

ABOUT MARBELLA

magazine



HALLOWEEN

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 7

GOOD NEWS FOR  
THE PRINCESS 20  
OF POP



LIGHTS, CAMERA,  
ACTION! 26



LIFESTYLE 31

PRODIGY PADEL  
ACADEMY 44



ABS WORKOUT 50



AUTUMN INTERIOR  
DESIGN TRENDS 52



STRESS THE BIGGEST  
CAUSE OF EPISODIC  
LOW BACK PAIN 60



AUTOMOCIÓN 66



SOCIAL 73

A GREAT PAIR 78



Who's In Who's Out

As usual, ABSOLUT  
MAGAZINE attended the  
hottest parties and events  
on the coast. Where you  
there? 96



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



*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

# GAS TRO NOMY



ASADOR & RESTAURANTE

MARBELLA EST. 2017



# EL REPIQUE

EL ASADOR DEL CENTRO HÍPICO



SÁBADOS  
*Mágica en vivo*



DOMINGOS  
*Espectáculos  
para toda  
la familia*





**LA HABANA** de  
*Hemingway*

BAR DE COPAS  
PUERTO BANÚS



**LOUNGE**  
LA HABANA

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

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



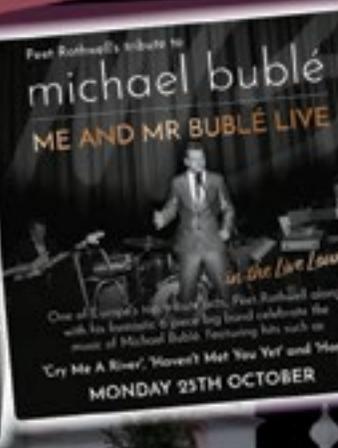
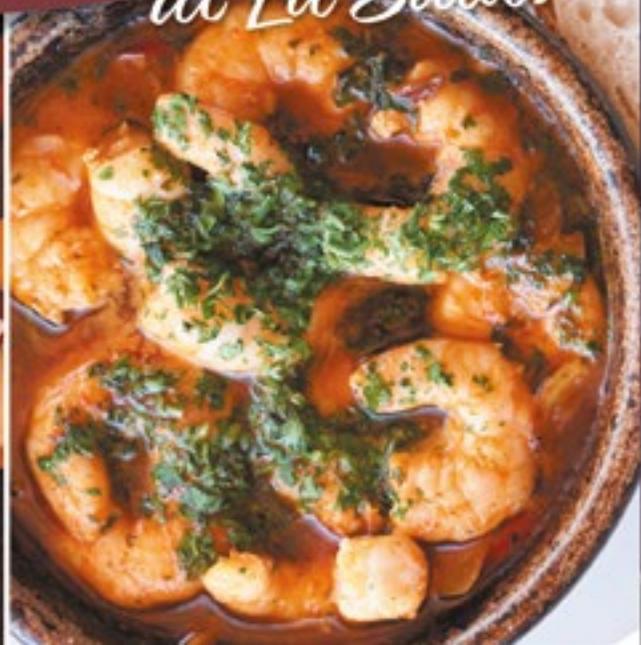
# LA SALA

PUERTO BANUS



Every day is the  
**WEEKEND**  
at La Sala!

The ultimate social & dining experience!



Entertainment 7 days a week!

Open 10am to 2am for Breakfast, Lunch & Dinner



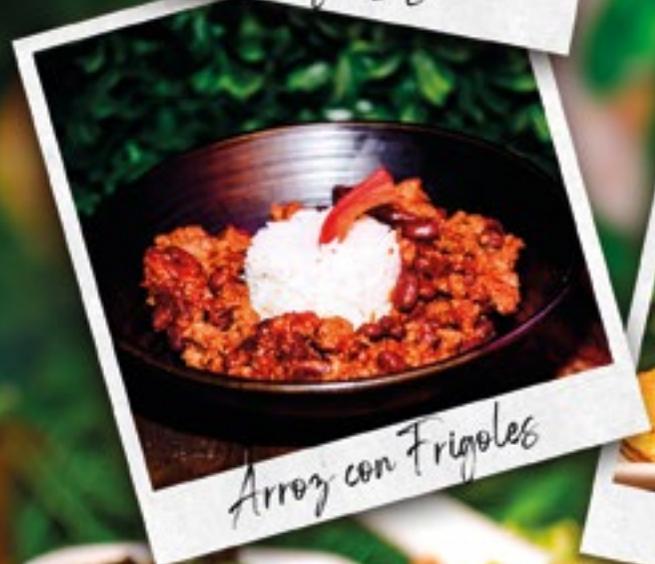
La Sala Puerto Banus | Calle Juan Belmonte, 29600 Marbella  
(+34) 95 281 4145 | reservations@LaSalaBanus.com | www.LaSalaBanus.com



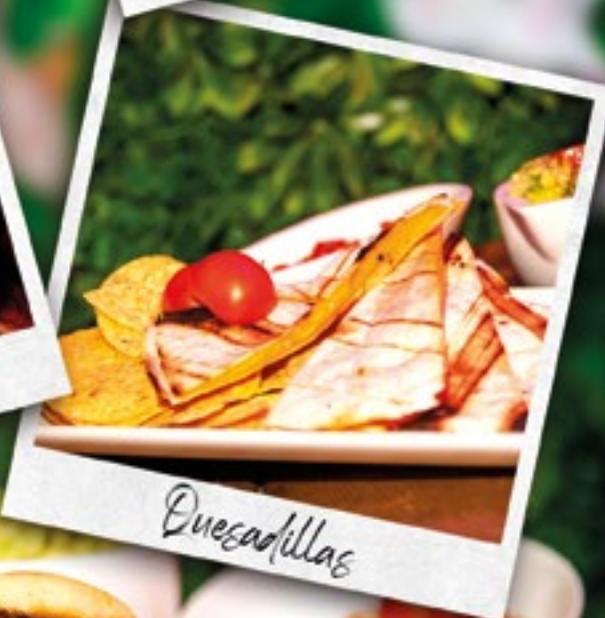
Hamburguecas



Empanadas



Arroz con Frigoles



Quesadillas



# LATIN FOOD



# EL TORO

TAPAS & WINE  
LOUNGE RESTAURANT



© eltoromarbella

Calle Acera de la Marina 2, 29602 Marbella

# BAO

## GARDEN

EAT + DRINK MARBELLA

*Wishes you a  
happy Halloween*



# All in 1 Cafe



INTRODUCING OUR  
**NEW MENU FOR 2021**

CREATED BY LOCAL CULINARY LEGEND & OUR NEW CONSULTANT HEAD CHEF

*Pablo Castillo*

[www.baogardenmarbella.com](http://www.baogardenmarbella.com) f baogardenmarbella@

Calle Los Jazmines 465, Nueva Andalucía 29660 Marbella Tf: (+34) 951 51 81 93



**Unwelcoming event**

Machine Gun Kelly and Conor McGregor had a strong fight at the VMAs red carpet.



**In the right direction**

Model Chrissy Teigen recently celebrated three months of sobriety.

**Good news for the princess of pop**

Last month it was official that Britney Spears was no longer being controlled by his father, since judges suspended her father from being the conservator of her state. Good news came all at the same time when her boyfriend Sam Asghari proposed to her. Now the two of them are a happy engaged couple but wedding dates are still unknown and may not even happen during this year. We'll have to wait and see.



Instagram icon @ breadandbunsmarbella

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

# Yalla Habibis

حلال  
HALAL

IN THE HEART  
OF PUERTO BANÚS



**BURGER  
SHAWARMA**

📍 [yallahabibis.spain](https://www.yallahabibis.spain)

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

# Le Petit PARIS

حلال  
HALAL



**SHISHA FOOD LOUNGE**

📍 [lepetitparis\\_marbella](https://www.lepetitparis_marbella) Avenida Miguel Cano 3, Marbella

# CELEBRITIES GOLD RISTORANTE ITALIANO PIZZERIA

  
**50% OFF**  
**PARKING**  
HOTEL  
BENABOLA

[www.goldrestaurant.es](http://www.goldrestaurant.es)  
**Delivery & Take Away**

**OUR NEW  
SCHEDULE  
10AM TO 00AM**

## *What is gold restaurant?*

Our restaurant is a typical Italian from the Emilian Romagna culture with recipes from the oldest Italian cuisine such as our grandmother's recipes.

## *What kind of food can we find in gold restaurant?*

Every kind of pasta is home made: tagliatelle, gnocchi, tortelli (with truffles, crab, spinach and ricotta, salmon).

Our specialty is truffles for over 18 years that we made in different way, but an our Historical receipt is : Tagliatelle cooked with truffle sauce (our Receipt as well) and then we mixed the tagliatelle in the Big Parmesan Cheese and grated fresh Truffle on the top .

We also have two special aquariums, one, only for oysters and lobster, and another one just for crayfish.

The PIZZA is Made 48 hour fermented sourdough.

Moreover, we are in a part of Spain where many visitors are from Arabia, so we have for them meat HALAL (Entrecote, beef fillet Heberden, chicken, scalope, ribeye, tomahawk).

## *Where did the idea for an Italian restaurant come from?*

It is not an idea, it is the hard work that our family and our grandmother has done. As children we learned why we live near the restaurant, eat and help our parents with chores. When we arrived in Marbella 20 years ago for vacations, we loved the place and decided to open a restaurant in this magical place.

