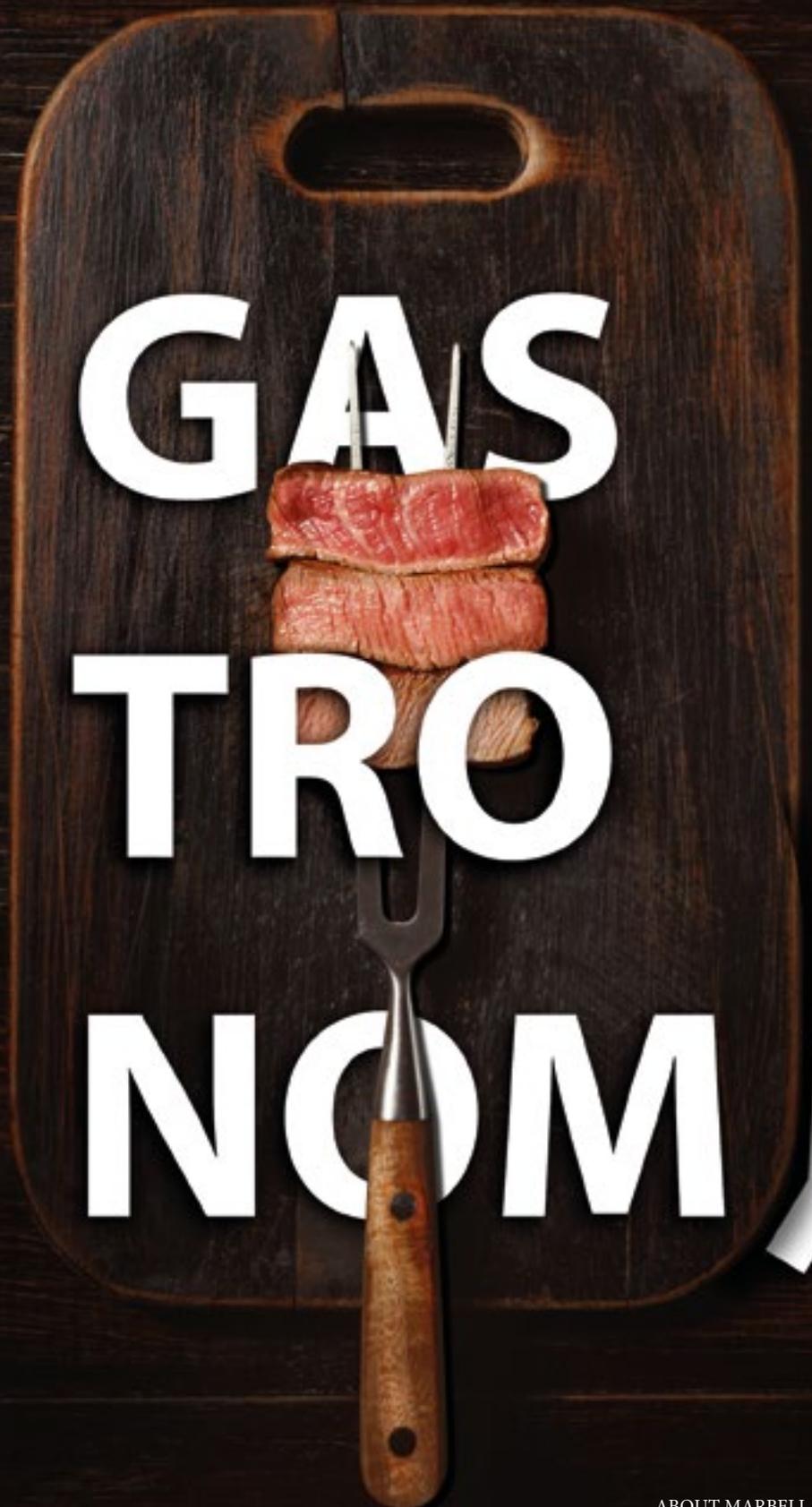
EAT + DRINK MARBELLA



**DJ  
JOHN HOBBS  
+  
SPECIAL GUESTS**

**AUGUST  
21  
SEPTEMBER  
11**

www.baogardenmarbella.com f baogardenmarbella @  
Calle Los Jazmines 465, Nueva Andalucía 29660 Marbella Tlf: (+34) 951 51 81 93



# GAS TRO NOMY

HABANA LOUNGE

LA HABANA de HEMINGWAY



BAR DE COPAS  
PUERTO BANUS



OF RESTAURANTS  
IN PUERTO BANUS

f RestauranteLaHabanaLounge  
(+34) 657 67 14 32 www.lahabanalounge.es  
Edificio Levante, Local 7 - Puerto Banús 29660 Marbella

f @lahabanadehemingway  
(+34) 952 81 12 39 www.lahabanadehemingway.com  
Edf. Levante, Local 7, Puerto Banús. Marbella



### Moving on with life

Sarah Ferguson, the Duchess of York, revealed that she doesn't resent not being invited to Kate Middleton and Prince William's wedding.



### Comments exchange

Kendall Jenner confirms that her relationship with rapper Travis Scott is still going by commenting on his Instagram.

## Fined for wearing...pants?

Singer Pink recently positioned herself on the topic of gender equality in sports. The Norwegian team was fined during the European Beach Handball Championship for wearing shorts instead of bikini bottoms. After hearing this, the singer offered to pay the fine and protested about this clothing requirement that is exclusive to women participating. She went on by saying that she feels very proud of the Norwegian team for standing up for themselves against old-fashioned and nonsense rules.



**LA PASTA**  
"XIXXX"

*Fresh daily homemade pasta*

lapastapuertobanus @  
C/ Jesús Puente - 29660 Marbella - Puerto Banús  
Reservas + 34 605 846 318 - lapastapuertobanus@gmail.com  
Horario: de 19.00 a 00.00



**THE SOCIAL**  
by SALA

\* GARDEN • FOOD & DRINK \*

**THE SOCIAL**

On the roundabout next to LA SALA

**The Ultimate SOCIAL Setting!**

Complimentary Valet Parking

T. (+34) 95 131 9411 • E. info@SalaSocial.com



**NOW OPEN!**



**BAR • GRILL • COCKTAILS**

**DJ SESSIONS • LIVE SPORTS**



# Latin Food



f Shakers-Urban-Bar-Food @ shakersurbanbar  
www.shakersubf.com - Avenida de Julio Iglesias, 9. 29660 Marbella



# EL TORO

TAPAS & WINE  
LOUNGE RESTAURANT

 [eltoromarbella](#)  
Calle Acera de la Marina 9, 29602 Marbella



### Couple's passtime

Joe Jonas and Sophie Turner said that they fought over legos during quarantine.



### Disco diva

Actress Vanesa Hudgens wore this sparkly outfit for the Filming Italy Sardegna Festival.

## A growing love through the years

The now confirmed couple consisting of actor Ben Affleck and singer Jennifer Lopez, keeps showing their affection publicly. After celebrating Lopez's birthday in a yacht with Affleck gifting her a beautiful set of jewelry, the singer posted pictures of it on her social media. In these pictures fans have spotted that they have old pitures of them (from when they were a couple back in the early 2000s) framed and as a part of decoration. This further confirms how the two of them cherish their relationship.



# All in 1 Cafe

LIVE MUSIC  
Wednesday, Friday & Sunday

[WWW.ALLIN1CAFE.COM](http://WWW.ALLIN1CAFE.COM)

INTRODUCING OUR  
NEW MENU FOR 2021  
CREATED BY LOCAL CULINARY LEGEND & OUR NEW CONSULTANT HEAD CHEF

Pablo Castillo



### Girl on the go

Actress Emilia Clarke was spotted running errands in this casual and neutral toned ensemble.



### Super actor in the making

Michael B. Jordan will be starring in a superhero show for HBO Max.

## Artists supporting artists

The members of the 90s boyband N'Sync has separately talked about the Free Britney situation, including Justin Timberlake, the singer's ex. Some members have decided to take on Twitter to show their support for Britney, saying that they haven't seen her in years but not in a natural way, more like "she's been kept away" type of way. Others have used podcasts and interviews to voice their concerns on the jury and legal system of California and whether or not they will be fair with her.



mangalmarbella.com

@mangal\_restaurant\_marbella

Nueva Andalucía, La Campana, Calle Miguel de Cervantes 20

Without any formal education,  
she became a successful  
power girl from an early age!

She had all a girl could dream off!  
Dream income, dream life! Well travelled,  
wined and dined from Michelin starred  
restaurants to street food in Bangkok!  
It all seemed to be perfect!



# Miss Raw

ASIAN FUSION RESTAURANT

Would like to invite you from **27th to 29th** August  
Her first weekend that will be

*Far From Perfect*

+34 604 40 27 96

@missrawmarbella 

[www.missrawmarbella.com](http://www.missrawmarbella.com)



حلال  
HALAL

# Le Petit PARIS

SNACK & FOOD - SHISHA LOUNGE



© lepetitparis\_marbella

Avenida Miguel Cano 3, Marbella

حلال  
HALAL



IN THE HEART  
OF PUERTO BANÚS



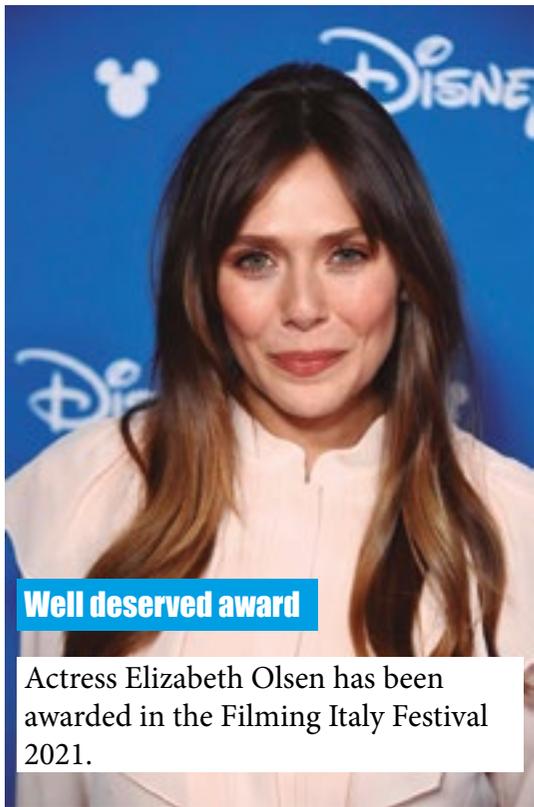
@yallahabibis.spain

Muelle Ribera Casa RS Local 6, Puerto Banús, Marbella.



