

ABOUT MARBELLA

magazine

ANMIS

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& ORIGINAL ELIAS**
EN CONCIERTO

ARTEMIO
GARIBYAN

PRINCE
KHALID

DAVID CARVAJAL MAROUANE EL KHARTOUTI BALDO MIRA YASSINE CHAOUKI

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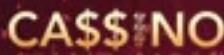
PALACIO DE CONGRESOS, MARBELLA
SÁBADO 11 DICIEMBRE 2021

APERTURA DE PUERTAS 18:30H - INICIO COMBATES 19:30H - CONCIERTO 22:00H

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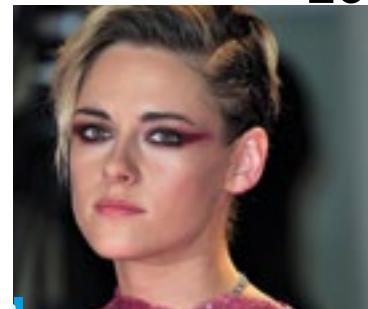
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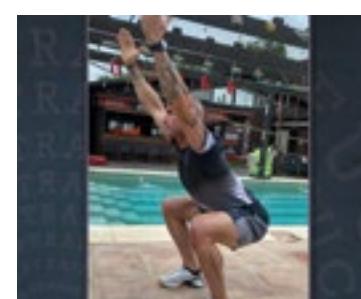


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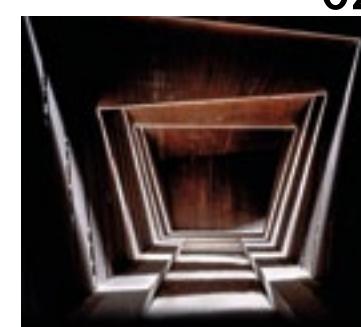
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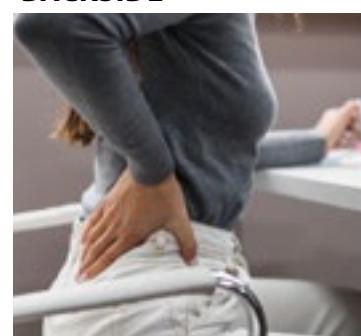
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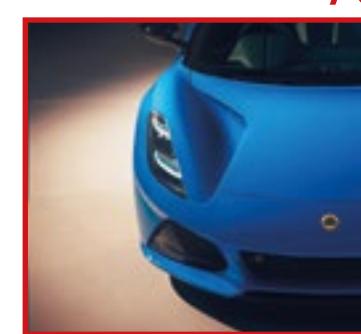
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AUTOMOCIÓN 78



SOCIAL

A FUN LITTLE SECRET



Who's In Who's Out

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

85

89

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ABOUT MARBELLA



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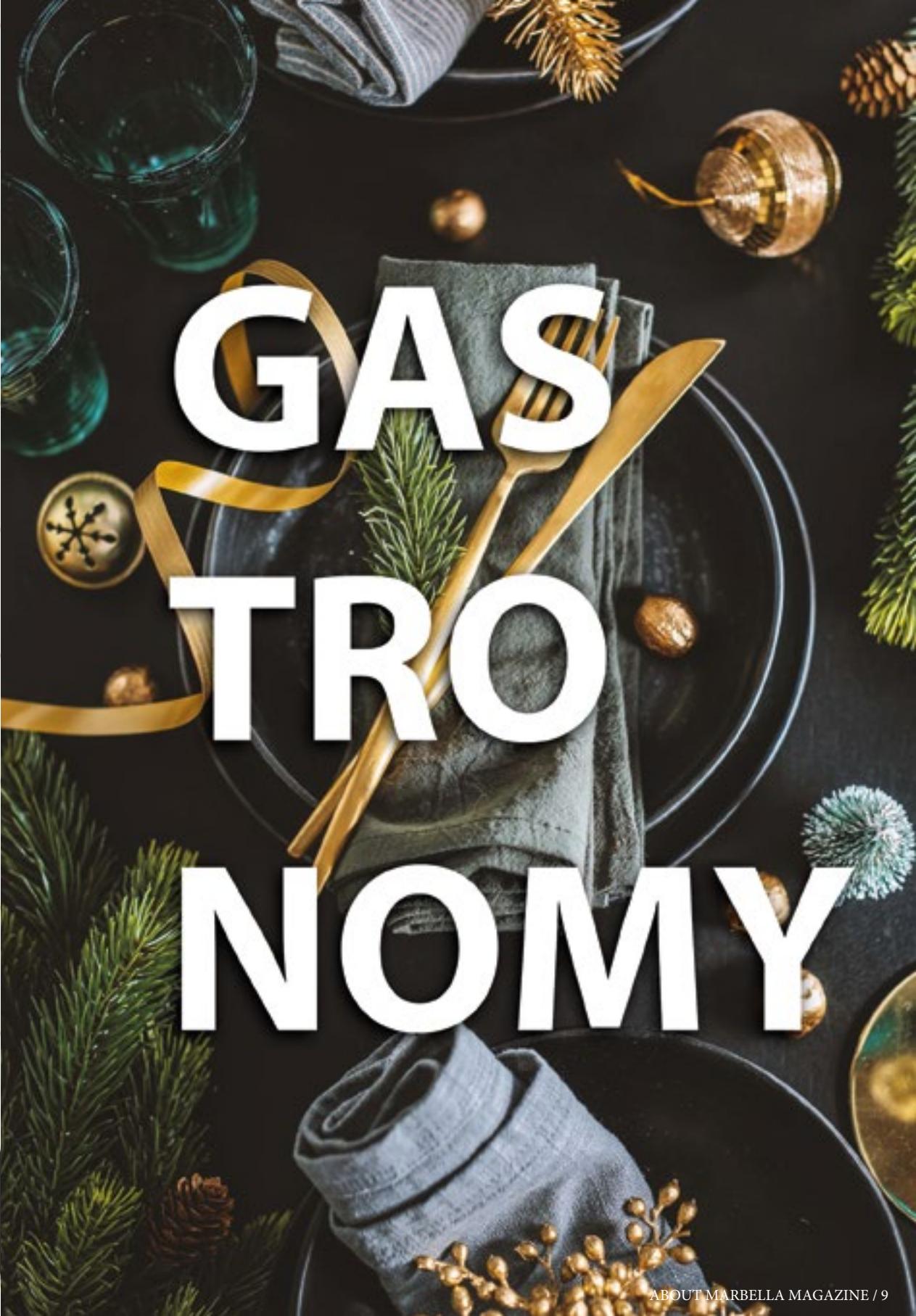
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LOUNGE LA HABANA