We do this job with love and put our heart and soul in to every dish to satisfy the customer. At any time of the day we are present for a great performance of the company. Well, 19 years have passed so far and yesterday it seems like we just arrived.

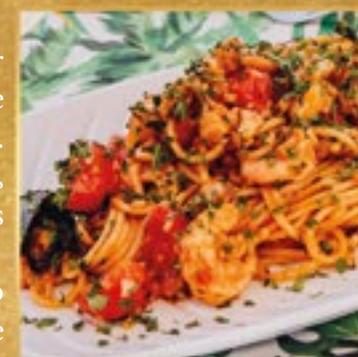
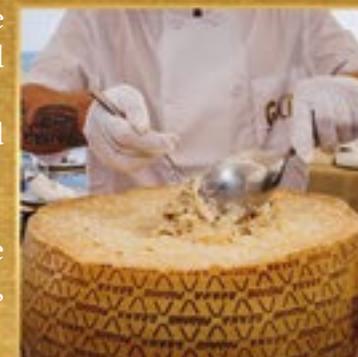
## *How was this 2021 season?*

This year was not so bad, but not at the same level compared to the years before covid.

Anyway, we hope for everybody we were going to start a new life.

## *What are your expectations for next year?*

For next year we hope that everything is back to normal.



LOOKING FOR: CELEBRITIES GOLD



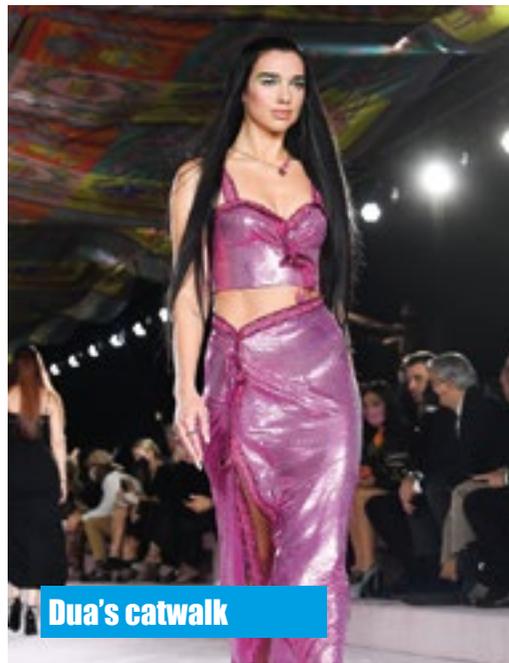
(+34) 952 929 055 · (+34) 611 270 524 · (+34) 679 788 914

Complejo Benabola Beachside, Puerto Banús - 29660, Marbella Málaga



### Lovely on the red carpet

For the first time, Bad Bunny posed with his girlfriend Gabriela on the red carpet at the Latin Billboard Awards.



### Dua's catwalk

Dua Lipa made her Fashion Week debut walking down the runway in Versace's latest show.

## Lights, camera, action! (for the third time)

Rihanna's latest runway "Savage X Fenty Volume III" where she showcased the latest collection of her underwear and lingerie line was released last month on Amazon Prime video. The event was a perfect mixture of runway, musical performances and dance routines all synchronized to make the perfect show. The runway was floored with celebrities, from actresses like Vanessa Hudgens, singers like Troye Sivan to drag entertainers like Gottmik or Symone. The main stage was also packed with performances from various current singers, like Normani, who gave a beat for the models to strike a pose to.



**HAPPY HALLOWEEN**

**LA CLANDESTINA**

**FOOD & DRINKS**

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

# Marbella Sugarbay





# LIFE FESTIVE STYLE

BUY YOUR TICKET HERE!  
SCAN WITH CAMERA

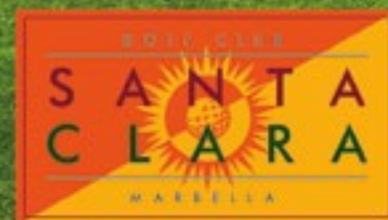


951 19 66 65 | [f cinesteatrogoya](#)   
Avda Julio Iglesias s/n Marbella, Málaga

# 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)

“A unique restaurant and event space at Marbella’s hidden oasis”

BUSINESS FUNCTIONS  
CORPORATE DINNERS  
TEAM ACTIVITIES  
PRESENTATIONS  
CHRISTMAS PARTIES

Come to Cascada... we mean business!

CORPORATE EVENTS

# Let's get down to business

Looking for the perfect place to hold your corporate event or function? Cascada is a unique restaurant and event space, located in the hills of Marbella and surrounded by the unspoiled beauty of nature.

As part of our business packages, we can offer you a wide range of services, facilities and activities, catering for all of your company's business or entertainment needs.

Now taking bookings for  
*Christmas*  
company parties and events 



C A S C A D A  
M A R B E L L A

Urbanización La Montua 39, 29602 Marbella, Málaga  
+34 623 001 465 • [cascadamarbella.com](http://cascadamarbella.com)

# EnCLAVE de FÁbula

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

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

## ESCUELA DE PADEL PADEL ACADEMY

### ADULTS

| Hora por semana<br>Hour per week | Precio mes<br>Price per month |
|----------------------------------|-------------------------------|
| 4                                | 65 €                          |
| 8                                | 110 €                         |

### KIDS

DE 4 A 16 AÑOS  
FROM 4 TO 16 YEARS OLD

| Hora por semana<br>Hour per week | Precio mes<br>Price per month |
|----------------------------------|-------------------------------|
| 4                                | 65 €                          |
| 8                                | 110 €                         |

INSCRIPCIONES ABIERTAS  
REGISTER NOW  
PLAZAS LIMITADAS  
LIMITED AVAILABILITY



Urb. Altos del Rodeo,  
C/Río Amazonas 29660 Marbella  
+34 651 43 93 95 / info@realclubpadelmarbella.com  
www.realclubpadelmarbella.com

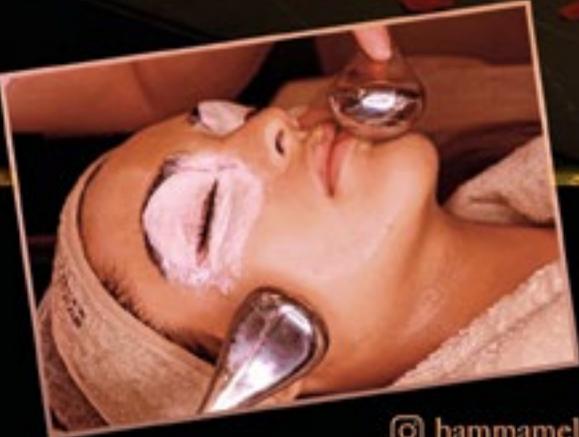


Hammam el Pacha

TRATAMIENTO FACIAL CON



HAMMAM -TRATAMIENTO FACIAL -MASAJE



© hammampachamarbella  
www.hammampachamarbella.com

(+34) 952 155 869 - (+34) 603 622 329 | 10:00h - 23:00h De Lunes a Sábado  
Avda. Juan Vargas, Urb. Nueva Alcantara 29670 San Pedro de Alcantara Marbella



UNDER NEW  
MANAGEMENT

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

MASSAGE | HAIRCUTS | FACIALS | MANICURES | PEDICURES.



Scan to Book



Scan to Find us



info@thebarberclubmarbella.com | +34 952 907 203

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



**Hollywood glamour**

Billie Eilish looked stunning in this Marilyn inspired Oscar de la Renta gown for the MET Gala.



**Friends reunited**

Singers Lady Gaga and Katy Perry met at the Academy Museum of Motion Pictures.

**A night to remember**

Singer and rapper Doja Cat hosted last month's VMA and she did not disappoint! The over the top entertainer wore a number of outfits ranging from a chair-hat to a worm costume, which paired with her sense of humor made the evening so enjoyable. She also performed tracks from her latest album alongside performances from Camila Cabello, Shawn Mendes, Kacey Musgraves, Machine Gun Kelly and many more. One of the most awarded artists of the night was the overnight sensation Olivia Rodrigo.





### Y2k elegance

Euphoria's actress Hunter Schafer showed up at the MET Gala with this dramatic silvery makeup.



### Less is more

Actress Halle Berry brought back puffy sleeves for the Academy Museum of Motion Pictures.

## A change of heart

Billionaire Elon Musk and musician Grimes called it quits making official that they were ending their relationship after three years and a kid. While the couple was always seen as an odd pairing by online users, it was quite unexpected to see them breaking up so suddenly. After the news, the Tesla owner and Canadian singer both have kept using their online presence as usual.



# CASSINO

BET AND PLAY



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

# La Víbora

¡Hola a todos! Bienvenidos de nuevo a Prodigy Land, en este artículo nos metemos de lleno con la víbora. ¡Ojo con la víbora! Que es la antesala de una recuperación de la red con opciones claras de ganar puntos.

Este tipo de remate lleva implícito un peso total sobre la bola, un golpeo descendente donde mezclamos un impacto lateral de la bola más agresivo que con la bandeja, que vimos en el anterior artículo, con una empuñadura continental y con el peso del cuerpo hacia delante.

Si queremos lograr una víbora agresiva y que presione realmente al rival deberemos seguir estos conceptos técnicos para que su ejecución sea mecánica y memorizable y solo nos preocupemos en mover los pies rápidos.