### Fast and Furious

Dwayne Johnson has shockingly revealed that he will not continue participating in the F&F saga.



### Well deserved award

Actress Elizabeth Olsen has been awarded in the Filming Italy Festival 2021.

## A look for the fashion history books

Top model Bella Hadid gave us one of the most iconic fashion moments of the year with this Schiaparelli look for the Cannes film festival. With a black sleek gown, the true main point of the appearance were the golden brass lungs that were placed on her chest as a statement necklace. The look, which reminisced the 90s super model charisma, was completed with Giuseppe Zanotti heels, opulent ruby earrings and a structural half bun-half pony tail hair-do.



[www.goldrestaurant.es](http://www.goldrestaurant.es)

LOOKING FOR: CELEBRITIES GOLD

(+34) 952 929 055 · (+34) 611 270 524 · (+34) 679 788 914

Complejo Benabola Beachside, Puerto Banús - 29660, Marbella Málaga



# BLEND



AVENIDA MANOLETE 20, 29660 MARBELLA (NEXT TO THE BULL RING).  
INFO@BLENDPUERTOBANUS.COM  
+34 952 634 299

[WWW.BLENDPUERTOBANUS.COM](http://WWW.BLENDPUERTOBANUS.COM)

f BLEND. PUERTO BANUS    i BLENDPUERTOBANUS



### A cordial separation

According to Kim Kardashian, she is happy that she and her estranged husband can be cordial for her children's sake.

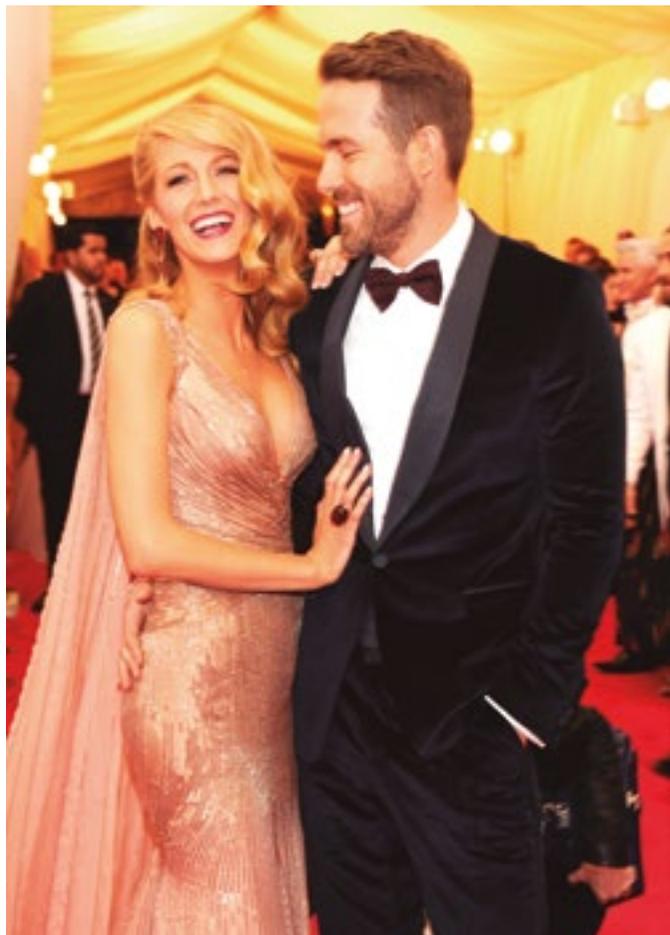


### A superation journey

Actress Viola Davis will be releasing her book "Finding Me" next year.

### A fairy tale that became their reality

Ryan Reynolds commented on his marriage with Blake Lively and how well things are going for them. He talked about how they first met in a movie set and how desperate he was to date her. After they started their relationship things were easy and fast, even when kids arrived. He admitted that Blake has a great way to control the family since he is still a "child" too. Moreover they try not to make their schedules collide so that at least one of them can be present with their children.



# LA CLANDESTINA

## FOOD & DRINKS

Info & Reservas: +34 653 34 31 72  
[www.la clandestinamarbella.com](http://www.la clandestinamarbella.com) @la clandestinamarbella



OCCO

## THE SAHARA LOUNGE

INDULGE IN A MAGICAL EXPERIENCE ON OUR ROOFTOP  
Monday - Sunday from 7pm



**BOOK NOW**

[occorestaurant.es](http://occorestaurant.es)

[marbella@occorestaurant.com](mailto:marbella@occorestaurant.com)

+34 689 59 38 79



— SWEDISH BAKERY —



© breadandbunsmarbella

Plaza de toros local 10, nueva Andalucía, Marbella, Spain

# WE cater marbella

By Dennis Wellerfors

100% Complete Catering Service  
T: 661 132 714



[wecatermarbella.com](http://wecatermarbella.com)

@wecatermarbella



A James Gunn Film

TeatroGoya  
CINES

BUY YOUR TICKET HERE!  
SCAN WITH CAMERA

THE SUICIDE SQUAD

QR code

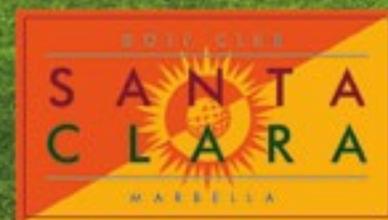
@cinesteatrogoyaf  
951 19 66 65 | Avda Julio Iglesias s/n Marbella, Málaga



# Santa Clara

Discover  
*your golf adventure  
in Marbella*

GOLF • PRO-SHOP • RESTAURANT • GOLF ACADEMY



BOOK BY WHATSAPP 

**+34 647 685 010**

[reservas@santaclaragolfmarbella.com](mailto:reservas@santaclaragolfmarbella.com)

Ctra. N-340 Málaga Cádiz, Km. 187.5 - 29603 Marbella, Spain

[www.santaclaragolfmarbella.com](http://www.santaclaragolfmarbella.com)

# EnCLAVE de FÁ**bula**

Escuela de música

Javier Sanchez Calderón  
|| ||| || ||| ||| ||| ||| ||| |||



ENCLAVE DE FÁBULA, Escuela de Música.  
Centro Autorizado **Musicaeduca**



**Musicaeduca**

952 785 515 - 627 075 000  
info@enclavedefabula.com  
www.enclavedefabula.com

**f** Enclave de Fábula **@** enclave\_de\_fabula  
Avenida de Salamanca, Edificio San Pedro del Mar 7,  
local 12, San Pedro de Alcántara.

**JUNE 21**  
**AUGUST 27**

+ 4 years  
old.

Yoga

Boxing

Dance Clases

Padel

Ninja Warrior

Art Course

Water Games

**BOOK YOUR PLACE NOW!**  
Limited spaces!

# Summer Stage

**SCHEDULE: 10:00 A 14:00 | POSSIBILITY OF EXTENDING 14:00 A 16:00 | + INFO**

DAY - 45€ | WEEK: 175€ | MONTH: 550€

EXTRAS: (LUNCH AND HOUR OF STUDY)



**Calle Río Amazonas, s/n, 29660 Marbella, Málaga**  
**(+34) 651 43 93 95** info@realclubpadelmarbella.com  
www.realclubpadelmarbella.com



Hamam el Pacha

TRATAMIENTO FACIAL CON  
BIOLOGIQUE  
RECHERCHE  
PARIS



HAMMAM -TRATAMIENTO FACIAL -MASAJE

© hammampachamarbella  
www.hammampachamarbella.com

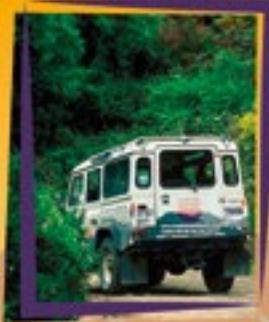
(+34) 952 155 868 - (+34) 603 622 328 | 10:00h - 23:00h De Lunes a Sábado  
Avda. Juan Vargas, Urb. Nueva Alcantara 29670 San Pedro de Alcantara Marbella



Marbella  
YACHT CHARTERS



EXPLORE THE COSTA DEL SOL BY LAND OR SEA



C A S C A D A

C O C I N A & B A R

## SUMMER OFFERS

Take advantage of our amazing special offers and grab substantial discounts on our combined packages

**CLASICO SAILOR**  
2x experiences

**-5%**

- ✓ Mediterranean Cruise
- ✓ Cascada Marbella
- ✗ 4x4 Off-road Safari
- ✗ Discovery Excursion

**CLASICO CAPTAIN**  
3x experiences

**-10%**

- ✓ Mediterranean Cruise
- ✓ Cascada Marbella
- ✓ 4x4 Off-road Safari
- ✗ Discovery Excursion

**POPULAR ADMIRAL**  
4x experiences

**-15%**

- ✓ Mediterranean Cruise
- ✓ Cascada Marbella
- ✓ 4x4 Off-road Safari
- ✓ Discovery Excursion



The Barber Club Marbella  
Men's Coffee Lounge, Barbers & Spa.