New Year's Eve Menu • Menú Fin de Año

STARTERS ENTRANTES

- *bellot iberian ham from salamanca*
- Jamón Ibérico de bellota de salamanca
- *White Prawns from Huelva*
- Gambas Blancas de Huelva
- *Marinated Salmon With Dill Sauce*
- Salmón Marinado con Salsa Dill
- *Canard Foie*
- Foie de Canard

MAIN COURSE TO CHOOSE PLATO PRINCIPAL A ELEGIR

- *Hake in Green Sauce with Bakers Potatoes*
- Merluza de Pincho en Salsa Verde con Patatas Panaderas
- *Shoulder of Roasted Lamb in Juice with Thyme Potatoes and Seasonal Vegetables*
- Paletilla de Cordero de Lechal con Patatas al Tomillo y Verduras de Temporada
- *Mignon Filet With Thyme Potatoes and Seasonal Vegetables*
- Filet Mignon con Patatas al Tomillo y Verduras de Temporada

DESSERT POSTRE

- *Crushed Chocolate*
- Lingote de Chocolate Crujiente

DRINKS BEBIDAS

- *Red Wine / Vino Tinto*
Muga Crianza

- *White Wine / Vinos Blancos*
Marqués de Riscal Verdejo y Sauvignon Blanc

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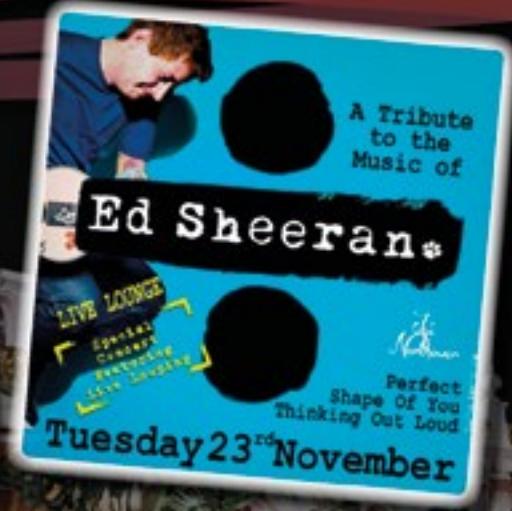
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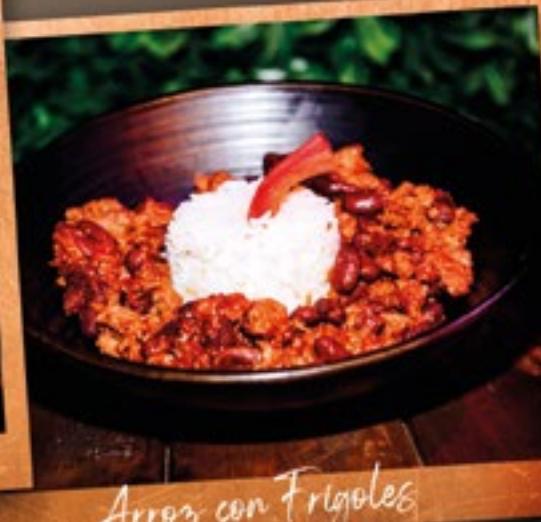


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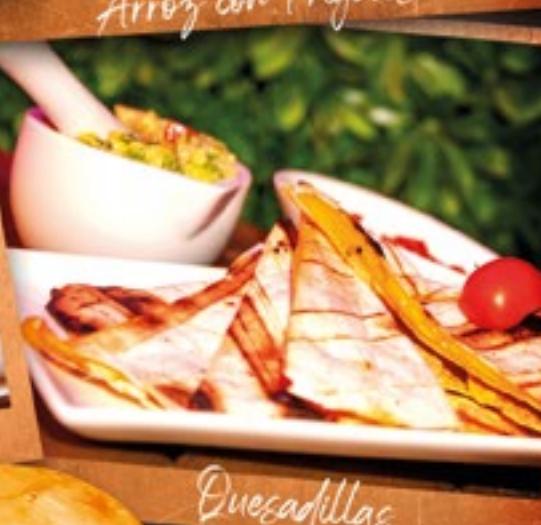
Arepas



Arroz con Frijoles



Empanadas



Quesadillas



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Menú Navideño de Empresa

Para Compartir (4 pax)

- Surtido ibérico y queso
- Ensalada de aguacate con gambas
- Croquetas artesanas
- Berenjenas fritas con miel

Principal

- Lubina a la cava y azafrán 28€ (individual)
- Parrillada de pescados y mariscos 35€ (compartir)
- Costilla de ternera al Pedro Ximenez 25 € (individual)
- Parrillada de carne 35 (compartir)

Postre

- Tarta de chocolate con confitura de mango
- Milhojas de nata

Bodega

- Tinto: Marqués de Victoria (Rioja)
- Blanco: Marqués de Victoria (Verdejo)

Agua + Cerveza + Rrefresco + Café

PVP: Dependiendo del plato principal

All in 1 Café

Group Menu

STARTERS TO CHOOSE

THAI SPRING ROLLS
Stuffed with vermicelli and julienne vegetables.

WINTER VEGETABLE SOUP

BAKED GOAT'S CHEESE
With quince, apple compote and mixed greens.

KING PRAWNS PIL-PIL

MAINS TO CHOOSE

ARGENTINIAN RIBEYE STEAK
With potato terrine and Rioja red wine gravy.

SALMON STEAK
With potato risotto and morel cream sauce.

CHICKEN CORDON BLEU
With broccoli au gratin.

DESSERTS TO CHOOSE

NEW YORK CHEESECAKE
With fresh fruits and strawberry ice cream.