- Empuñadura continental
- Armado del brazo ejecutor con el codo por encima del hombro
- Pala detrás de la cabeza en horizontal al suelo
- Ajuste de pies en posición de armado
- Impacto descendente y con extensión del brazo a la hora de golpear
- Peso en la pierna de apoyo para provocar inercia del mismo hacia la red

*Santiago Moreno Pardo*

Facebook Prodigy Padel Academy  
Instagram @prodigypadel @santiprodigy  
www.prodigypadelacademy.com



Tácticamente deberemos jugar este tiro siempre que hayamos leído bien el globo y nos encontremos en una posición cómoda que nos permita estar detrás de la bola.

En lo que a dirección del golpe se refiere, será la orientación de los hombros y el punto de impacto que elijamos (más delante los diestros cruzarán y los zurdos la jugarán paralela y viceversa), pero antes de llegar ese punto debemos tener todo lo demás muy bien interiorizado.

Recomiendo trabajar mucho el armado y desplazamiento en primer lugar y seguir posteriormente con impactos suaves y continuados para ir controlado la mecánica del golpe.

Como siempre, esperamos que con estas recomendaciones que vuestros golpes vayan mejorando y os ayuden a pasar mejores ratos practicando este maravilloso deporte.



**PRODIGY** land  
YouTube

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
- Show cooking con degustación de carne
- Orden de Mérito Clasificación Final
- Cocktelaría Brugal Roku Gin, Macallan
- Welcome Pack Regalos Bolas Wilson DUO Soft
- 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)

# Golf Myths!!



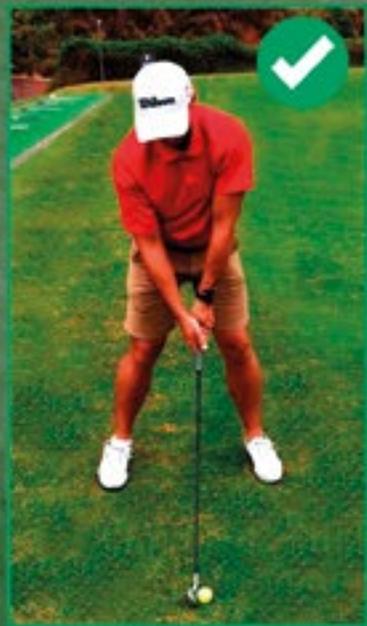
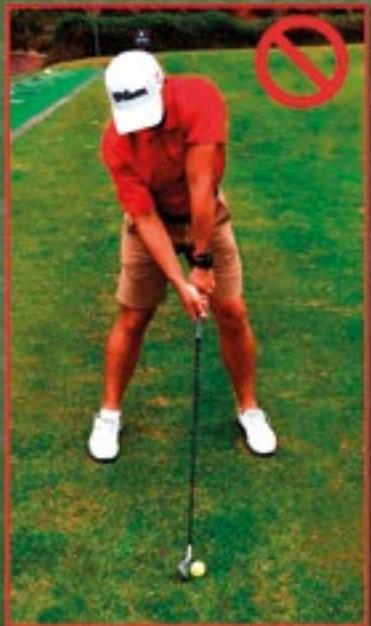
These 3 myths are also one of the main reasons golfers suffer injuries. These 3 myths are:

- Keeping the left arm as straight as possible. (for right handed players)
- “Keeping your head” down through impact
- Your hips initiate/start your downswing.

No doubt you’ve heard these 3 terms in your “golf life” and probably you still hear it very often when visiting your local golf club after knifing your approach shot over the green into the cabbage and praying to get the next one on the green and hope to not 3 putt to make 8 for 1 point.

Not only are these 3 “tips” wrong but can and will cause unnecessary damage to different parts of the body and cause the usual golf injuries or aches such as elbow, lower back and neck pain.

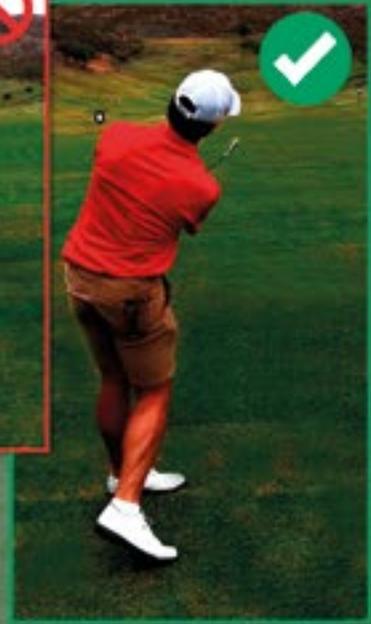
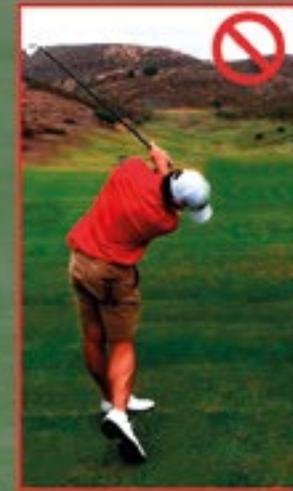
- “straight left arm” - Most players will tend to over/hyper extend they’re left arm with puts the elbow in a susceptible position especially taking into account the amount of microtraumatism you suffer during impact not mentioning how uncomfortable this sensation is and how it limits shoulder mobility. The arm should be relaxed and slightly extended I would even go as far as to say that it should be minimally bent, rather than straight and stiff. Get slightly closer to the ball and relax the left arm. Probably the reason you suffer from a golfer or tennis elbow.



- “keep your head down” - All golfers have heard this one! Once again, another misconception. I don’t underestimate the importance of being stable during a golf swing but keeping your head down for as long as possible is a ridiculous statement. Your neck suffers enough torsion as it is during the golf swing until the moment of impact with the golf ball.

Keep stable and steady until the point of making contact with the ball and shortly after allow your head to move in the same direction the body wants it to.

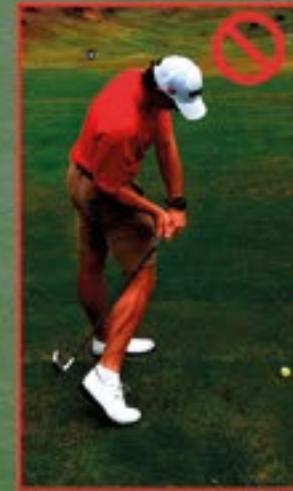
Probably the reason you have a terrible neck ache after every round of golf.



- “Hips first”. The main reason for miss hit golf shots is the inadequate coordination between body, hands and golf club. Meaning that if one is firing before any other, the rest have to catch up. (if the hips go first, the hands and club are late and are doing what they can in order to catch up to get back to impact) not even mentioning the distance they have to travel to get back to the ball...

Not only does it cause terrible timing issues in the golf swing but once again you are putting unnecessary torsion and strain on your back for no particular reason other than I saw it in a youtube video. Think of your body as a unit (lower and upper body) and it should always be moving in sync with each other to promote coordination and minimise torsion.

Probably the reason you have undoubted lower back problems.



*Jimmy Martin de la academia de golf de Villapadierna*

# ABS WORKOUT!!

¡¡¡Revierta tu abdomen con estos 4 ejercicios, recuerda mantener en cada uno de ellos una respiración controlada para así tener más eficacia y siente como tu abdomen arde!!!

## ABS WORKOUT !!

Burst your abdomen with these 4 exercises, remember to maintain controlled breathing in each one of them in order to be more effective and feel how your abdomen burns!



### 1- SLOWLY MOUNTAIN CLIMBERS:

en posición de tabla elevada moveremos nuestras rodillas de forma alterna hacia delante intentando llevar estas entre nuestros brazos. Realiza 40 movimientos totales y 6 series, descansa 1 minutos entre cada una de ellas.

### 1- SLOWLY MOUNTAIN CLIMBERS:

in a raised plank position we will move our knees alternately forward trying to carry them between our arms. Perform 40 total movements and 6 series, rest 1 minute between each one of them.



### 2- LATERAL PLANK:

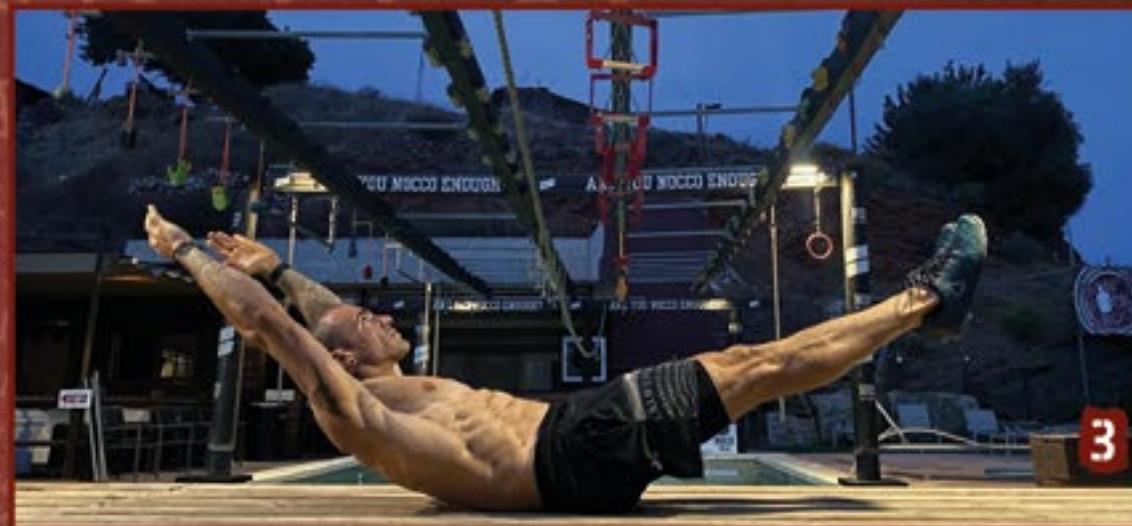
ahora en posición de tabla lateral realizarás el movimiento con la pierna que queda arriba haciendo que solo se mueva esta. Realiza 20 movimientos controlados y 6 series cambiando de lado en cada una de ellas, descansa 40 segundos entre cada una de ellas.