Scan to Book



info@thebarberclubmarbella.com  
+34 952 907 203

Calle Las Malvas, Local 6 y 7, Nueva Andalucía, 29660, Marbella



MASSAGE | HAIRCUTS | FACIALS | MANICURES | PEDICURES.

*Scan to Find us*





Pestañas

Laser

Aparatología

Maderoterapia



BOOKING



RESERVAS

**CENTRO EXCLUSIVO  
DE BIENESTAR Y BELLEZA**

Masajes - Ducha Vicy - Talaxoterm  
 Cueva de Sal - Solarium - Massage  
 Hidrotherapeutic Rituals - Vichy Shower  
 Salt Cave - Solarium - Tratamientos Faciales  
 Tratamientos corporales- Estética  
 Facials - Body Treatments - Aesthetics

**MÁRBELLA**  
 Lunes a Sábados 10:00 a 20:00  
 +34 952 073 687  
 C/ Notario Luis Oliver  
 N° 17, 29602

**HORARIOS**

**BENALMÁDENA**  
 Lunes a Domingo 11:00 a 19:00  
 +34 952 569 512  
 +34 628 621 266  
 Hotel Palladium\*\*  
 N-340, KM 217, 29630

[www.labellesultana.es](http://www.labellesultana.es)

[labellesultanamarbella](https://www.instagram.com/labellesultanamarbella)

# CASSINO

BET AND PLAY



@cassinopuertobanus (+34) 659 67 21 95  
 Muelle Ribera s/n Puerto Banús (Junto a Cines Teatro Goya)

# la Bandeja original

¡Hola a todos! Bienvenidos de nuevo a Prodigy Land, en este artículo nos metemos de lleno con la bandeja. ¡Ojo con la bandeja! Porque si hacemos la original, la que hacía el Bebe Auguste (si no conocéis a este jugador podéis buscarlo en Internet), es con la empuñadura este de derecha. Con lo cual, ahora sí que vamos a empezar a cambiar empuñaduras. Es importante que tengamos eso claro porque el giro de empuñadura va a hacer que la bola gire de una manera diferente a si lo hiciésemos con la continental, que tiraría más para una víbora que para una bandeja.



*En este artículo os explicamos cómo es la bandeja original desde hace más de 30 años. ¡Vamos con ello!*

Bueno, ya estamos aquí en la red, así que vamos con la bandeja. ¡Cuidado! En los artículos anteriores hemos dicho que la empuñadura continental es sagrada. Pues muy bien, aquí veis una continental, y si queremos jugar una bandeja giramos a este de derecha. ¿Por qué? Porque al girar a la empuñadura este de derecha y hacer la preparación de bandeja, que siempre va a ser girar el cuerpo al mismo tiempo que la pala (es muy importante que hagáis este gesto), la pala se coloca totalmente abierta. Por eso se llama bandeja, porque la bandeja es un símil a un camarero con su bandeja. ¿Qué ocurre al tener la empuñadura así? Que golpeamos a la bola justo por debajo y hacemos una rotación perfecta, sin variación para izquierda ni la derecha. Eso va a provocar que la bola cuando toque el cristal caiga muy muy muy muy rápido hacia el suelo. Y además, al rozar tanto la bola, no lleva mucho impacto, con lo cual la velocidad es menor. La bandeja se utiliza en zonas más lejanas de la pista para poder

recuperar la red con más tiempo, con más calma. Porque al final es una bola que flota un poquito más y nos da tiempo a volver a la red. Su efecto implica que la pelota no rebota hacia arriba, sino que cae muy rápido, y con eso evitamos que nos lancen otro globo si ejecutamos correctamente el golpe.

Toda esta es la teoría de la bandeja. Por tanto, siempre se utiliza este tipo de smash al fondo de pista, va despacito y nos da tiempo a subir a colocarlos de nuevo. Y recordad siempre siempre siempre, con la empuñadura este de derecha.



Aquí os enseñamos en esta secuencia de fotos la espera en la red con la empuñadura continental, la pala mirando al cielo (esta es la posición de espera en red) y analizando la jugada entiendo que me van a lanzar un globo largo. Si lo que quiero es volver a recuperar la red haciendo una bandeja, lo que hago es girar la empuñadura a la este de derecha y abro pierna, brazo y pala a la vez.

Paso 1

Cambio la empuñadura a este de derecha

Paso 2

Abro y me posiciona en posición semifrontal

Paso 3

Ajuste de pies para poder impactar la bola a la altura de la cabeza

Paso 4

Extensión del brazo hasta recogerlo a la altura de la cadera

¿Qué es lo más importante en este golpe? Primero, aprender a girar la empuñadura para tener luego la pala abierta. Y lo segundo, que la bandeja siempre se golpea a la altura de la cabeza, a las 15:00 de la tarde. Esto es lo más importante, porque el punto de impacto en la víbora y en otros remates que veremos es totalmente diferente. Este es el único que se impacta a esta altura. Por lo tanto, es muy importante el juego de pies para todos esos jugadores que quieran hacer una buena bandeja.

Antes de la despedida, quiero que tengáis muy claro, por favor, que empiezo con empuñadura continental, giro a empuñadura este de derecha, armo el bloque en tres. El bloque en tres es girar empuñadura girar, girar cuerpo y levantar pala, y con el codo siempre a la altura del hombro.

Siempre igual: giro, abro y ya lo que hago es movimientos laterales para impactar siempre la bola a la altura de la cabeza. Con eso tenemos perfectamente diseñada nuestra bandeja para defender cualquier remate que nos venga largo y volver a recuperar la red.

Bueno, pues terminada la bandeja. Con esto empezamos a tener un poco de defensa aérea, porque en este caso la bandeja no es ataque, es defensa para recuperar la red. Esperamos como siempre que os haya encantado. En el próximo artículo nos vamos con la víbora, que esa sí que es un poquito más de ataque.

Como siempre, un millón de gracias por comentarnos. Si queréis seguirnos, aquí os dejamos el enlace para que hagáis clic. Pasadlo genial en las pistas. Un abrazo muy fuerte.



Santiago Moreno Pardo  
www.prodigypadelacademy.com

f Prodigy Padel Academy @prodigypadel @santiprodigy

PRODIGY



land

VP

VILLA PADIerna  
RACQUET CLUB



PRODIGY  
PADEL ACADEMY

areapadel.com  
Especialistas desde 2007

# RACE TO THE PLAYERS GRANDSLAM GOLF TOUR

27 NOVIEMBRE CUARTA PRUEBA  
VILLA PADIERNA GOLF COURSE

- Parejas Mejor Bola Stableford
- Orden de Mérito Clasificación Final
- Welcome Pack Regalos Bolas Wilson DUO Soft
- Show cooking con degustación de carne
- Cocktelería Brugal Roku Gin, Macallan
- Entrega de Premios al Terminar

## PREMIOS

- 1º Invitación Final + 2 Noches 2 GFs Islantilla Golf Hotel
- 2º Bolsas de palos de golf W/S Wilson
- 3º Relojes G Shock Kawasaki
- 4º Gafas de Sol Opticalla Marruenda
- 5º Lote Productos Santa Calma
- 6º Dos Greenfees Villa Padierna Golf
- 7º Dos Cajas de Cerveza Peroni Italy
- 8º Dos Paraguas WS Wilson Tour
- 9º Dos cajas Sidra Magners Original
- 10º Dos Gorras+Dos Docenas Bolas DUO
- Bola más Cercana Botella Glenrothes
- Bola más Cercana HALO Holiday Rental
- Bola más Cercana Lote Santa Calma
- Hoyo En Uno Viaje The Players
- Drive más Largo Caja Sidra Magners

GRAN FINAL CIRCUITO  
11 DICIEMBRE 2021

- Ganadores Viaje a Florida 7 días, 4 rondas de golf Entradas 2 días The Players
- Sorteo Scooter 125cc entre los finalista, una papeleta por cada torneo jugado

INSCRIPCIONES ONLINE: GREENFEE Y BUGGY 80€

WWW.GOLFMAKERS.ES

WWW.GRANDSLAMGOLFTOUR.COM

Disponible opciones de GreenFee y Alojamiento en Cortijo del Mar

Patrocinadores:



Colaboradores:



Campo:



Organiza:



#YO VENDOMI CUERPO

PIEL DE MARIPOSA



debra

Piel de Mariposa  
Butterfly Children

www.yovendomicuerpo.com

La Asociación DEBRA-PIEL DE MARIPOSA es la asociación española de personas con Epidermólisis bullosa. Una ONG sin ánimo de lucro declarada de Utilidad Pública dedicada a mejorar la calidad de vida de las personas con Piel de Mariposa y sus familias en España.



“El caso de los Intocables” es la campaña de sensibilización que nace para mejorar el apoyo a las personas que sufren la enfermedad. A diario, se enfrentan a un villano invisible: el dolor; el dolor físico causado por las heridas y el de las miradas causadas por desconocimiento.



Colabora: ABOUT MARBELLA

Debra Piel de Mariposa [www.pieldemariposa.es](http://www.pieldemariposa.es)

C/ Jacinto Benavente N° 12 29601 Marbella (Málaga) Tlf: 952 816 434 | [info@debra.es](mailto:info@debra.es)

# ¿DOLOR DE ESPALDA?

Prueba estos 4 estiramientos que seguro mejorarán esos síntomas en tu espalda baja que te hacen de tus días una pesadilla.

Importante: todos los estiramientos realízalos de forma controlada manteniendo una activación abdominal continua y siempre haciendo aproximaciones al estiramiento total, NUNCA os paréis en la máxima percepción del dolor ya que en una escala de 1 al 10 debemos estar a un 8 de ese umbral del dolor, reasigna días series de cada uno seguidas a 1 minuto, es decir, dos rondas realizando cada ejercicio 1 minuto por lado. Dicho esto, disfruta de la liberación de la cadera y sigue viviendo con salud.