CHOCOLATE FONDANT CAKE
With fresh fruits and vanilla ice cream.

APPLE CRUMBLE
With vanilla and cardamom custard.

25€
Including IVA

STARTERS

Tuna tataki with truffled ponzo, pickled cucumber and seaweed

Duck crumbs with caramelised miquit with kumquat, chutney and ginger and soy emulsion
Boletus cream, poached egg and mushroom glass

MAINS TO CHOOSE

SMOKED SALMON BELLY
Smoked salmon belly, hollandaise with its roe and beans with Iberian ham

TURKEY

Turkey stuffed with nuts, mushroom couscous and Coin goat cheese sauce

SUCKLING PIG

Suckling pig ingot in oyster sauce, pineapple with thyme and herb polenta

DESSERTS TO CHOOSE

"TIERRAMISU"

THAI TORRIJA

CHOCOLATE CAKE & RED BERRIES IN TEXTURES

PLUS LIVE MUSIC FROM 2PM
WITH ROSE PHILIPPENS

45€
Including IVA

New Year's Eve Menu 2021

WELCOME CAVA AND NEW YEAR PARTY BAG

AMUSE BOUCHE

Foie and cardamom cream with a touch of Malaga wine and roasted apple
Corvina ceviche in corn tiger milk and coconut white garlic
Kimchi Nigiri-Croquette with red tuna belly tartar, ponzu and truffle

STARTER

SEAFOOD BISQUE

Aniseed seafood bisque with fennel, semi-raw scallop and sweet and sour radishes

SEAFOOD

STEAMED HAKE

Steamed hake in a Thai broth, massaman pumpkin and red prawns curry, sautéed snow peas

MEAT

BEEF CHATEAUBRIAND

Grilled aged beef Chateaubriand with Andalusian béarnaise and patatas bravas with sirasha foam

DESSERT

NEW YEARS SURPRISE EGG

LIVE MUSIC FROM 9PM
WITH SOPHIE MARTSON

12 LUCKY GRAPES TO STEP IN THE NEW YEAR
OUR YEARLY FIREWORKS

85€
Including IVA

New Year's Day

COME AND CELEBRATE THE NEW YEAR WITH
US AND ENJOY LIVE MUSIC FROM 9PM
WITH A TRIBUTE TO
ED SHEERAN

Day 2

COME AND CELEBRATE THE NEW YEAR WITH
US AND ENJOY LIVE MUSIC FROM 9PM
WITH A TRIBUTE TO JENNIFER LOPEZ

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New interactions

Paul McCartney has revealed that he doesn't sign autographs anymore and is more interested in chatting with fans.



Basketball fashionista

Kendall Jenner and her friend Hailey Bieber spent an evening going to a basketball game, looking as chic as ever.



The 'it' family

Angelina Jolie appeared on the premiere of the Marvel movie Eternals, where she plays the role of one of the main heroines. She did not show up alone, but rather accompanied by her children, who are all grown up by now! All the eyes went to Shiloh, who wore the silvery dress that Angelina used to attend the Oscars back in 2014.



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TERRAZAS 360°

-UNICVIEWPOINT-



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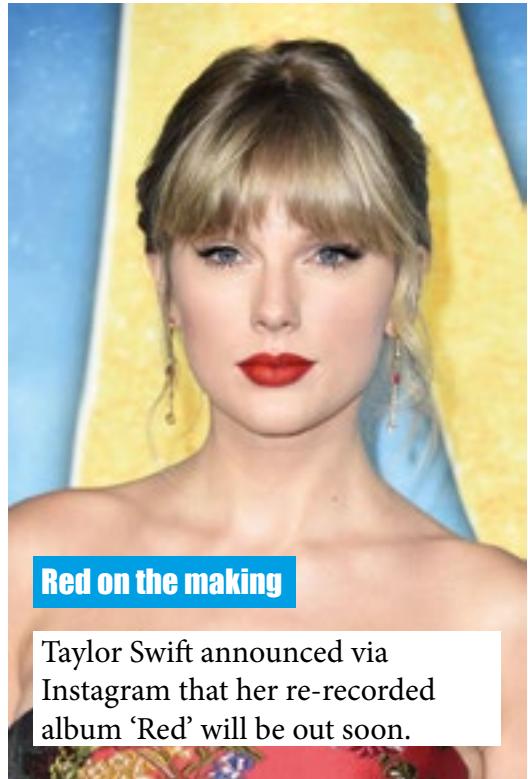
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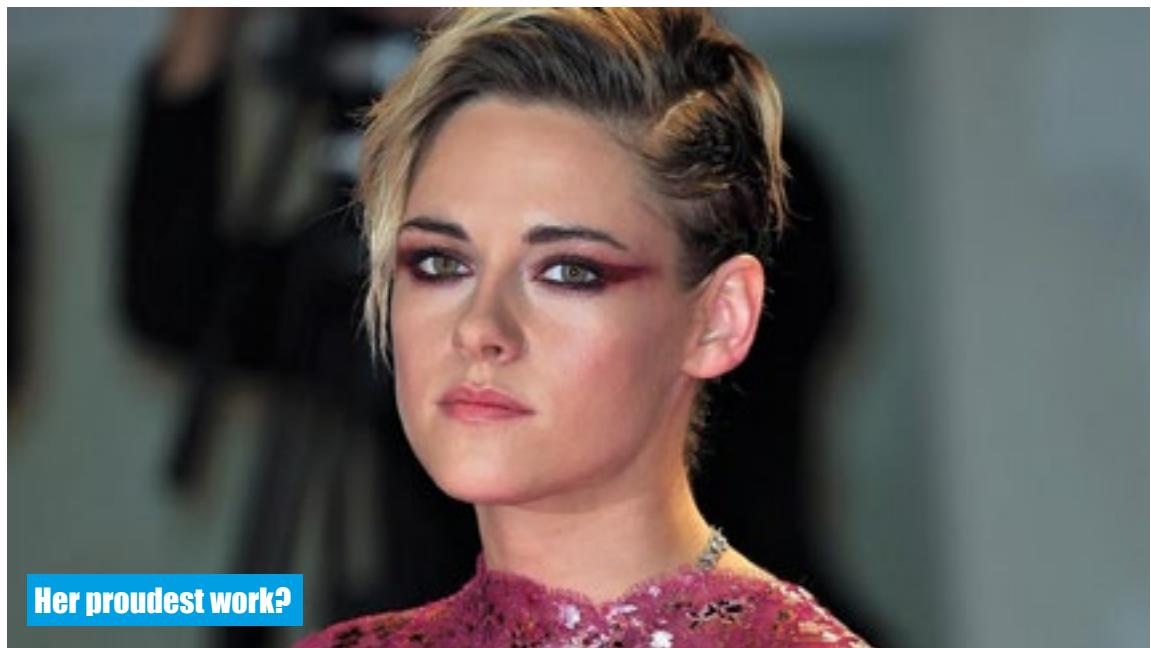
Self doubt in Hollywood