### 2- LATERAL PLANK:

now in a lateral plank position you will perform the movement with the leg that is up, making only this one move. Perform 20 controlled movements and 6 series changing sides in each one of them, rest 40 seconds between each one of them.

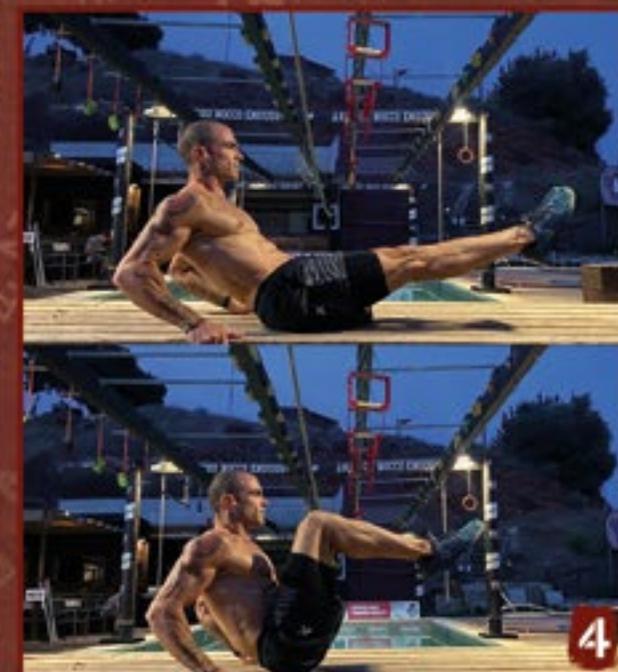
**3- HOLLOW POSITION:** simple, mantén tu espalda baja pegada al suelo en todo momento y eleva brazos y piernas tal y como se ve en la imagen. Aquí trabaja 40 segundo en posición y 40 segundos descansando por 8 series.

**3- HOLLOW POSITION:** simple, keep your lower back close to the ground at all times and raise your arms and legs as seen in the image. Here you work 40 seconds in position and 40 seconds resting for 8 sets.



**4- V-SIT UPS:** con las manos atrás moveremos las piernas encogiéndolas al pecho y extendiéndolas adelante intentando no variar la posición nuestro cuerpo que si la de nuestras piernas tal y como se aprecia en la imagen. Realiza 30 movimientos controlados y 6 series, descansa 1 minuto entre cada una de ellas.

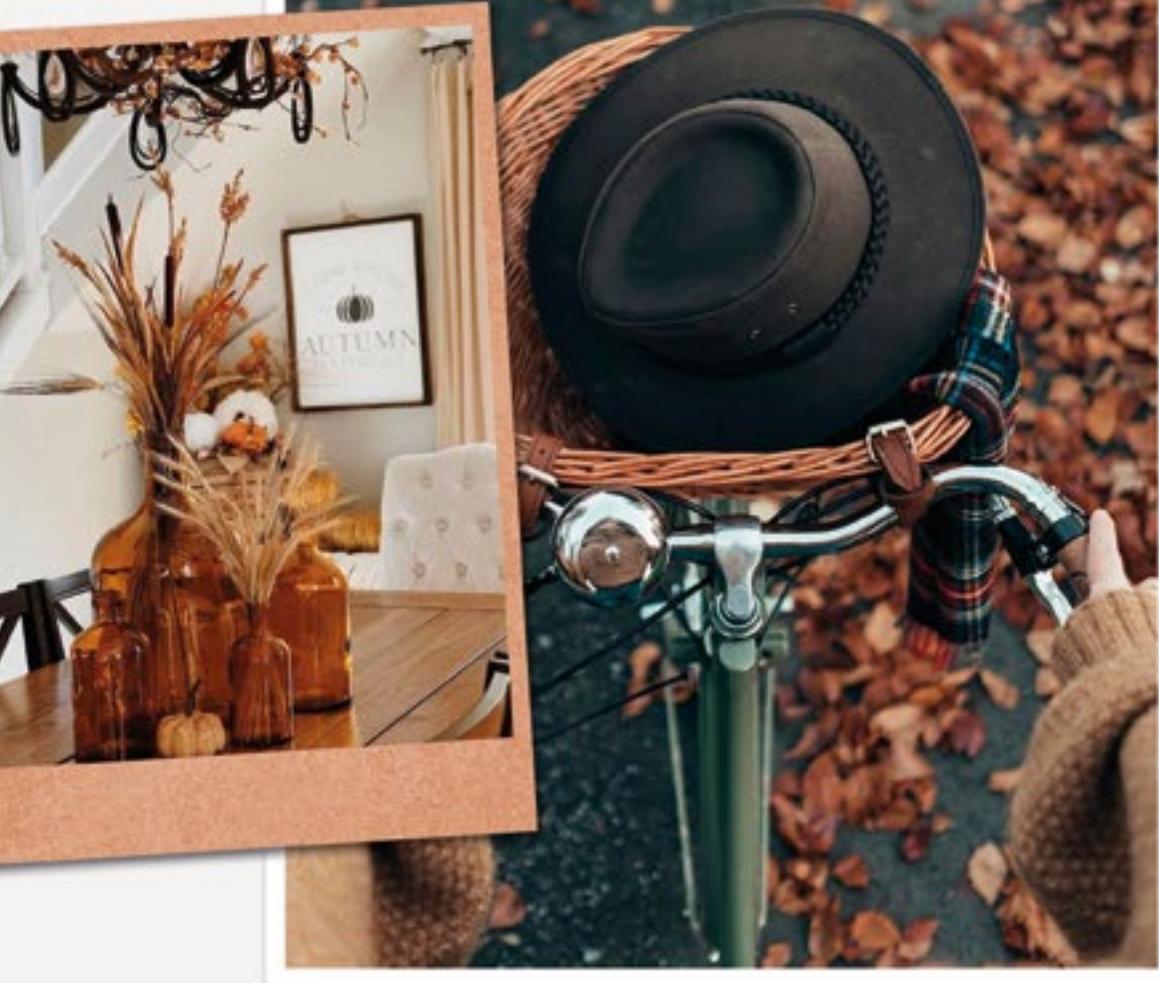
**4- V-SIT UPS:** with our hands behind we will move our legs, shrinking them to the chest and extending them forward, trying not to change the position of our body than that of our legs as shown in the image. Perform 30 controlled movements and 6 series, rest 1 minute between each of them.



[@alvaropuerma](#)

[f Alvaro Puerma Martínez](#)

# AUTUMN INTERIOR DESIGN TRENDS



## 1. RICH COLOUR PALETTE & DARK WOOD DETAILS

This season's colour palette consists of heavily saturated autumnal colours with chocolate, tangerine and intense red tones playing the leading roles. Dark wood details add the finishing touch to this trend, adding a rich and luxurious feel to our interiors. This season's textiles complete this look by tying together the autumnal accents with playful patterns such as plants and pins of light, neutral colourful accessories.



Lamp and furniture  
Available at Lord Designs

As we are now saying goodbye to the summer heat, Autumn is approaching us once again. Although some of you might still be in summer mode, here at Lord Designs, we have been longing for the autumn rich colours and cosy textiles that the season has to offer. The verdict is in: Cosy fabrics, warm, earthy tones, vintage pieces and private spaces are taking over the fall design scene. At the start of 2020, many of us were forced to reconfigure our homes into multi-multi-functional spaces that could accommodate the needs of working parents and home-schooled children. However, the novelty of 'work from home' has worn off, and we've all had a year and a half to adjust to the new normal. As a result, the trends we're seeing for fall 2021 reflect more permanent changes we've made to our homes as a reaction to the pandemic. The central theme? Comfort, convenience and colour.

With these INTERIOR DESIGN TRENDS we help you get in the mood for autumn and make your home a little more glorious just in time for the change in seasons - here are our eight interior design trends for autumn 2021!



## 2. PRINTS & SCULPTURES

This Autumn, blend and match different material choices, patterns, colours and shapes to compose an atmospheric home. Inspirational and expressive prints as well as quirky sculptures are a coming back theme for autumn 2021. Posters and sculptures add colour and a light-hearted expression to your home. Add your personality to your home by introducing the art you love.



## 3. SPATER OF COLOUR

With some thoughtful interior touches, you can liven up any room. Adding a splash of colour to your home is an easy way to transform a plain room into a space that offers a warmer atmosphere.