## BACK PAINS?

Try these 4 stretches that are sure to improve those symptoms in your lower back that make your days a nightmare.

Important: perform all the stretches in a controlled way, maintaining a continuous abdominal activation and always making approaches to the total stretch, NEVER stop at the maximum perception of pain since on a scale of 1 to 10 we must be at 8 of that pain threshold, reassigns days series of each followed to 1 minute, that is, two rounds performing each exercise 1 minute per side. That said, enjoy hip release and continue to live healthy.

1. Zancada con retroversión y extensión del psoas con apertura de serrato y oblicuo

Stride with retroversion and extension of the psoas with serratus and oblique opening



2. Zancada con retroversión y extensión con muro o box, pasamos a un nivel más allá aprovechando para la extensión del cuádriceps y psoas

Stride with retroversion and extension with wall or box, we go to a level beyond taking advantage of the extension of the quadriceps and psoas



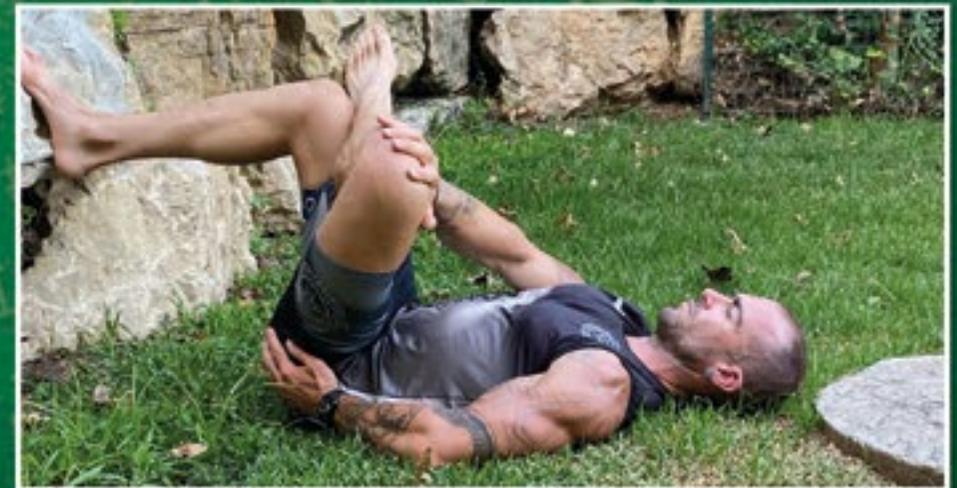
3. Posición de bola, donde cruzaremos las piernas y nos las cogemos tal y como se ve en la imagen para conseguir un buen estiramiento del glúteo.

Ball position, where we will cross our legs and hold them as seen in the image to get a good gluteal stretch.



4. Cruzada con muro, cruzaremos las piernas esta vez apilando por el tobillo, empujaremos la rodilla de la pierna que tenemos flexionada con la otra pierna, y esta estará en un ángulo de 90° apoyada en el muro, el estiramiento vuelve a sentirse en el glúteo

Crossed with the wall, we will cross the legs this time stacking at the ankle, we will push the knee of the leg that we have flexed with the other leg, and this will be at a 90° angle supported on the wall, the stretch is felt again in the gluteus



@alvaropuerma

f Alvaro Puerma Martínez



It's no secret that the restaurant industry had to pivot in a major way in 2020. From the prevalence of outdoor dining to the convenience of curbside pickup, eateries and dining establishments had to make quick business decisions to continue operating. Some of these pivots evolved into trends that will likely stick around for the foreseeable future.



Governments all around the world have issued the guidelines for a safe reopening of restaurants, to protect staff and clients such as 1,5 metres minimum distance, maximum capacity, limit of people on one table, etc. And with this, people question if eating will be as pleasant experience as before. For this reason, rethinking how we might restart in the world of restaurants continued and followed by design is fundamental.



**How can design help to have a pleasant experience?**

At its core, restaurant design is all about creating a holistic dining experience for the customer. Whether it's the entryway of the establishment, the communal seating area of a private dining space, or the energy of the bar, every component of restaurant design is purposeful. What it means to have a "dining experience" has changed thanks to COVID-19. Some diners might find it enjoyable to dine if made to feel that they are in a safe private place, not sharing much space with others. This would require division of diners, QR menus, and perhaps not personal service. Just as this private dining area, which is an intimate room to hold discrete functions, introduced with accents of gold tones to bounce as much light around as possible in this closed space

For others, would be re-living the experience before pandemic but with the precautions needed, leading to not have overcrowded restaurants, more meters of distancing and have less dining tables and more open spaces.



## Make the outdoor an indoor feel

Many restaurants have expanded their outdoor dining options, and, every summer, outdoor dining is more in demand and even safer. Inhaling fresh air is a must in this “new normality”, when having a relaxing time whether it’s an intimate dinner or just having a drink and bite to eat amongst friends. Restaurants have had to find new ways of attracting clients, and one of these ways is by investing in a bolder concept of interior & exterior design. Initially when restaurants were re-opening, only outdoor spaces of the restaurants were allowed, so what a great way to promote the business by re-designing the outdoor space like it’s indoor. In addition to outdoor seating (and in some cases, outdoor dining bubbles), restaurants opt for a less-cluttered look, especially when restricted to place tables 1,5 meters away from each other.

Just take a look at this dining area of the Hotel Ca Na Xica, Ibiza, how the outdoor couches make you feel that you’re home even whilst outside.



*Furnitures by Expormim, available at Lord Designs*

## Embracing the social distancing



Social distancing is one of the main protocols of the restaurants during this pandemic. But who says you can't be creative with it?

An interesting way to change your restaurant design is to do what people never imagined in a place, doing something new according to the circumstances we're facing, creating original spaces, where people experiment memories that we didn't have before. Here's a living example of this concept, the Mediatic ETEN in Netherlands, which presents dining within the 'Serres Séparées' coming from the traditional French name "chambre séparée" (separate room). These greenhouses accommodate 2 diners, creating a cozy type of intimacy where you can have alone time with your partner but still see the world around you.

Another fun way to decorate your restaurant ensuring the social distancing is placing mannequins in half of the tables, rather than just letting those tables and chairs blank, this not only assures the distance but creates a different and original ambience, which is certainly unforgettable! This has been applied by the restaurant The Inn at Little Washington Boutqie Hotel, Virginia USA, where mannequins are clothed with the 1940s style.



**Mediatic ETEN**



*The Inn at Little Washington*



# Texture, texture, texture

Texture is here to stay as restaurants interior design trends are seeing a greater focus on mixing and layering different textures and finishes. But now many are opting for long-lasting textures that are easy to clean and sanitize.

Flooring is one easy way to add texture. **Restaurant flooring** is an important design choice, as it must be highly functional — think durability to traffic and spills — with strong aesthetic qualities.

Texture can also be easily incorporated via unique furnishings, textiles and lighting. For example: pairing various patterned fabrics and plush textiles with a contemporary wood-look flooring design; or combining mixed metal lighting fixtures with concrete-like flooring and wall finishes.

To complete a space, unique décor, artwork and wall treatments provide an added layering element to enhance the overall depth of the space.

Finally, the use of organic features is growing in popularity in hospitality environments, and the restaurant industry is no exception. Adding live wall treatments or water features enhance dining spaces and lobbies with a texturized, yet natural visual.



*"I love to use texture that lends itself to natural elements" says Sophie Lord, Director of Lord Designs.*

# Local Flavor



People love dining out, and they especially enjoy it when it is a delicious, enjoyable experience. But they want just that — the experience. Restaurants need to be memorable. A shift in design, particularly in restaurants located in destination areas, such as Marbella, is the incorporation of local landmarks and especially locally sourced ingredients. Local specialties have been hot for a while, but now we're seeing the physical space reflect the community, too. To reflect local flare while keeping a touch of elegance, consider including décor that fits in with the area. The Costa Del Sol is famous for its "Chiringuitos". Not only do they have a free-spirit experience but also have different types of cuisine that embrace the local food of Spain bringing you the true Spanish culture, such as the strong favourite "Paella" amongst other seafoods delights

"Chiringuitos" are rapidly increasing in popularity. Design wise, the beach and the restaurant are being designed in a way to make them blend into one place. Designs are natural and simple, using colours of the sea, sand and beach wildlife, without the need to go to crazy on accessories - the landscape of the sea itself creates an idealistic backdrop.



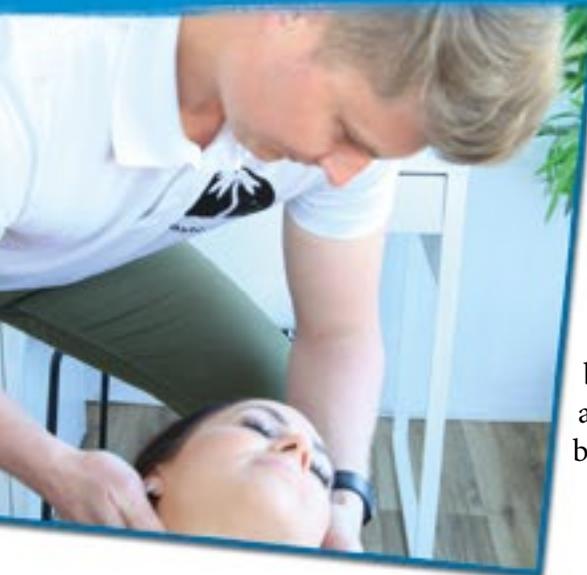
At Lord Designs Interiors, we are continuously up to date with the latest decorative trends. See our website to see projects in which we have implemented commercial designs.