Chris Hemsworth revealed that, at one point, he thought he was being written out from the Marvel movies.



Red on the making

Taylor Swift announced via Instagram that her re-recorded album 'Red' will be out soon.



Her proudest work?

Actress Kristen Stewart has recently revealed that out of all the movies she has appeared on, she only considers five of them as good cinematographic pieces. Some of these good movies according to her are 'Personal Shopper' and 'Clouds of Sils Maria'; while for the bad ones she decided not to say names but rather describe the experiences as to be not fun and overall trap-like.



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- LANGOSTINOS AL PIL-PIL
- TARTAR DE ATÚN ROJO
- ALITAS CLANDESTINAS

SEGUNDO PLATO:

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- LOMITOS DE LUBINA MARINADO EN PONZO CON GUARNICIÓN DE PAK CHOI Y ARROZ

POSTRES:

- COULANT
- TARTA QUESO

AMBOS MENUS INCLUYEN BEBIDAS, REFRESCO, CERVEZA Y VINO DE LA CASA



I'm a barbie girl!

Actress Margot Robbie will be starring in the upcoming Barbie movie.



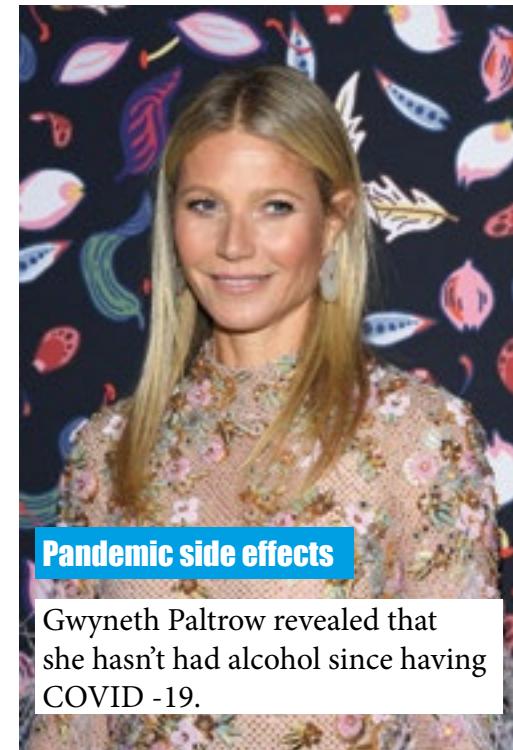
Powerful friends

Beyoncé wished Kim Kardashian a happy birthday via her website, which took fans by surprise.



Cool line-up

The Black Eyed Peas, alongside other artists, performed at the We Can Survive Concert in LA.



Pandemic side effects

Gwyneth Paltrow revealed that she hasn't had alcohol since having COVID -19.



Insta-fortunes

The 2021 list of celebrities who earn more money thanks to sponsored Instagram ads has been recently revealed. Last year, Dwayne 'The Rock' Johnson was number one in this group of celebs, but this year he has been moved to second place. This year's celeb was Cristiano Ronaldo, who earns an estimated of \$1,604,000 per sponsored post.



A new great friendship

Actress Salma Hayek explained her thoughts on working with Angelina Jolie, saying that they got along really well and are happy to have formed a meaningful friendship. She elaborated on this, highlighting the common interests both actresses have and the way they see life in this exact moment of their careers.