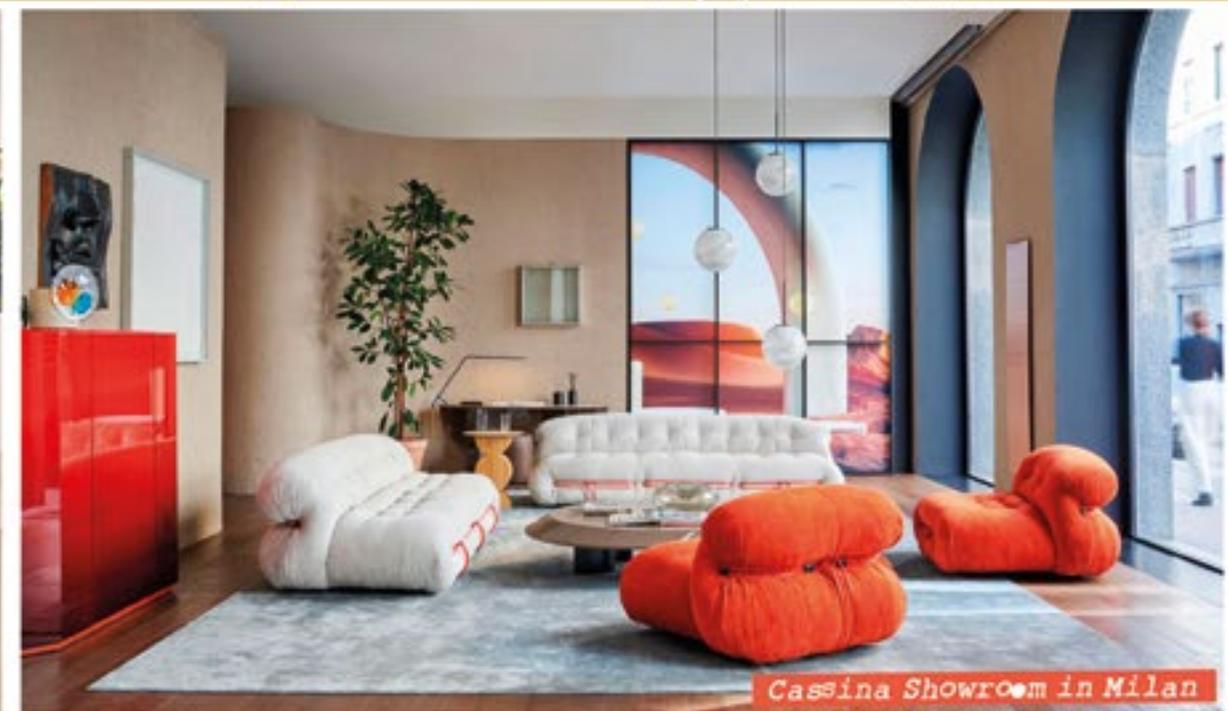
Cushions and accessories add a pop of colour that can be a style element, making your space look more sophisticated and ready for the autumn season.



available at Lord Designs)

Although most of us would decide for a cushion colour change to add contrast in a room, one of the autumn trends is adding coloured furniture. Whether it is a simple stool bringing a bright touch to a space or a beautiful lounge chair which radiates luxury, these bold pieces of furniture will be the statement piece in your home.

During the month of September, the Milan Design Week has taken place and we just love this design used in the Cassina Showroom designed by the architects and designers Michael Anastassiades, Jeffrey Bennett, Philippe Starck and Cassina's Art Director Patricia Urquiola. You can see how the space is full of warm and neutral colours, the table, floor and walls; But with addition of colours such as the undiluted tangerine and intense blue which are contrasts from one another, making the space more vibrant yet cosy at the same time.



#### 4. ROUND SHAPES FACE STRAIGHT LINES

Contrasts are playing a big role in the autumn's interior design trends for 2021, soft faces hard, cosy faces rustic. Round shapes meeting straight lines is our favoured trend this autumn. These examples: The coffee table and vase are perfect expressions of this trend and are easy to blend into any space. They are a fun way to mix, something that we don't normally think of when coming into modern designs. This doesn't only add differential space but creates a harmony into what's not always expected.



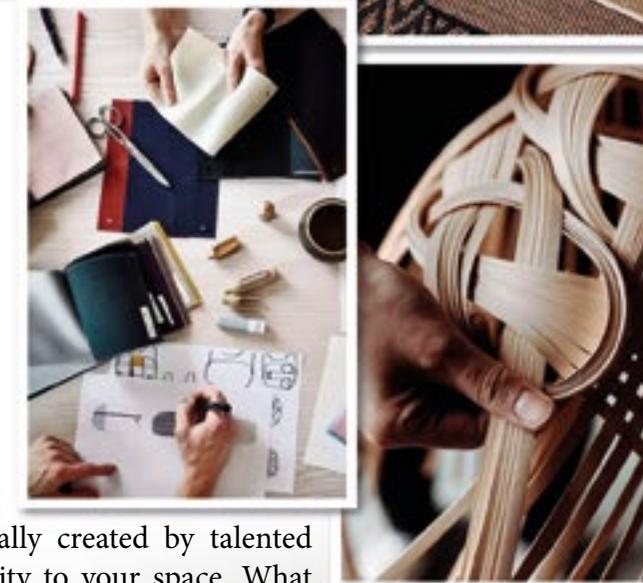
#### 5. JUTE AND RATTAN

Jute and rattan are two very on trend material choices for autumn 2021. Traditional styles are coming back and matching them with the right pieces and spaces, brings warm to your modern home. A traditional woven rattan stool, rattan lamp and jute rug are all major trends to look out for this season. Match this rustic material with soft, luxurious textiles for a stylish and equally on trend contrast.

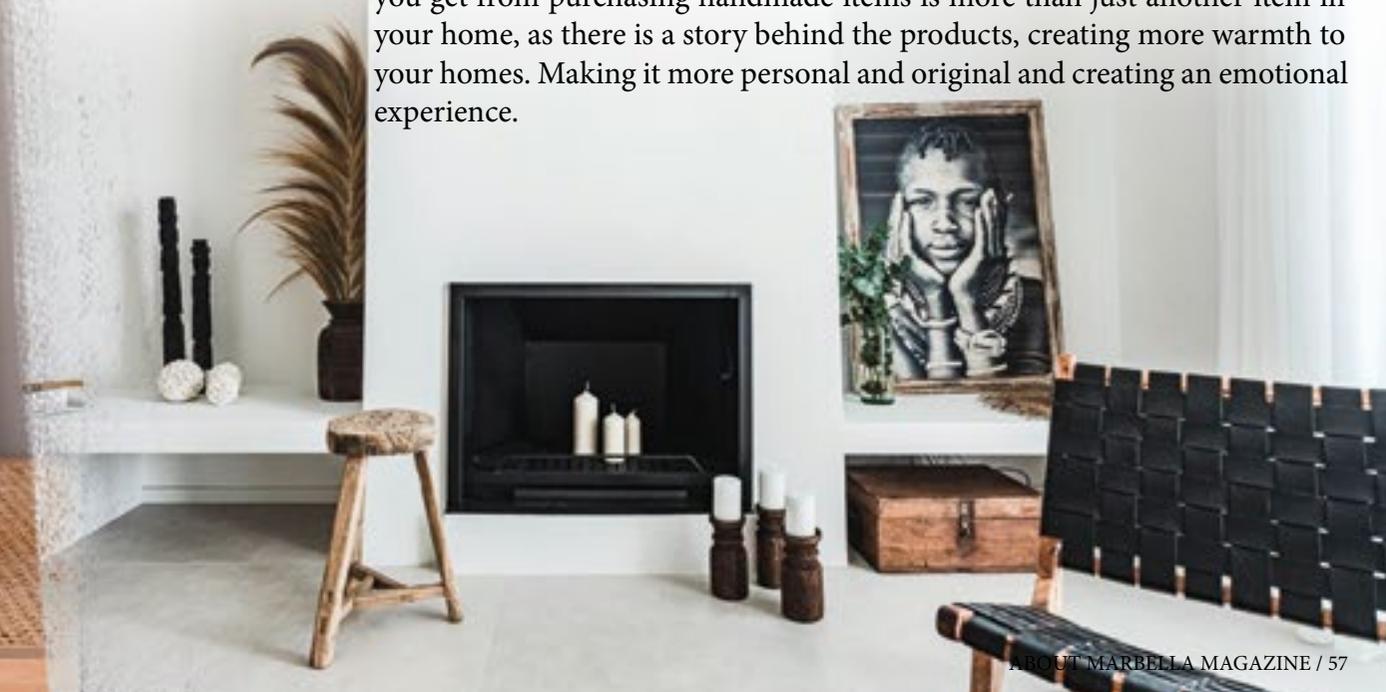


#### 6. WELCOME CRAFTSMANSHIP

Vintage and handmade pieces mixed with more contemporary pieces can go a long way to making your space look cosy. Bringing in a sense of craftsmanship into your homes instantly adds charm. The nature of hand-crafted goods means that there are fewer of them. Unlike items that are mass-produced, you will find unique differences in each piece, adding uniqueness to your homes.



Handmade items are generally created by talented artisans providing authenticity to your space. What you get from purchasing handmade items is more than just another item in your home, as there is a story behind the products, creating more warmth to your homes. Making it more personal and original and creating an emotional experience.



### 7. GREEN-ON-GREEN IN THE HOME

This autumn's interior design trends for 2021 offer several exciting new ideas to renew your home. One of this autumn's most on trend colours is a wonderful rich green. Here, in the Costa del Sol, nature is a great source of inspiration. Everything from vases to mugs to plants and cushions offer something in this colour scheme that will be sure to waken your desire. A close affection to nature is reflected in the interior design trends for autumn 2021, drawing on rustic elements and the plant kingdom is key to recreating this trend in your own home. Take a look into this living room designed with neutral light grey colours, how little splashes of green on the cushions and plant adds more life and welcomes cosiness.