[www.lorddesigns.com](http://www.lorddesigns.com) f Lord Designs Interiors

Come and visit us at our design studio:

Carretera A7 Cadiz-Malaga KM. 164,500, Urb. Playa de la Cancelada CP 29688 Estepona

# AFRAID OF THE CRACK?



Many people often think that Chiropractors only “crack” and “pop” the joints of the spine. Chiropractors use many different types of therapies besides spinal manipulation to treat musculoskeletal pain. Each condition requires a different approach when it comes to a treatment plan.

The different Chiropractic modalities can play a big role in your overall treatment and care. These additional services can make the difference between a successful treatment and subpar care.

Every Chiropractor will offer a different set of treatments based on their specialized knowledge.

At CostaSpine, we use various Chiropractic treatments to relieve pain and quicken a patient's recovery. Additional treatments may include:

## Soft Tissue Therapy

Chiropractors use a variety of hands-on soft tissue therapies to improve the function of the soft tissues (muscles, ligaments, tendons, and joint capsules). These include Active Release Technique, ischaemic compression, massage, and instrument-assisted soft tissue mobilization (Graston Technique).

## Dry Needling

Dry needling is a treatment used to ease muscular pain. During dry needling, a practitioner will insert needles into your muscles. Dry needles are fine, short, stainless steel needles that don't inject fluid into the body, hence the word “dry” is used. Practitioners place the needles in “trigger points” in your muscle or tissue. The points are areas of knotted or hard muscle.



## Cupping

Therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

## Transcutaneous Electric Nerve Stimulation (TENS)

A TENS unit is a small, battery-powered, portable muscle stimulation machine that can be used to help control pain. Variable intensities of electric current are used to control pain. This treatment is recommended to help patients get through periods of severe (acute) pain.

## Ice and Heat Therapy

Ice and heat have long been used to treat many painful conditions. Ice therapy is often used to reduce swelling and help control pain for acute injury. Heat therapy is used to relax the muscles, increase circulation, and can provide relief to patients with chronic conditions. Depending on the patient's condition, a combination of ice and heat can be used.

## Lifestyle Modification

Good health is much more than the absence of pain or disease. The lifestyle choices you make daily affect your long-term health. We try to promote the following:

- Specialised exercise to your condition
- Decreased smoking and alcohol consumption
- Good diet
- Decreased stress techniques
- Decreased reliance on medication
- Posture training
- Correct lifting techniques

As you can see, Chiropractic medicine is more than just spinal manipulations and cracking. Chiropractors use a variety of treatment modalities to help the body to heal itself and return the patient to a pain-free and healthy life.



**CostaSpine**  
Your Health Excelled

**Ricardo Marques**  
M-Tech Chiro (ICSSD)

+34 678 17 73 21

ricardo@costaspine.com

www.costaspine.com

costaspine\_marbella CostaSpine

ABOUT MARBELLA MAGAZINE / 69

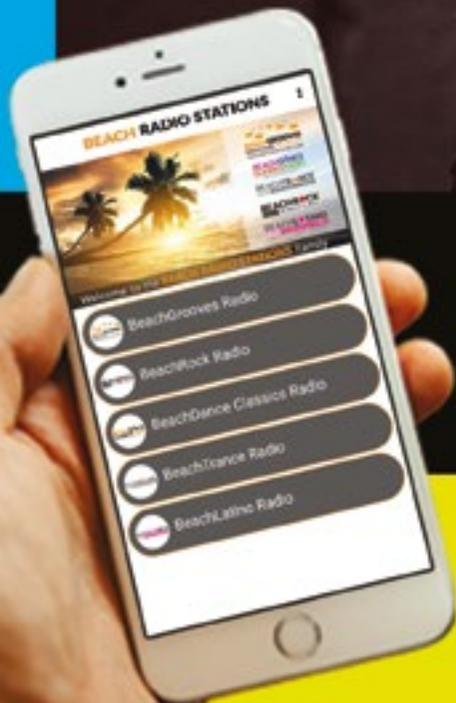


**BEACHGROOVES**  
WORLD OFF, MUSIC ON!

Bringing you the best music and DJs

**24 HOURS A DAY**  
**7 DAYS A WEEK**

ONLINE - FM - TV - MOBILE APP - DAB+ (coming soon)



Don't forget to get the free  
**BEACH RADIO STATIONS APP**

Download our app and have all our stations in the palm of your hand wherever you go.

Available from the **Google Play** or **iTunes** store.

**BEACHGROOVES**  
WORLD OFF, MUSIC ON!

**BEACHROCK**  
RADIO GET READY TO ROCK

**BEACHCHILL**  
RELAXING MUSIC RADIO

**BEACHJAZZ**  
RADIO JAZZ IS ALIVE

**BEACHDANCE**  
CLASSICS RADIO  
DISCO, SOUL & FUNNY CLASSICS

**BEACHLATINO**  
RADIO FOR LATIN MUSIC LOVERS

FLUM  
**ANTON BODNAR**  
WEDNESDAYS | 21:00

**103.5 FM MARBELLA**  
**102.0 FM MIJAS**

#WeAreStillHere

**BEACHGROOVES**  
**RADIO**

FROM BENALMADINA - ESTEPONA

Catch the daily residents PLUS all our other local and international DJs

Mon - Fri | 8am - 10am  
The BG Morning Show  
with **Michel Ortier**

Mon - Fri | 1pm - 2pm  
The Gospel  
with **Tito Pulpo**

Mon - Thurs | 5pm - 7pm  
Drive Time  
with **Mr Marcardi**

A FULL 24 Hour schedule of live shows, podcasts and outside broadcasts

To listen online and full schedule  
**BEACHGROOVES.COM**





Photography Daniel Smith

## Who is Angie Souza?

Angie Souza is a vibe; she is the life of the party, half Afro-Brazilian, half Spanish Gypsy. New DJ, musical production student and a rising artist in the music industry.



## How long have you been a DJ?

What made you feel interested in this world? Music has always lived inside of me, it comes naturally to me since I can remember; my musical inclination has always been very creative. Despite that, I didn't know how to channel that until my mentor and person that has been by my side in this process, DJ Boramy, helped me to find my passion as a DJ this year. Boramy is one of the pioneers of urban music in Spain, as well as an international DJ. He taught me in the old school way with vinyl and surrounded by big international names during my training. That's how I got inspired by many DJ styles, like scratching. As an open format DJ, being diverse with my ways is fundamental. What made me fall in love with the job is the feeling I get while DJing as well as sharing it: making the public go on a musical journey, making them dance and sing in a room full of strangers and creating bonds between them is a magical thing.

## How do you see the current music state?

Music is a form of expression and is growing a lot; nowadays, and thanks to all the streaming platforms we have access to, we are not limited to national music. Being able to make a fusion of different music genres in a set lets us expand our mindset and creates a huge progress right now.

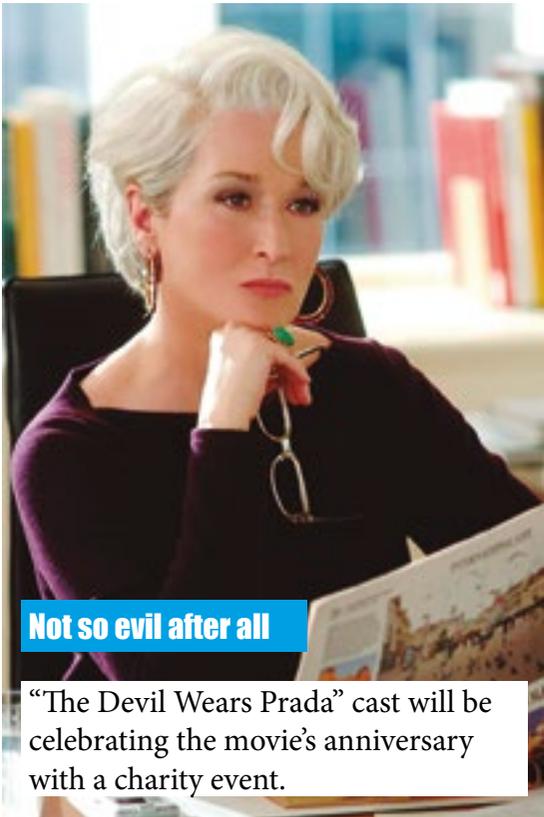
## What kind of music style defines you?

I wouldn't be able to choose only one genre to define myself. For me, music is feelings. Since I was a little child I've been exposed to different genres due to my cultural diversity and I have been able to develop a special sensitivity for music. For example, flamenco music touches my heart, but the same thing happens to Brazilian samba, rock or urban music.

## What is your purpose or dream?

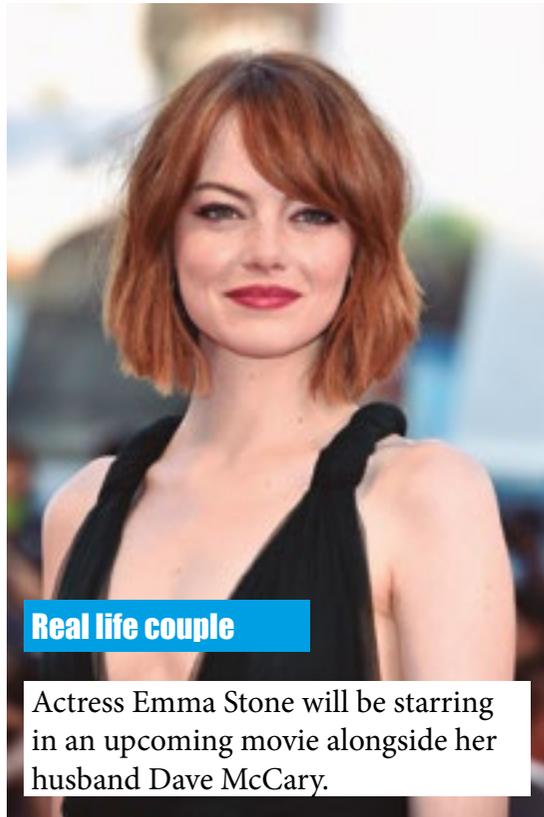
The most important thing to me is that the public has an unforgettable experience and that they come back to my sets, I would love to be a part of a team of different artists who travel the world; that DJ Angie Souza would be a number on her own.