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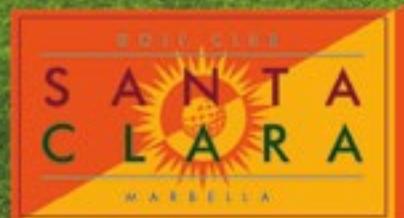
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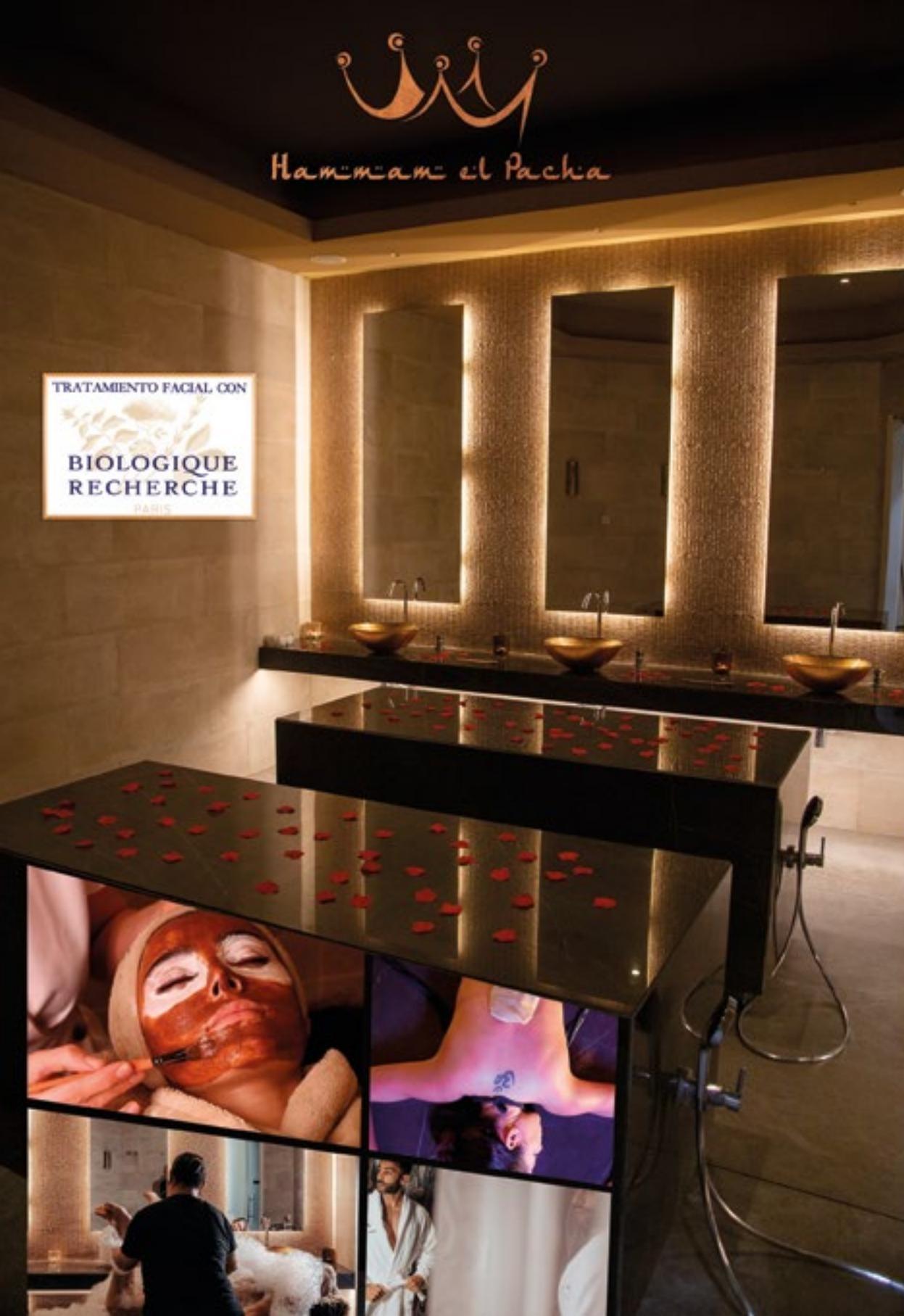
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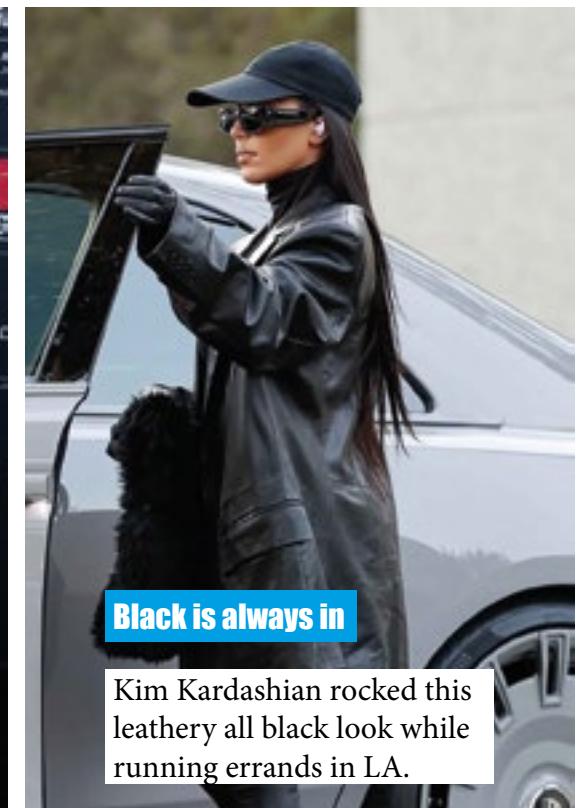
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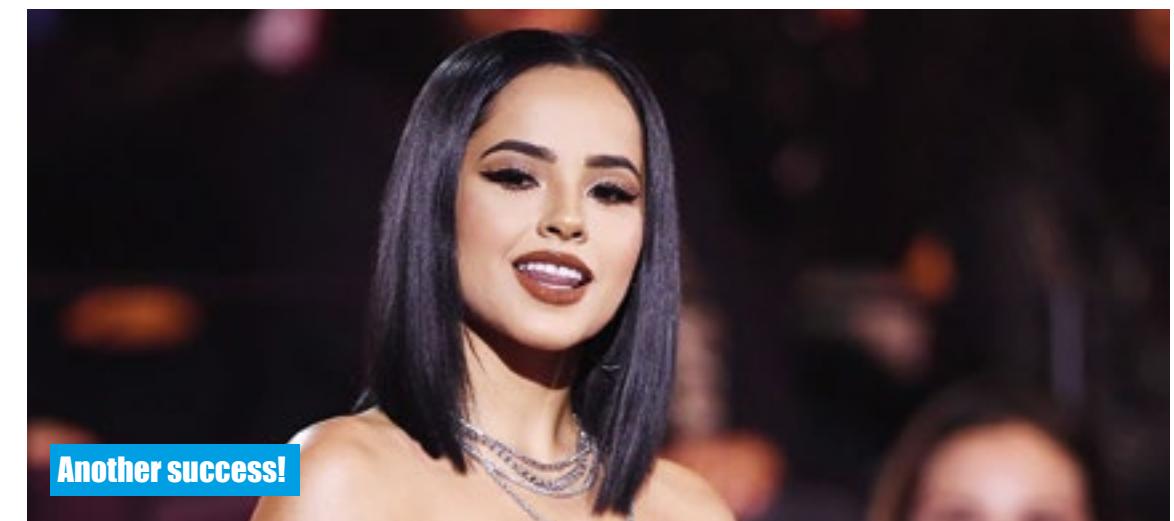
Elegant night

Actor Robert Pattinson Attended the GO Campaign Gala last month alongside other celebrities.



Black is always in

Kim Kardashian rocked this leathery all black look while running errands in LA.



Another success!