Kine Lamp  
Available at Lord Designs

### 8. THE READING CORNER

Is there anything better than curling up in a hidden nook in the home and discovering the joys of a good book? No home is complete without a reading corner. After a busy Summer, be sure to cut up some time for yourself this Autumn. Invest in an elegant side table or a new lamp for some soft atmospheric lighting and create a reading corner for the cosiest interior design trend of this season. Like this marbled finish lamp that express cosiness and it's modern at the same time. Or this side table which has a style with a Mid-Century Modern look.



Napa Valley side table  
Available at Lord Designs



El Paraiso Showhouse (Marbella)  
Designed at Lord Designs

At Lord Designs Interiors, we are continuously up to date with the latest decorative trends.  
[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  
ABOUT MARBELLA MAGAZINE / 59

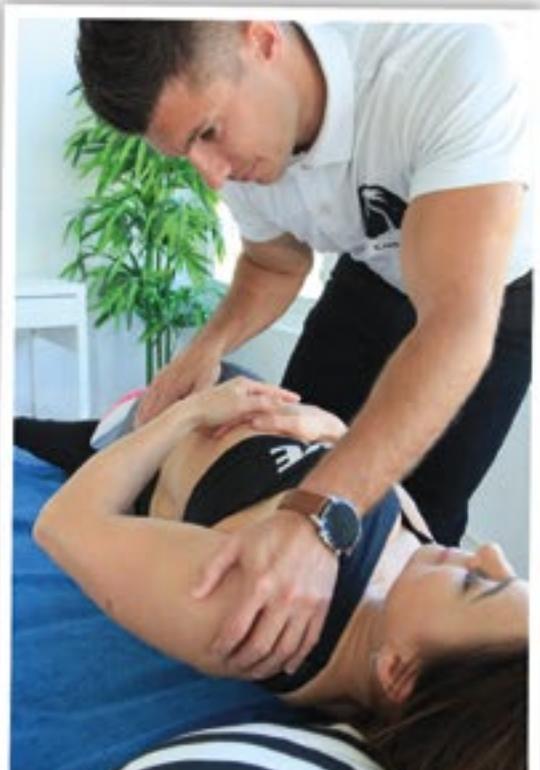


# Stress the biggest cause of Episodic Low Back Pain

Stress is a part of life, and so is back pain. Ironically, stress is a leading cause of episodic back pain. Your body experiences a cascade of physiological responses during chronic stress setting the stage for injury. The human body is genetically programmed to respond to stressful situations by stimulation in a survival part of your brain known as the limbic system. Otherwise known as the reptilian or primal brain, it is responsible for the emotional “flight or fight” (run or stand and fight) response to negative stimuli. Your brain response functions the same in stressful situations regardless of the source and extent of the threatening stimuli. The limbic brain does not recognize differences between types and degrees of stress. It simply reacts. Your body releases hormones (chemical messengers) which cause a physical reaction to stress; shortness of breath, sweating, increased heart rate, muscle tension, tightness or stiffness in joints, etc., in preparation for survival reaction.

Stress alters breathing patterns by causing you to breathe more from the chest/lungs than the diaphragm. This altered pattern increases tension in the neck and upper back leading to poor posture, muscle tightness

and headaches. The diaphragm is a dome shaped muscle that sits in the lower part of the ribcage underneath the lungs. Optimal breathing patterns should occur from the diaphragm first, followed by the lungs. Learn to control your breathing and you will have discovered a secret weapon of relaxation and stress reduction. In our quick tip help guide below you will learn how to restore normal breathing patterns.



Stress increases tension in the body 24/7. It is like flipping the light switch on for self-protection, muscle tension and tightness. Imagine how your muscles would feel if you were in this constant state of tension for weeks at a time. That is what chronic stress is doing. Stress increases production of specific hormones known as cortisol and adrenaline located in the adrenal glands. Cortisol is nicknamed the “stress hormone” and it can cause many negative reactions in the body if it is unbalanced. Chronically elevated levels of cortisol and adrenaline will cause increased inflammation in the body. In essence, your own body begins to turn on itself.

Here is the tip we mentioned above: Practice the following technique on a daily basis for 3-5 minutes. Lie on your back, putting a pillow support under your knees to relax your lower back. Place one hand on your abdomen and the other on your chest. Slowly inhale through your nose and make sure the only hand to move is the one on your abdomen. Try to keep the hand on your chest as still as possible. Exhale through pursed lips and repeat. You may become temporarily

lightheaded after your first few, but this is a normal response to the increase in oxygen uptake by the body. Do this before bed time and you will have a more restful sleep leading increased recovery and regeneration. You do have power over your body. Simple changes in your life to help reduce stress can have a profound impact on your health. Take back control of your life from pain. Empower yourself to feel good again mentally and physically.

Start with the simple strategies above and when you feel the positive difference you will want more for yourself.

To decrease the stress in your life, talk to your Chiropractor about your concerns.



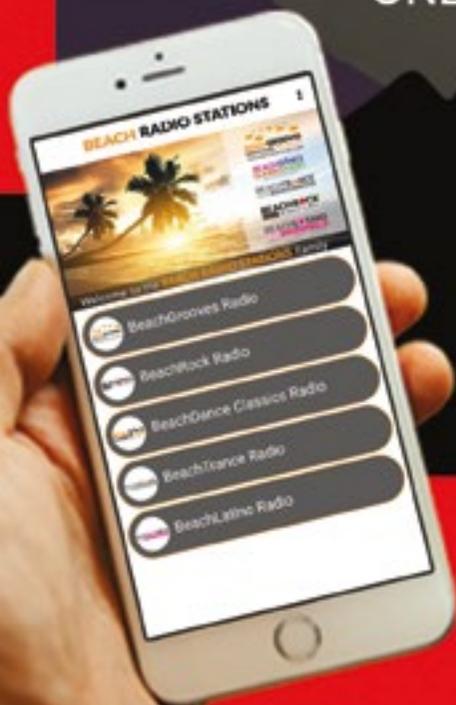


**BEACHGROOVES**  
WORLD OFF, MUSIC ON!

Bringing you the best music and DJs

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

ONLINE - FM - TV - MOBILE APP



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!

**BEACHJAZZ**  
RADIO JAZZ IS ALIVE

**BEACHR CK**  
RADIO GET READY TO ROCK

**BEACHDANCE**  
CLASSICS RADIO  
DANCE, SOUL & FUNK CLASSICS

**BEACHCHILL**  
RELAXING MUSIC RADIO

**BEACHLATINO**  
FOR LATIN MUSIC LOVERS

**BOILER SOUNDS**  
**TXEMY RODRIGUEZ**  
FRIDAYS | 19:00

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

FROM BENALMADINA - ESTEPONA

#WeAreStillHere

**BEACHGROOVES**  
**RADIO**

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**





**Naturally chic**

Eva Longoria opted for an elegant black velvet number to attend the Academy Museum of Motion Pictures.



**The price of fame**

Singer Olivia Rodrigo reflected on how difficult is to manage fame in regards to mental health.

**Two successful singers, one cute couple**

Rosalía and Rauw Alejandro made their relationship official with numerous posts on the singer's instagram. In those pictures we can see the couple playing videogames, celebrating and cuddling during Rauw's birthday. Rosalia is currently working on her upcoming album while having single releases, the latest one being her collaboration with Tokischa called 'Linda'.



MM XX

# NOVACANE

ART GALLERY 29660

f NOVACANEARTGALLERY @

CENTRO DE NEGOCIOS, PUERTA DE BANÚS, LOCAL 33, 29660, MARBELLA

# MASERATI MC20



- MC20 is the halo car that has marked the start of a new Era for the Trident brand. Developed by Maserati Innovation Lab and produced at the historic plant on Viale Ciro Menotti in Mo-dena, it is totally Made in Italy.
- MC20 is “First of its Kind”.
- It has a unique style that combines the iconic features of the Maserati tradition with clean, in-novative aerodynamics, completely wind-tunnel designed.
- Best in class weight/power ratio
- Identical carbon fibre chassis for the three configurations planned: coupé, convertible and electric.
- MC20 is the first car equipped with the Nettuno engine: a ground-breaking, patented 630 hp V6 engine with the new MTC (Maserati Twin Combustion) technology. Nettuno was con-ceived, developed, designed and built entirely by Maserati, and uses a pre-chamber com-bustion technology derived from Formula 1 engines.
- Extreme performances: top speed of over 326 km/h. Acceleration from 0 to 100 km/h in 2,88 seconds.
- 8-speed Dual Clutch Transmission.
- New colours, new combinations and the option of customising your car with exclusive mate-rials, thanks to the Maserati Fuoriserie customisation programme.
- A constantly connected car, with the new connected services.
- MC20 stands for Maserati Corse 2020 (“Maserati Racing 2020”) and celebrates the Brand's rac-ing comeback.





**Modena** - MC20 is “First of its Kind” and Maserati returns to a stage where it has always starred, that of Supercars that combine luxury and performance with the Brand’s unique style.

The MC20 is a Maserati with mind-blowing aerodynamic efficiency. Its superb looks conceal an un-compromisingly sporty soul, with the new 630 horsepower V6 Nettuno engine that delivers 0-100 km/h acceleration in 2,88" and a top speed over 326 km an hour. A patented, 100% Maserati engine, benefiting from the MTC (Maserati Twin Combustion) technology, the innovative combustion system developed by the Brand, evolved from the pre-chamber technology used on Formula 1 powertrains. Conceived, designed and built entirely in-house.