**Not so evil after all**

“The Devil Wears Prada” cast will be celebrating the movie’s anniversary with a charity event.



**Real life couple**

Actress Emma Stone will be starring in an upcoming movie alongside her husband Dave McCary.

**Welcome home little one**

26 year old singer Halsey has become a mom of a beautiful baby this past July. The entertainer and her partner, Alev Aydin, have decided to name their baby Ender Ridley Aydin and have shared these exciting news with the world via social media. Halsey has revealed that the actual birth of the baby was something very difficult yet she found it to be rare and euphoric, so she said she feels very grateful for experiencing this in her life after months of pregnancy.



MM  XX

# NOVACANE

ART GALLERY 29660



#NOVACANEARTGALLERY

lamaison.crossfit



# LIMCF

**NEW!  
KIDS  
CLASSES**  
¡NUEVO!  
CLASES DE  
NIÑOS

**TRY YOUR  
FIRST CLASS  
FOR FREE**  
PRUEBA TU  
PRIMERA CLASE  
GRATIS

# ¿CROSSFIT?

**DISCOVER IT WITH US.  
DESCUBRELO CON NOSOTROS.**

# LIMCF

LAMAISON CROSSFIT  
M A R B E L L A



Tel. 650 578 085 / +34 663 480 366 | lamaisoncrossfit@gmail.com  
Pol. Industrial Nueva Campana, 47B, 29660, Nueva Andalucía, Marbella

# The Lamborghini Aventador LP 780-4 Ultimae

It takes time to become timeless



- The essence of the V12 aspirated Aventador in a final incarnation: Ultimae
- To be produced in a numbered series of 350 units in coupé and 250 roadster editions
- Updated, longitudinally-mounted V12 engine sends 780 CV at 8,500 rpm to permanent four-wheel drive, as designated by its traditional 'LP 780-4' moniker
- Acceleration of 0-100 km/h in 2.8 seconds, 0-200 km/h in 8,7 and a topspeed of 355 km/h (coupé)
- The best of Aventador SVJ performance combined with the driving dynamics of the Aventador S and the definitive Aventador design
- A world-wide virtual premier and making its physical debut at the UK's Goodwood Festival of Speed 8-11 July



Automobili Lamborghini announces the Aventador LP 780-4 Ultimae: a celebration of the iconic V12 super sports car and combustion engine in a final production model, concentrating the purest features of all Aventador editions into a perfect finale. The Aventador LP 780-4 harnesses the performance of the SVJ and intensifies the sophisticated elegance of the Aventador S, converging design and dynamism into a decisive collector's piece in both coupé and roadster forms. "The Aventador LP 780-4 denotes the final, purest, timeless naturally-aspirated production V12 Lamborghini," says Stephan Winkelmann, President and CEO of Automobili Lamborghini. "It delivers the essential twelve-cylinder experience in terms of inimitable design, engineering solutions and the most emotive driving experience, and is the definitive Aventador concluding an extraordinary era. It is the last of its kind: it delivers the maximum power and conclusive performance expected from Lamborghini's current V12 engine, combined with our inimitable flagship's design DNA. The Aventador was destined to become a classic from launch, and the Aventador LP 780-4 is the most beautiful expression of timeless design and technical solutions in a final edition: Ultimae."

After more than a year where events worldwide were cancelled due to the pandemic, the Aventador LP 780-4 Ultimae coupé and roadster will be displayed at the UK's 2021 Goodwood Festival of Speed in front of automotive enthusiasts and owners.



By: Guillermo Fernández de Ateca Barber,  
C. De Salamanca Ambassador.



The Aventador LP 780-4's unique, extremely rigid and lightweight carbon fiber monocoque, and extensive use of carbon fiber throughout the body, contributes to its dry weight of just 1,550 kg. The coupé version, weighing 25 kg less than the Aventador S, delivers the same weight-to-power ratio as the SVJ at 1.98 kg/CV accelerating from 0-100 km/h in 2.8 seconds and a top speed of 355 km/h, with 720 Nm of torque at maximum 6750 rpm, and optimized VVT (Variable Valve Timing) and VIS (Variable Intake System) for an optimised torque curve. Its CCB braking system delivers 100 km/h to standstill in just 30 m.

Power and performance The Aventador LP 780-4 Ultimae's elegant lines belie the performance of this final edition. The twelve-cylinder, 6.5-liter 'Longitudinale Posteriore' (LP) engine delivers 780 CV: 40 CV more than the Aventador S and 10 CV over the SVJ to its permanent four-wheel drive. The LP 780-4 Ultimae celebrates the visceral character, power and performance of the Lamborghini's Aventador's ten-year evolution, including the know-how of the Nürburgring-Nordschleife record SVJ powertrain set in July 2018; the super sports technical advances and luxury of the S mode; and the purity of the original Aventador concept. It is the grand finale of the traditional V12 combustion engine, and the ultimate Aventador in every sense.



# MERCEDES AMG GT BLACK SERIES



## DRIVE AND DRIVING PERFORMANCES

- 4.0 litre V8 biturbo motor with dry sump lubrication, identification code M178 LS2
- 537 kW/730 hp max. output at 6700-6900 rpm
- 800 Nm max. torque at 2000-6000 rpm
- Vmax 325 km/h
- 0-100 km/h 3.2 s
- 0-200 km/h in under 9.0 s
- Engine has a new 'flat' and lighter crankshaft with crankpins on one plane – characteristics of an uncompromising sports engine
- New firing order with 180-degree crankshaft angle offset
- Advantage: more evenly distributed combustion in all cylinders, more agile throttle response
- New camshafts and exhaust manifolds
- Reinforced AMG SPEEDSHIFT DCT 7G dual clutch transmission for higher torque
- New twin-pipe exhaust system made of thin-walled stainless Steel

## EXTERIOR

- New, significantly larger radiator trim (inspired by GT3 racing car) with vertical struts in dark Chrome
- New, larger front apron with an additional manually adjustable front splitter for racetrack use, with front diffuser in carbon fibre
- New carbon-fibre bonnet with two large air outlets and visible carbon-fibre surfaces
- New carbon-fibre front wings with seamlessly integrated louvres in the body colour
- Lightweight carbon-fibre roof with sunken centre
- New, significantly larger side sill panels with carbon-fibre elements which merge into larger blades at the front and rear
- Black painted carbon-fibre tailgate with small spoiler lip and larger rear windscreen made of lightweight thin glass
- Windscreen in thin glass
- New rear apron with visible carbon-fibre elements, double diffuser, two rounded tailpipe trim elements on the outside left and right, and side wheel arch ventilators
- New, two-piece carbon-fibre rear aerofoil with specially moulded supports in matt black painted carbon fibre, bolted to the carbon-fibre tailgate. Additional electric flap which can be adjusted automatically or manually by means of a button
- Standard AMG 10-spoke forged wheels in matt black, including rim flange with high-sheen finish
- New, exclusive AMG magmabeam special paintwork





### European vacation

Singing diva Cher was seen enjoying her holidays in Italy these past weeks.

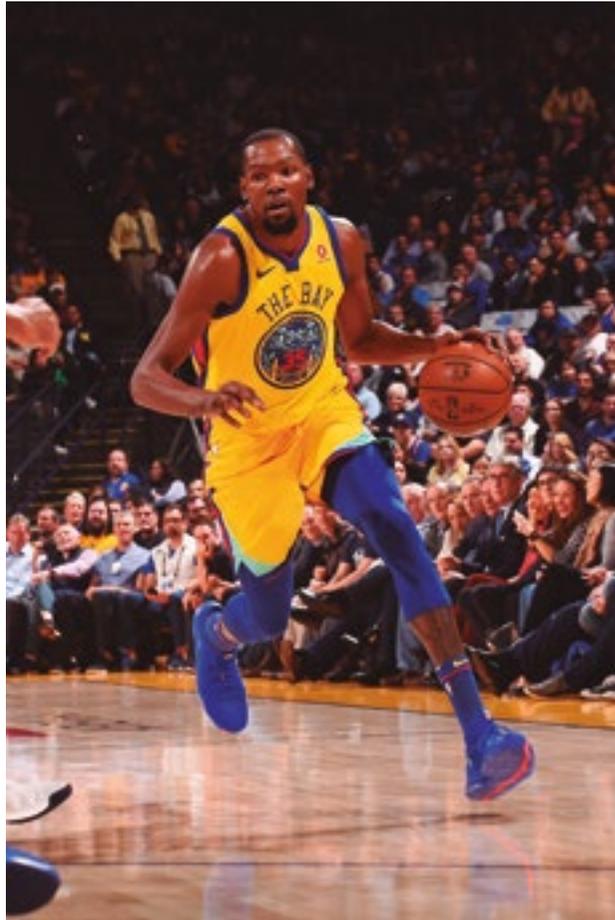


### Royal stories

Prince Harry will be releasing his own memoir, scheduled for next year.

### Sports that make good money

This 2021 Tokyo Olympic season has given us some lists of how much the different athletes earn a year, and there is no denying that working as a high level athlete can provide some more than substantial income. The highest paid one is Kevin Durant, American basketball player that makes the number of \$75 million a year! Following his numbers we find Naomi Osaka, the Japanese tennis player who makes \$60 million a year, and a lot more basketball players.