American-Mexican singer Becky G is set to host an upcoming talk show 'Face to Face with Becky G' via Facebook Watch. This is another accomplishment for the 24 years old singer, which has had great success this year with her latest songs like 'Mal de Amores' with Sofia Reyes or 'Ram Pam Pam' with Natti Natasha, both surpassing millions of views and streams on Youtube and Spotify.

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Muy buenas a todos y bienvenidos a Prodigy Land de la mano de About Marbella. En este artículo queremos dar nociones sobre cómo restar cuando nos sacan al medio, tanto en el lado de la derecha como en el de revés. Así que nos vamos al fondo de la pista y os explicamos todos los trucos para no fallar un resto.

Bueno amigos, empezamos situados en la zona de la derecha y vamos a suponer que somos jugadores de derecha y nos sacan al centro. La posición de resto es con rodillas semi flexionadas, los pies a la anchura de los hombros y la pala entre rodillas y la cadera, un poquito más abajo porque vamos a defender una bola.

Si nos sacan al centro, el desplazamiento siempre tiene que ser lateral y os voy a enseñar cuáles son los errores más comunes que suceden cuando vamos a por esa bola. Nos desplazamos lateralmente y lo correcto es anclar el pie. La pala siempre tiene que estar a la altura de la rodilla derecha (en el caso de ser un jugador de un jugador diestro), para que nunca golpeemos tarde.



Aquí sí hacemos el golpeo y abrimos los brazos, y la pala siempre mira hacia dentro de la pista. ¿Qué nos suele ocurrir? Que en el desplazamiento entramos con la pierna que no es, con lo cual no hay equilibrio, y es muy complicado sacar el golpe. Normalmente el jugador se va a caer o va a levantar la bola.

O por el contrario, el jugador llega con las piernas bien colocadas, pero hace un armado muy largo. Con el armado largo tenemos la pala mirando hacia fuera de la pista y el impacto va a ser normalmente tarde. Por tanto, por favor, es muy importante el desplazamiento y que con la mano no hábil ayudemos para enfocar la pala hacia dentro de la pista. A partir de ahí, apoyo bien el pie, flexiono y abro brazos, como hemos visto en el revés.

Es importante saber que con un buen desplazamiento y el armado delante, el resto entra siempre con mucha facilidad. Si realizamos un desplazamiento incorrecto entrando con la pierna izquierda, el impacto será tardío y habrá poco equilibrio. También puede ocurrir con un swing largo, aunque entremos con las piernas correctamente, el impacto se hará tarde y fallaremos la bola a la valla.

Ya hemos visto cómo restar cuando corro en paralelo a la raya de fondo. Eso normalmente va a ser un resto por abajo porque no tengo posibilidad de meterme debajo de la bola, es decir, voy a pillar la bola normalmente botando muy cerca de la red, con lo cual no puedo levantarla.

Santiago Moreno Pardo
www.prodigypadelacademy.com Prodigy Padel Academy @prodigypadel@santiprodigy

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Segunda opción, en la misma posición de espera, lo que hacemos es avanzar en diagonal para ganar ese par de metros que nos den la posibilidad de meternos debajo de la bola con una buena flexión y abrir un poquito la muñeca. Aunque estemos con la empuñadura continental podemos abrir un poquito la muñeca (como si mirásemos la hora en el reloj) y a partir de aquí somos capaces de levantar el globo con flexión y levantamiento de piernas y de pala. Siempre flexiono, impacto y termino bien arriba. Es muy importante que enseñemos siempre la cara de la pala, como hemos visto antes, y a partir de aquí impacto el globo. Nunca impacto detrás, si lo hago echaré el globo fuera de la pista. Es esencial que tengamos claro esto para no fallar el globo o que no se nos quede corto.

Nos despedimos de este nuevo artículo esperando que cuando os saquen al medio sepáis cómo actuar y sobre todo decidir con antelación para tener tiempo y restar correctamente.

Os adelantamos que en el siguiente artículo el resto será para jugadores de revés.

Y como siempre, os agradecemos muchísimo que nos visitéis en el canal de YouTube de Prodigy Land y nos comentéis para ir mejorando los artículos en función de lo que necesitéis.

Un fuerte abrazo a todos y nos vemos en el siguiente número de About Marbella.



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"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
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Wrist hinge or no wrist hinge? How much How little??

So the question is asked, during our golf swing should we or should we not use our wrists? Understanding what fundamental role the hands/wrists have during our golf swing will improve your game just by knowing what to do at all times.

The answer is that it depends how much club head speed are you trying to achieve. We have to understand what role does the wrist/hands play in the swing is to generate club head speed (call it leverage call it what you want) so ultimately - less wrist = less club head speed More wrist hinge = More club head speed.



So by knowing this, on short approach (5 to 20 yards) shots you should probably be using minimum wrist action as the club speed needed for this type of shot is reduced, which will encourage you to play this shot with more arms and body.



On medium approach shots (20 to 40 yards) we should be hinging your wrists a certain amount (around 45 degrees) to generate enough club head speed for the ball to travel the appropriate distance depending on what club has been chosen.



Only on full shots you should have a full wrist hinge (approx. 90°) as your target is to achieve maximum speed for maximum distance.

Obviously wrist mobility is key in achieving distance so check out these exercises that will promote a better wrist mobility.


VILLA PADIERNA
GOLF CLUB

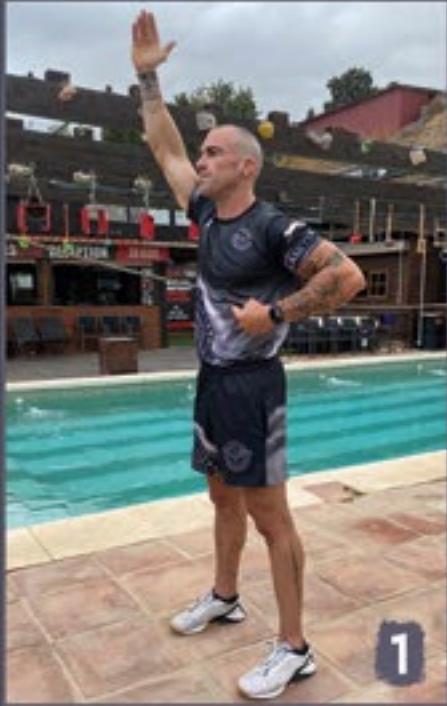
Jimmy Martin de la academia de golf de Villapadierna

APRENDAMOS PARA HACER UN BUEN SQUAT!!