MC20 is a Maserati built to stun, a Maserati that can storm round the track but also perform superlatively on the road, with excellent driveability, comfort and safety, in an interior where efficiency combines with the luxury and exclusiveness integral to all the Brand's models.

MC20 has been designed in Modena at the Maserati Innovation Lab and is produced at the historic Viale Ciro Menotti plant.

### Best in class: weight/power ratio

The MC20 is particularly light under 1,500 kg, and thanks to its power output of 630 hp it is best in class in weight/power ratio, at 2.33 kg/hp. This light weight has been achieved without any skimping on comfort: MC20 has all the contents cars of this type must have to satisfy a sporty yet sophisticated clientele, looking not only for performance but also for comfort and luxury. So a great deal of work was done on the materials. The entire chassis is in carbon fibre and composites, with the benefits of lighter weight, faster tool-go times and greater stylistic freedom in the design of forms. Carbon fibre enables the creation of shapes impossible with press-formed metal. The butterfly doors are a very obvious example.

### Refined aerodynamics

Over two thousand man-hours in the Dallara Wind Tunnel and more than a thousand CFD (Compu-tational Fluid Dynamics) simulations have enabled the creation of a car with refined aerodynamics which is also a genuine work of art. Elegant and sporty, efficient and lightweight. Unmistakable. Conceptually, the MC20's aerodynamic design divides the car into two parts: an upper part where stylistic considerations predominate and a more technical lower part, colour-coded in black and carbon fibre respectively.



# MERCEDES EQB



## Room for seven

The EQB offers five seats as standard and is optionally available as a seven-seater. It therefore offers space for many family constellations and the most diverse transport needs. This gives it an exceptional position among compact electric cars. The two seats in the third row can be used by people up to 1.65 metres tall, and child seats can also be fitted there.

## Compact on the outside, spacious on the inside

The EQB offers a generous amount of space and a maximum boot capacity of 1710 litres. The backrests of the seats in the second row can be adjusted in several stages as standard.

## Customers have the choice

The range initially includes the EQB 300 4MATIC (combined electrical consumption NEDC: 16.2 kWh/100 km; combined CO2 emissions: 0 g/km)[3] with 168 kW and the EQB 350 4MATIC (combined electrical consumption NEDC: 16.2 kWh/100 km; combined CO2 emissions: 0 g/km)3 with 215 kW. A front-wheel drive model will follow. A particularly long-range version is also planned.



## Navigation with Electric Intelligence

The standard Navigation with Electric Intelligence contributes to the effortless handling of the EQB in everyday life. It calculates the fastest route to the destination, taking into account maximum charging power and the duration of possible charging stops. In addition, the Navigation with Electric Intelligence ensures that the high-voltage battery is brought to an optimal charging temperature before a planned charging stop, if required.



## One year of Mercedes me Charge included

By means of high-quality certificates of origin, Mercedes-Benz guarantees that energy from renewable energy sources is fed into the grid for charging current sourced via Mercedes me Charge. With Mercedes me Charge, customers can charge at more than 200,000 public charging stations across Europe, where Mercedes-Benz ensures subsequent compensation through green electricity. With the EQB, one year of Mercedes me Charge is included.





# SIDE B

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.



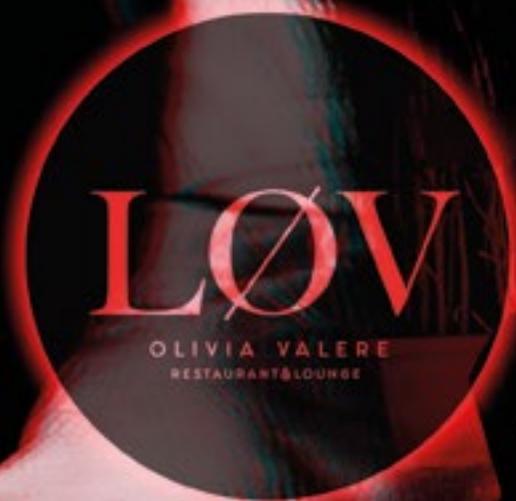
f SideB\_ibiza\_crew  
@ eventsideb\_crew  
eventsidebcrew@gmail.com +34 657 654 420



# SO CIAL AL

# HALLOWEEN

RESTAURANT - LOUNGE BAR - LIVE DINNER SHOW & DJ SET



*Only Under Booking*

*Winter lov is now open*

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

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

# HALLOWEEN



Table Booking +info: +34 650 86 54 54 / +34 605 32 75 90  
T.952 82 88 61 / Ctra.de istán - Km.0,8 29600 Marbella

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

@oliviavalere f Club Olivia Valere



### A great pair

Actresses Jane Fonda & Lily Tomlin are preparing another joint project: the upcoming 'Moving On' movie.



### An unexpected loss

British singer Cheryl canceled concerts due to the passing of one of her former bandmates, Sarah Harding.

## High fashion from another dimension

Singer Grimes wore this spectacular custom Iris Van Herpen look for this year's MET gala, making her futuristic take on the theme one of the most loved one. She paired the beautiful gown with props such as a real metal sword, a small book that lit up everytime she opened it and an embellished metallic mask. This videogame inspired look was one of the highlights of the night, alongside supermodel Iman's golden outfit or Rihanna's entrance.

A Halloween-themed collage for KongMarbella. The central focus is the word "IRONING" in large, brown, textured letters with a teal outline, set against a dark background. Below it, the words "HAPPY HALLOWEEN" are written in a teal, dripping font. The collage includes several smaller photos: a group of people at a table, a woman in a black outfit, a woman in a red top taking a selfie, a woman in a blue outfit sitting in a chair, a group of women at a table, a woman in a white outfit, and a woman in a black outfit. The bottom of the collage contains contact information for KongMarbella, including a phone number, website, and social media handles.

**IRONING**  
**HAPPY HALLOWEEN**

BOOKING:  
+34 744 643 781  
[WWW.KONGMARBELLA.COM](http://WWW.KONGMARBELLA.COM)

f KongMarbella @ kong.marbella  
Av. Bulevar Principe Alfonso de Hohenlohe, 29602 Marbella

# HAVANA 65

## HAPPY HALLOWEEN



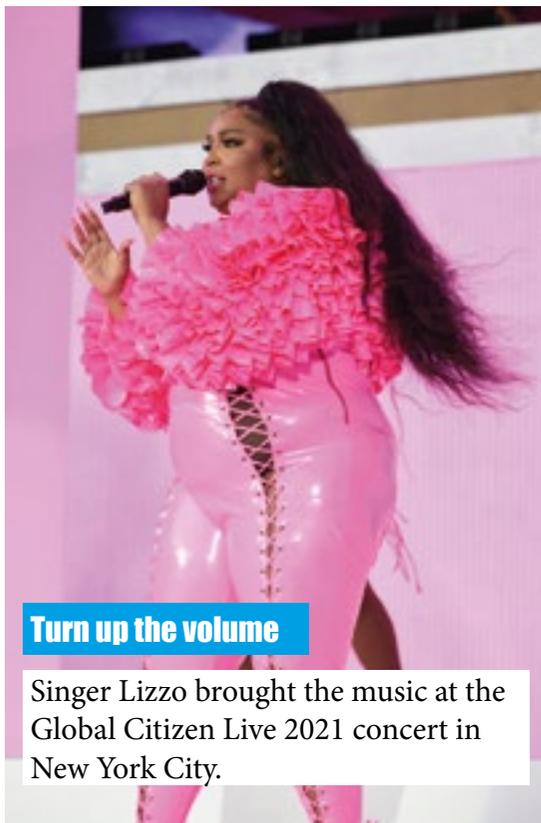
Calle Marqués de Duero 65, 29670 San Pedro Alcántara

f Havana65SanPedro @ havana\_65



**Intergalactic prince**

Lil Nas X wore this over the top three-in-one look for this year MET Gala.



**Turn up the volume**

Singer Lizzo brought the music at the Global Citizen Live 2021 concert in New York City.



**A profitable residency**

Las Vegas residencies has always been a great move for many well known artists, such as Britney Spears or Mariah Carey, but the absolute master of this is Celine Dion, who holds the record of the most profitable residency, making her earn \$385 million.

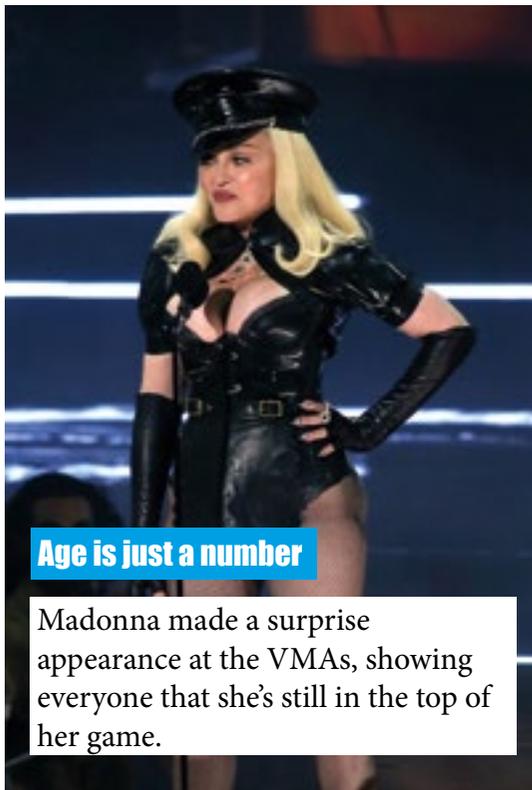
[NEXT] DOOR

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



**Daring concept**

Kim Kardashian and Balenciaga's director shocked everyone wearing these full-cover looks at the MET.