**Femini CARE**

Ginecología - Incontinencia - Suelo pélvico - Pilates - Medicina Estética

Yoga

Alimentación - Viajes

Mindfulness - Coaching

Pintura - Análisis nutricional

Bótox - Cultura

Vaginoplastia

Experiencia - Más que clínicas

Fisioterapia - Nutrición saludable - Parto y posparto - Psicología - Sexualidad

Ginecología

Fisioterapia

Nutrición

Psicología

**Medicina Estética**

MonaLisa Touch [www.femini.es](http://www.femini.es) **INDIBA**

C/ Severo Ochoa, 12, 29603 - Marbella +34 951 176 250



# SIDE B CREW

Events **SIDE B** crew is a brand dedicated to organizing events and theme parties with over **10 years experience**.

Our brand is concerned with the selection, recruitment, organization, image and styling of all our artists at all events.

Events **SIDE B** crew es una marca dedicada a la organización de eventos y fiestas temáticas con más de **10 años experiencia**.

Nuestra marca se preocupa por la selección, contratación, organización, imagen y estilo de todos nuestros artistas y eventos.

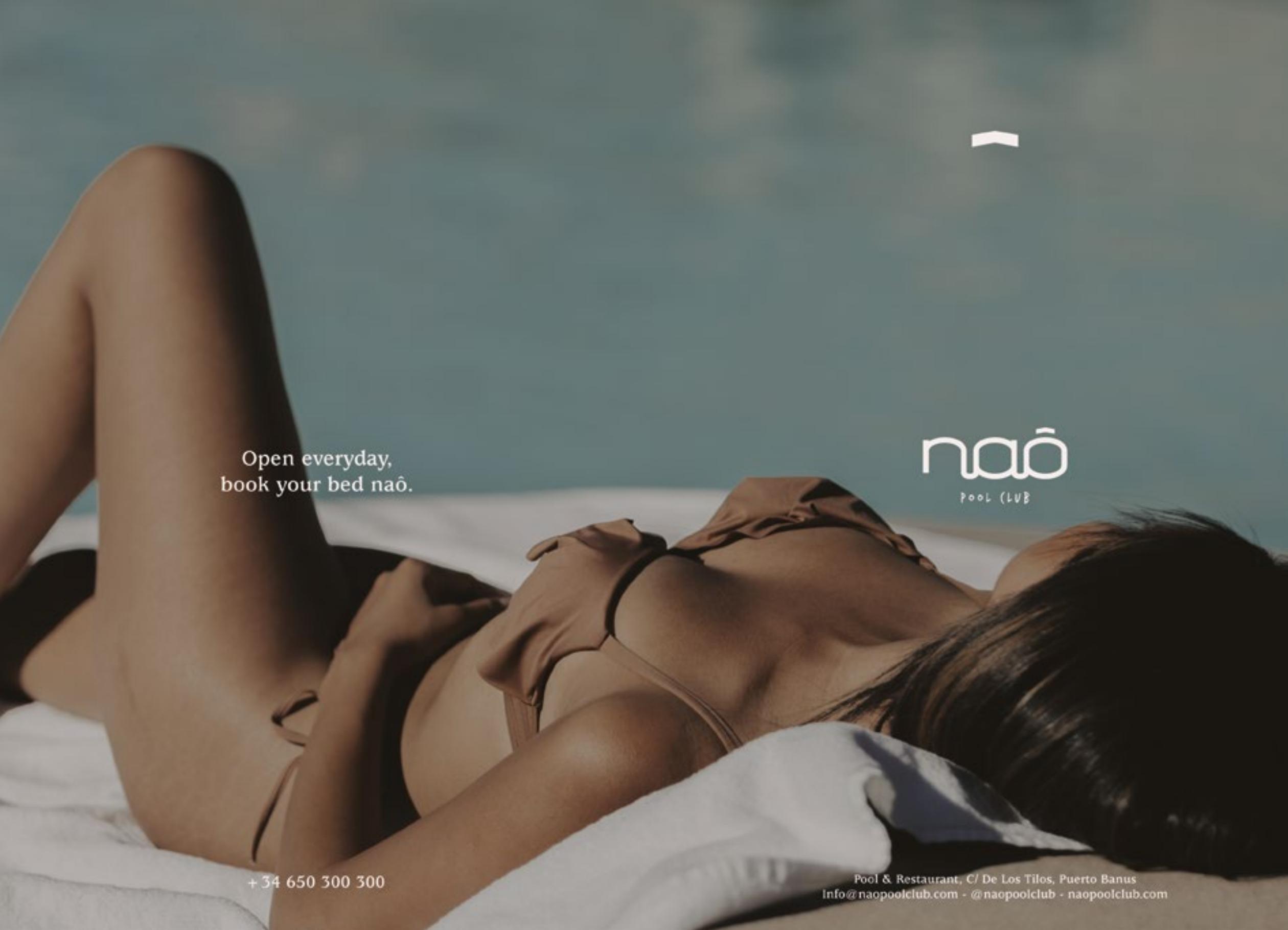


eventsidebcrew@gmail.com +34 657 654 420

Instagram: eventsideb\_crew Facebook: SideB\_ibiza\_crew



# SO CIAL



Open everyday,  
book your bed naô.

naô  
POOL CLUB

+34 650 300 300

Pool & Restaurant, C/ De Los Tilos, Puerto Banus  
Info@naopoolclub.com - @naopoolclub - naopoolclub.com

*Dining under the Stars*



RESTAURANT - LOUNGE BAR - LIVE DINNER SHOW & DJ SET

*Find your Fire*

*Only Under Booking*

T. +34637290771 / +34650865454  
Ctra.de istán - Km.0,8 29600 Marbella

Instagram icon [lov\\_oliviavalere](#)  
[www.oliviavalere.com](http://www.oliviavalere.com)

# MOGLi

MARBELLA

OPEN FOR LUNCH AND DINNER



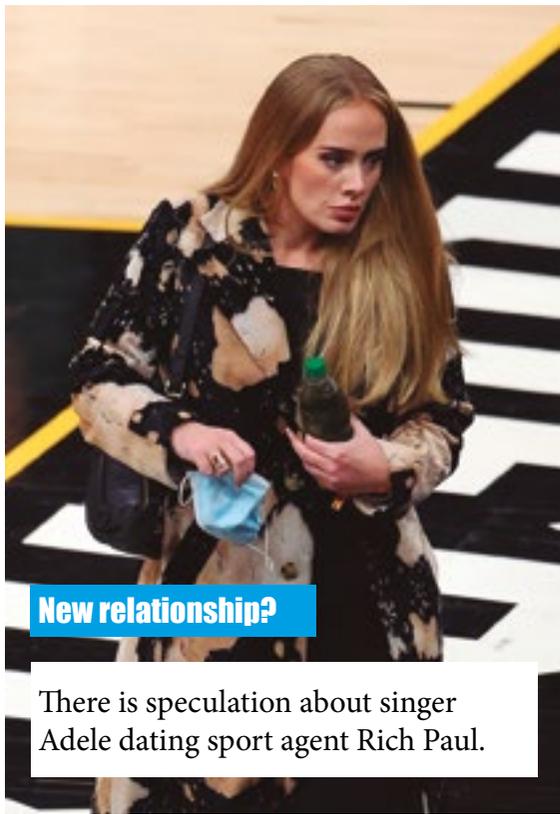
MOGLi

 [moglimarbella](https://www.instagram.com/moglimarbella) 

[www.moglimarbella.com](http://www.moglimarbella.com)

Reservas: +34 951 17 80 80

Av. Del Prado, 37. 29660. Marbella



**New relationship?**

There is speculation about singer Adele dating sport agent Rich Paul.



**First times**

Actor Zac Efron just received his first Emmy for his show "Down to Earth with Zac Efron".

**The wealthiest artists right now**

Billboard has made a list of the earnings of the most famous singers and entertainers around the world, letting us know how much they can make in a year (even without live shows due to the pandemic!). The list sets Taylor Swift as the highest paid musician this past 2021, with an earning of \$23.8 million, mainly from album sales and streaming platforms. Following her, we have Post Malone with \$23 million, Celine Dion with \$17 million and The Eagles, with a similar number.



**Octopus LOUNGE BAR**

**FIESTA**  
*parties*  
**LOS DOMINGOS**

**Octopus-Lounge-Bar @octopusloungebar**  
Puerto Deportivo Marbella 65, 29602 Marbella, Málaga



*More than just a beach club...*

BOOKING & RESERVATIONS

[WWW.OCEANCLUB.ES](http://WWW.OCEANCLUB.ES)

Avda. Lola Flores s/n 29660 Nueva Andalucía Marbella

# HAVANA 65



OUR LIVE SET  
DE JUEVES A DOMINGO

Calle Marqués de Duero 65, 29670 San Pedro Alcántara

f Havana65SanPedro @ havana\_65



**Not the moment yet**

Britney Spears' Boyfriend, Sam Asghari, denied wedding rumors for the couple.