Es muy importante nuestra posición cuando realizamos un squat, ya que este movimiento resulta ser uno de los más funcionales que hay ya que es el movimiento que realizamos para levantar objetos desde el suelo o moverlos en planos verticales.

LET'S LEARN TO MAKE A GOOD SQUAT !!

Our position is very important when we perform a squat, since this movement turns out to be one of the most functional there is since it is the movement we perform to lift objects from the ground or move them in vertical planes.



1- Como veis en la imagen me estoy señalando un punto muy importante (zona abdominal) mientras mantengo la mano levantada, esta sería el núcleo o abdomen donde lograremos una máxima activación y rigidez si pensamos en llevar nuestras costillas hacia dentro y brazos extendidos arriba. El abdomen nos da seguridad en toda nuestra espalda baja para que esta no sufra en el movimiento.

1- As you can see in the image, I am pointing out a very important point (abdominal area) while I keep my hand raised, this would be the core or abdomen where we will achieve maximum activation and rigidity if we think about bringing our ribs inwards and arms extended above. The abdomen gives us security in our entire lower back so that it does not suffer in the movement.



2- La posición de nuestros pies y rodillas: queréis que estos estén lo paralelos entre sí a la anchura de nuestras caderas, vamos a tener una tensión hacia fuera permanente de nuestras rodillas y si notáis que vuestro cuerpo va hacia adelante levantar levemente vuestros dedos de los pies para que el esfuerzo se enfoque en la cadena posterior.

2- The position of our feet and knees: you want these to be parallel to each other at the width of our hips, we will have a permanent outward tension of our knees and if you notice that your body is going forward, raise your toes slightly so that the effort is focused on the posterior chain.



3- Rompe el paralelo entre tú fémur y el suelo, no te relajes a las hora de llegar al último rango de movimiento y mantén tu espalda recta.

3- Break the parallel between your femur and the ground, don't relax when reaching the last range of motion, and keep your back straight.

4- Si te ha costado mucho ejecutar un buen squat tal vez necesitas movilidad en tobillos y cadera, a continuación te dejo un ejercicio para ayudar a que tu cadera sea más amplia aunque hay muchos más donde trabajar. Realiza el movimiento entre una imagen y otra 20 veces (4 series) manteniendo tus rodillas a 90° y empujando estas hacia abajo manteniendo tu pecho alto.



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Black Detox Water

Agua de manantial zeolita enriquecida con carbón activo.

Según MedicalNewsToday debido a sus poderosas propiedades para eliminar toxinas se propone el carbón activo como un tratamiento para una lista creciente de afecciones:

- El carbón activo ayuda a la función renal al filtrar las toxinas y medicamentos no digeridos. Es especialmente efectivo para eliminar las toxinas derivadas de la urea, el principal producto secundario de la digestión de proteínas.
- Se utiliza como absorbente gastrointestinal en casos de sobredosis y envenenamientos a través de la absorción de las bacterias y los medicamentos que la causan.
- Ayuda a prevenir la hinchazón del estómago y a evitar la aparición de molestos gases.
- Muchos productos para la salud bucal que contienen carbón activado indican tener varios beneficios como: antivirales, antibacterianos, antimicóticos y desintoxicantes.
- Las bebidas de carbón activado ayudan a eliminar las toxinas del cuerpo. También para tratar las sobredosis y envenenamientos.
- Lo que absorbe el carbón vegetal se queda en el tubo digestivo y nunca pasa a la sangre, sino que se elimina a través de las heces.



Agua de Manantial de Stara Planina

Agua de manantial desmineralizada y filtrada con zeolita.

Beneficios de la zeolita:

- Es una trampa para elementos radioactivos.
- La función principal de la Zeolita en el organismo es eliminar los metales pesados del organismo.
- Limpia la sangre, el estómago y los sistemas linfático y glandular; importante para evitar enfermedades.
- Retenedor-distribuidor del óxido nítrico (NO) en el organismo humano.
- Para la estabilización de la tensión arterial o el tratamiento de la trombosis.
- Como agente antibiótico, así como para el control de enfermedades renales.

¿Cómo lo hace? La Zeolita tiene una carga natural negativa. De esta forma, cuando se ingiere, atrapa los metales pesados y las toxinas cuya carga es positiva. A continuación, son expulsados del cuerpo a través de la orina.

Fuente de información:

http://oa.upm.es/32548/1/Tectosilicatos_Costafreda.pdf

Según el estudio de “fundación Gomez Pardo” por “escuela técnica superior de ingenieros de minas y energía” y “universidad politécnica de Madrid”.



Aqua de Whisky

Beneficios y aplicaciones:

- Permit percibir mucho más los aromas porque el alcohol se disuelve y los ingredientes se evaporan, gracias a lo que se pueden apreciar muchos más matices con la nariz.
- El agua ayuda a dilatar los sabores y volverlos más intensos y también a disminuir el sentimiento del alcohol en la boca, una característica muy apreciada por aquellos que prefieren sabores suaves en su paladar.
- En comparación con otros licores, agregar agua al whisky produce el mismo efecto que oxigenar un buen vino mediante la decantación.
- La temperatura del agua es un factor importante para dejar que todas las notas queden en libertad. ¿Cuál es la mejor opción? Temperatura ambiental y sólo medio dedo de agua en el vaso para no diluir en exceso la bebida. Cuanto más fría esté, menos se percibirán los matices.



Rosa de rosas

Combinación de agua de manantial doblemente filtrada con Zeolita y 3,3% de agua de Primera destilación de rosas Damascena.



Según el artículo de ecosfera.com de 23 de junio de 2020, estudios clínicos demuestran que por sus componentes, terpenos, glucósidos, flavonoides y antocianinas son poderosos analgésicos, broncodilatadores, aminicrobíticos y antiinflamatorios.