**Age is just a number**

Madonna made a surprise appearance at the VMAs, showing everyone that she's still in the top of her game.

**From red carpet to red carpet**

Actress and model Megan Fox stunned viewers with her recent red carpet appearances. During the VMAs she wore a see through Mugler dress paired with a wet and glossy look for the hair and makeup. Nex day, for the MET Gala, she chose to wear what she called a vampire inspired look, consisting of a deep red gown and short straight bangs. Apart from that, Fox has recently appeared alongside Kourtney Kardashian in the latest campaign of Kim's shapewear 'Skims'



**Mantra Lounge - Bar**

*Halloween Weekend 29-31*

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

f MantraLoungeBar @ mantraloungebarmarbella

Marbella Arena

ANTIGUA PLAZA DE TOROS



ORGANIZA  
**planet**

PRESENTA  
**LIVING DISCO**  
*Salsa*

20 DE NOVIEMBRE

MARBELLA/MÁLAGA

**JORGE CELEDÓN**

*En Concierto*



VENTA DE ENTRADAS  
enterticket

+INFO: (+34) 657 018 509

**LIVING DISCO**

*Salsa*



PREMIOS  
EN EFECTIVO  
A LOS MEJORES  
DISFRACES

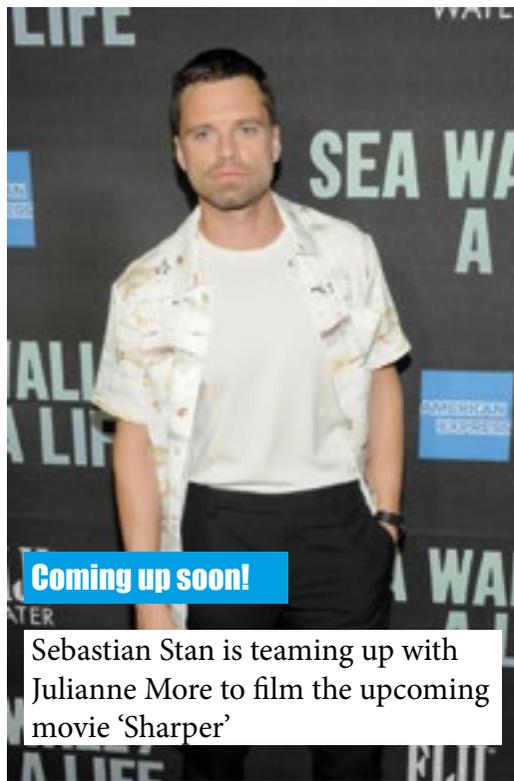
**HALLOWEEN**



**MANDUCO**  
Dj Residente



livingsalsamarbella @ livingsalsa.marbella  
Info & Reservas: (+34) 699 81 03 06 Calle Camilo José Cela 12 Marbella



**Coming up soon!**

Sebastian Stan is teaming up with Julianne Moore to film the upcoming movie 'Sharper'



**A bilingual album**

Christina Aguilera revealed that she is preparing Spanish sung material for her upcoming album.

**The night of the latin pride and artistry**

The Billboard Latin Music Awards 2021 took place last month in Miami. The event was full of Latin stars such as Karol G, Rosalía, Juanes and Natti Natasha, who appears in the picture wearing an embellished and corseted white gown. The winner of the night was Prince Royce, who won two awards: Tropical Album of the Year and Tropical Artist of the Year. Another stand out was Karol G, who received Female Hot Latin Songs Artist of the Year. The night was filled with hot and upbeat performances that made the event quite enjoyable.



A Halloween-themed poster for 'LA CABAÑA CLUB'. The background is a dark teal color with silhouettes of palm trees, a large bare tree, and a glowing jack-o'-lantern. The text 'LA CABAÑA CLUB' is written in a yellow, stylized font, with 'HALLOWEEN' in a similar font below it. At the bottom, there is a filmstrip graphic containing several small images of people at a party. The Instagram handle '@locabano\_club' and the address 'Plaza de la libertad, San Pedro de Alcántara 29670' are listed at the bottom.

**SEVEN**  
PUERTO BANÚS  
SHOWS | DRINKS | DANCE

**WE PARTY  
EVERY NIGHT**



@SEVENBANUS  
BOOKINGS: +34 602 50 32 91  
CALLE MUELLE DE RIBERA | PUERTO BANÚS

  
**FUNKY BUDDHA**  
PUERTO BANÚS

THE SPOOKIEST PARTY OF THE YEAR  
**CIRCUS OF  
TERROR**

SUNDAY OCTOBER 31

@FUNKYBUDDHABANUS  
BOOKINGS: +34 602 50 32 91  
CALLE MUELLE DE RIBERA | PUERTO BANÚS



### Sisters in the business

The Olsen twins recently launched their own line of children clothing, called The Row for kids.



### In the making...

Katy Perry has been seen with music producers, apparently preparing her upcoming album.

## New beginnings and new opportunities

American Singer Kelly Clarkson is single again after a long divorce, that took months to be completed. Clarkson has also sold one of her properties and is working on new music for upcoming albums and projects, so we can assume that she has used this opportunity as a new beginning and is seeing it in a positive light. Her talk show 'The Kelly Clarkson Show' is still goin strong on American TVs so we hope she keeps this optimistic outlook for the time being.



**OLD VIC**  
DISCOTECA LATINA  
MARBELLA  
**HALLOWEEN**

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

**INFO & RESERVAS**  
+34 633 950 785

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



*Piano Bar & Club*

*Milady Palace*

*Urbanización Villa Parra 34  
Marbella - Málaga*

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















# The Point

Beach • Restaurant • Jetski

BREAKFAST • LUNCH • DINNER • SUNSET

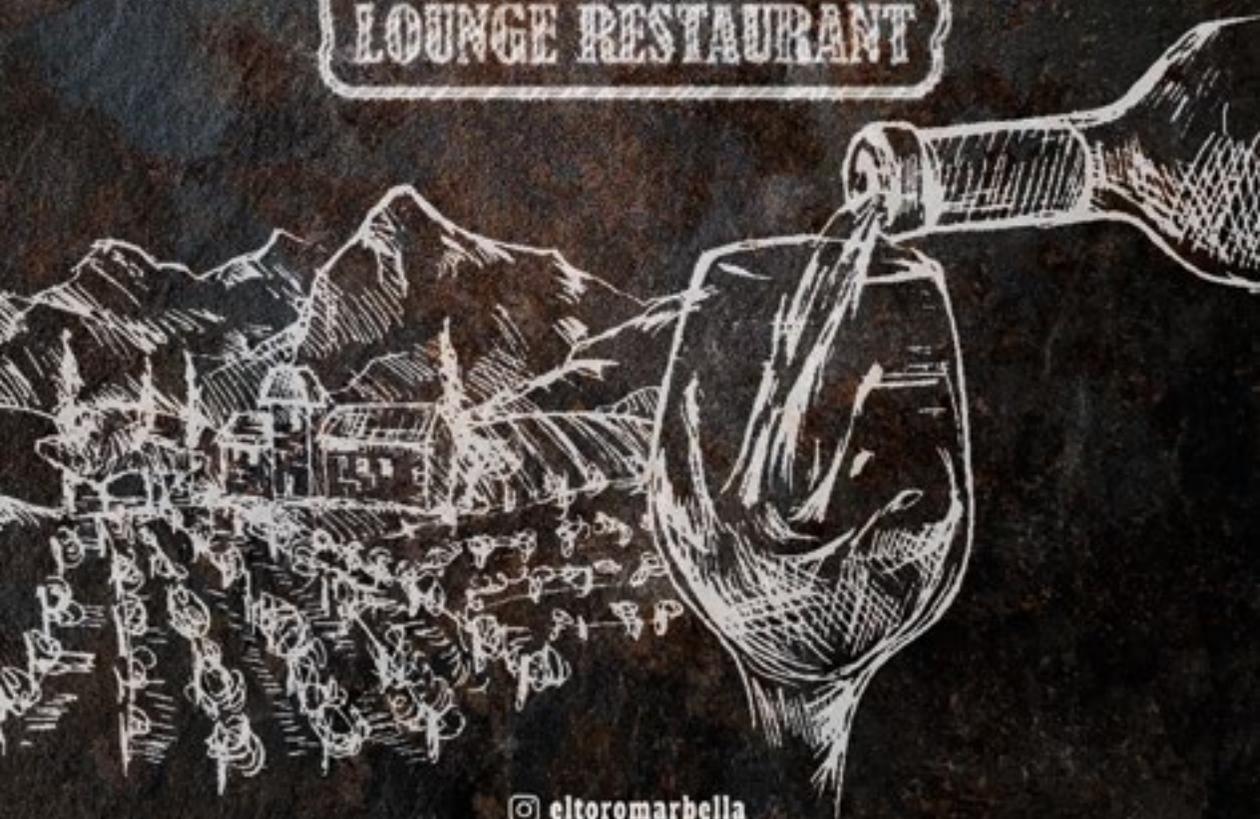


Bookings/Reservas:  
+34 951 322 547 +34 650 413 632  
[www.thepointmarbella.com](http://www.thepointmarbella.com) Ctra: 340 KM. 182.4 Marbella.



# AL TORO

TAPAS & WINE  
LOUNGE RESTAURANT



📍 [eltoromarbella](#)

Calle Acera de la Marina 2, 29602 Marbella