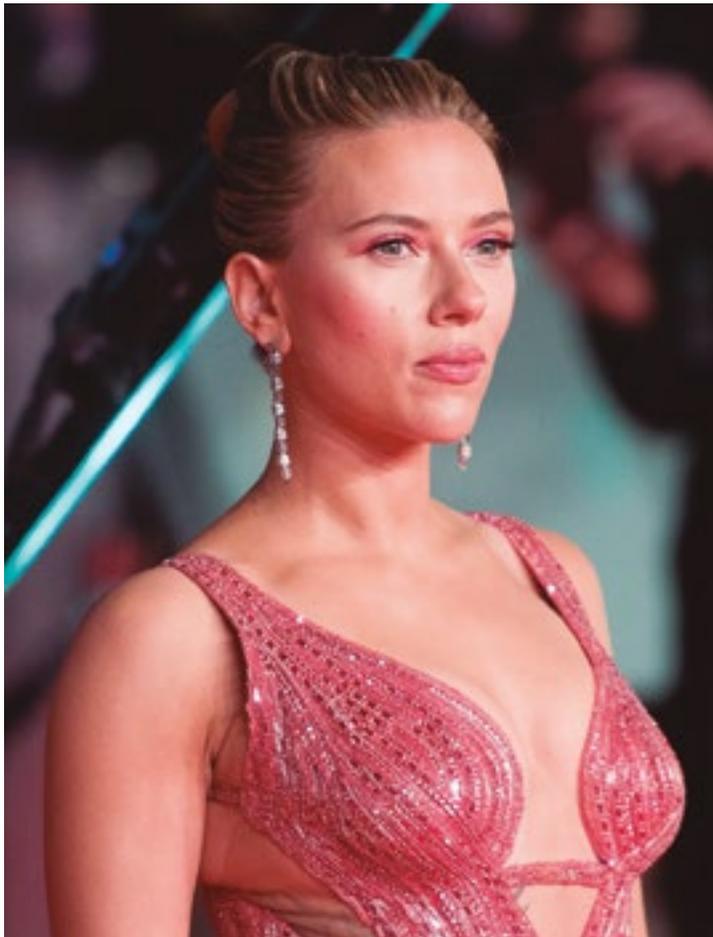


**A needed break**

Singer Lorde revealed that she left social media because it was affecting her and her own self image.

**A not so happy movie premiere**

Actress Scarlett Johansson has recently sued Disney for releasing her latest movie, "Black Widow", on theaters and Disney+ simultaneously. This move affects the actress directly, due to the fact that she would earn more according to the theaters selling. Now, she claims that many people won't go see the movie in theaters and will buy it directly on Disney+, causing her to lose a lot of potential earnings. This legal battle has inspired some other actors who are debating on doing the same.



[NEXT] DOOR

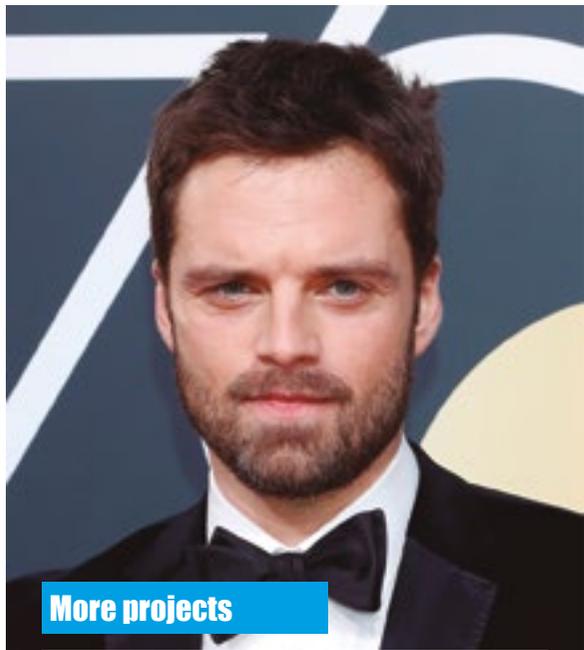
Advertisement for Next Door bar featuring two cocktails: a green one with a lime wedge and a red one with a grapefruit slice. Below the drinks is a collage of photos showing the bar's interior, including a bartender, a bar counter, and jars of citrus slices.

f nextdoormarbella @  
Calle las Malvas 11, Edificio Online 29660 Marbella



### Top model runway

Model Gigi Hadid showed everyone in NYC the perfect example of minimal chic with this outfit.



### More projects

Sebastian Stan will be starring alongside Julianne Moore in the upcoming movie "Sharper".

## Italian roots showing through the screen

Singer, actress and overall entertainer Lady Gaga will be starring in the "House of Gucci" show, where the story of how the fashion brand started will be developed. Gaga, who has Italian heritage in her family, will be playing the role of Patrizia Reggiani in this project and the different twists, turns and betrayals that are present on the plot will not leave the audience dissatisfied. The movie will hit the theaters this November.



# Mantra Lounge - Bar

Reservas:  
 +34 952 866 700 | +34 608 555 681  
 Puerto Deportivo, Local 9, 29602 Marbella  
 (En primera línea del Puerto)

f MantraLoungeBar @ mantraloungebarmarbella

*Dr. Drink*

*Dr. Smoke*



**FIRST CBD COCKTAIL BAR IN SPAIN**  
**EXCLUSIVITY FIRST CBD RUM**  
**LEGAL CANNABIS ENERGY DRINK**  
**OILS, FLOWERS, RESINS AND MUCH MORE**



🌐 [drsmoke.es](http://drsmoke.es) 📷 [drsmoke\\_spain](https://www.instagram.com/drsmoke_spain) 📺 [drsmokespain](https://www.facebook.com/drsmokespain)

Plaza Antonio Banderas, Edificio sur local 3, Nueva Andalucía 29660, Marbella, Málaga.

# LIVING DISCO

## Salsa



ABRIMOS TODOS LOS DÍAS  
(MARTES CERRADO)

**DJ MANDUCO** DJ Residente



# LA CABAÑA

CLUB



*cambiar el plan,  
no las metas.*



@lacabana\_club

Plaza de la libertad, San Pedro de Alcántara 29670

# SEVEN

PUERTO BANÚS

SHOWS | DRINKS | DANCE



@SEVENBANUS

BOOKINGS: +34 602 50 32 91

CALLE MUELLE DE RIBERA | PUERTO BANÚS



## FUNKY BUDDHA

PUERTO BANÚS

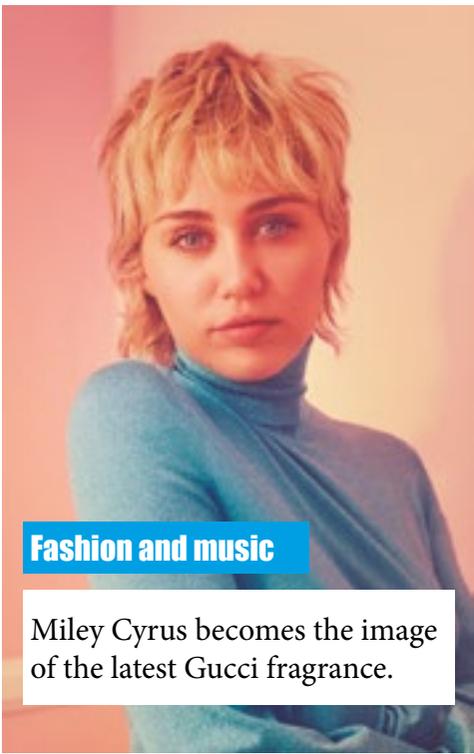
# LET'S GET FUNKY

@FUNKYBUDDHABANUS

BOOKINGS: +34 602 50 32 91

CALLE MUELLE DE RIBERA - PUERTO BANÚS





**Fashion and music**

Miley Cyrus becomes the image of the latest Gucci fragrance.



**Health and future**

Rebel Wilson revealed that the reason for her weight loss was having a better chance to be fertile for a future baby.

**Taking care of everyone's health on set**

Actress Sharon Stone has revealed her views on the global pandemic situation and people's behaviour. She has stated that she will only participate in projects where the whole team is vaccinated in order to ensure safety for everyone involved. This will serve as an example of irresponsible people that won't take the pandemic seriously and keep harming other's people health and overall worsen the situation.



**OLD VIC**  
DISCOTECA LATINA  
MARBELLA

ABIERTOS TODOS LOS DIAS DE 20H A 02H.

**GRATIS**  
Botella de CAVA y DECORACION  
al celebrar tu CUMPLEAÑOS  
con nosotros!!

INFO & RESERVAS  
+34 633 950 785

@oldviclatino2018  
Old Vic Latino Marbella 2018  
/Nuestra Señora de Gracia, 2, 29602 Marbella



*Piano Bar & Club*

*Milady Palace*

*Urbanización Villa Parra 34  
Marbella - Málaga*

*(+34) 952 82 37 12 (+34) 952 86 10 85*





YOUR NEW  
FOOD & SPORTS LOUNGE  
ON THE BOULEVARD

@ conwaysbar\_  
Avenida Luis Braille 10 San Pedro de Alcántara











FERRARI

MARTINI

MAGNA Supercars.com

Fiat Lubrificanti

McLaren

PIRELLI

BOXLITE

TOPTRA

Castrol

Castrol

PIRELLI

OPIUM  
BEACH CLUB  
Marbella

# SUMMER DAYS SCHEDULE

MONDAYS

THE  
CAPTAIN

TUESDAYS

French  
MARBELLA

WEDNESDAYS

SABBATIC  
WEDNESDAY

THURSDAYS

wef  
kaos

FRIDAYS

SINTILLATE

SATURDAYS

JUST OPIUM

SUNDAYS

POPPIN'  
BUBBLES



INFOLINE & VIP BOOKINGS: +34 657 627 144  
WWW.OPIUMBEACHMARBELLA.COM  
CARRETERA N340 KM 184 MARBELLA (MALAGA)

OPIUM  
BEACH CLUB  
Marbella



INFOLINE & VIP BOOKINGS: +34 657 627 144  
WWW.OPIUMBEACHMARBELLA.COM  
CARRETERA N340 KM 184 MARBELLA (MALAGA)



**The**   
**Point**   
Beach • Restaurant • Jetski



**The**   
**Point**   
Beach • Restaurant • Jetski



**BREAKFAST • LUNCH • DINNER**

[www.thepointmarbella.com](http://www.thepointmarbella.com) Ctra: 340 KM. 182.4 Marbella.



EL TORO  
TAPAS & WINE  
LOUNGE RESTAURANT



 [eltoromarbella](https://www.instagram.com/eltoromarbella)

Calle Acera de la Marina 9, 29602 Marbella