La ingesta de agua de rosas:

- Hidrata la piel desde el interior y hace que luzca saludable.
- Mejora el estado de ánimo alivia el estrés y la depresión, disminuye los síntomas de la ansiedad y la angustia.
- Alivia los problemas de digestión, hinchazón abdominal o malestar estomacal.
- Sana resfriados y dolores de garganta, gracias a su efecto broncodilatador.
- Alivia la retención de líquidos e inflamaciones del cuerpo.
- Funciona como relajante natural.

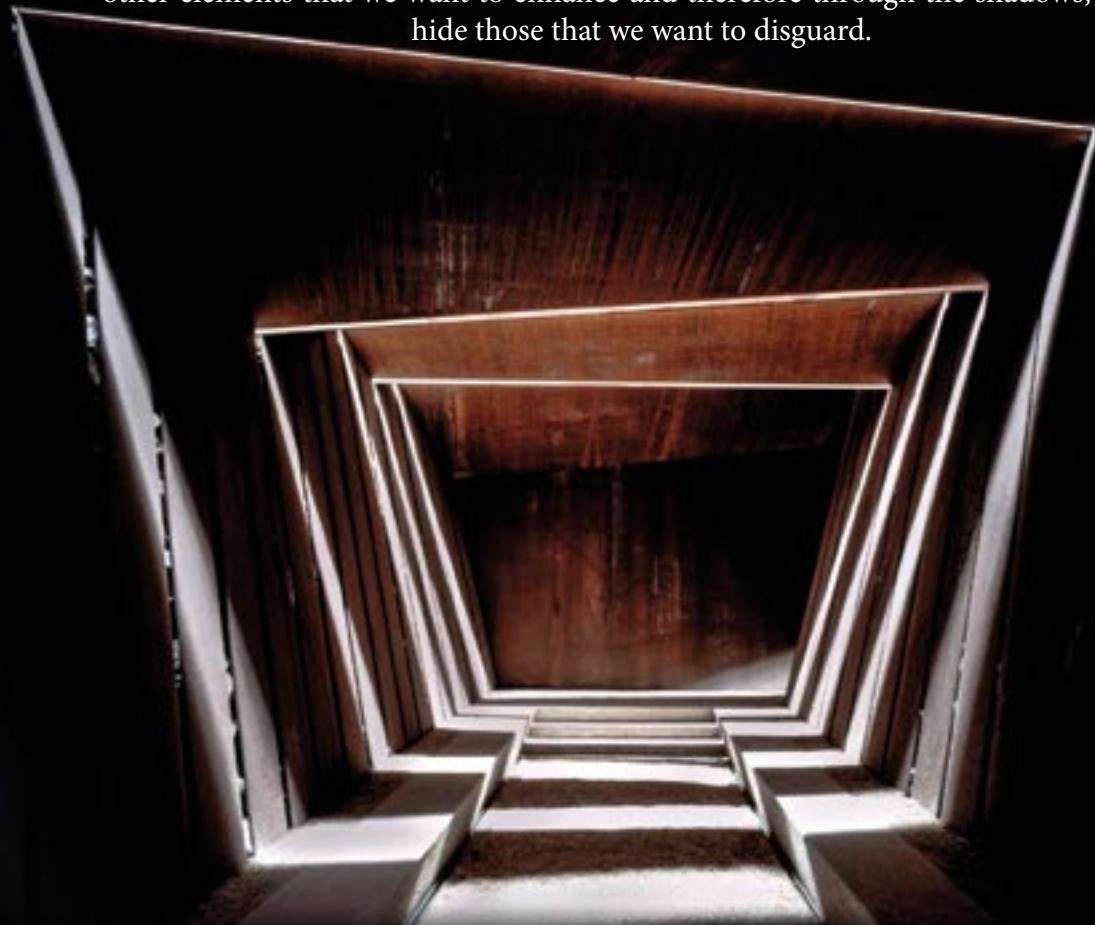
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EFFECTS OF LIGHT IN INTERIOR DESIGN

"Light is the most luxurious material there is, but since it is free, we do not value it." (Alberto Campo Baeza)

Light works in a totally functional and practical way. Thanks to light, we visualize and move within our spaces, as well as working in an aesthetic and sensory way. Light, is one of the most important points when projecting a design.

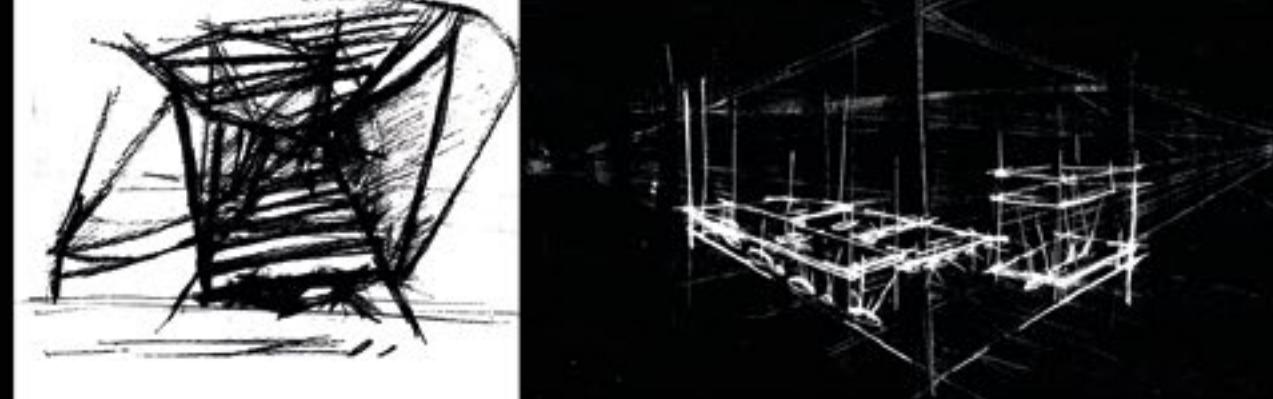
Good lighting helps us to enhance other aspects of design that we want to look at or it can even lead us to move in one direction. It allows us to highlight those areas, furniture or other elements that we want to enhance and therefore through the shadows, to hide those that we want to disregard.



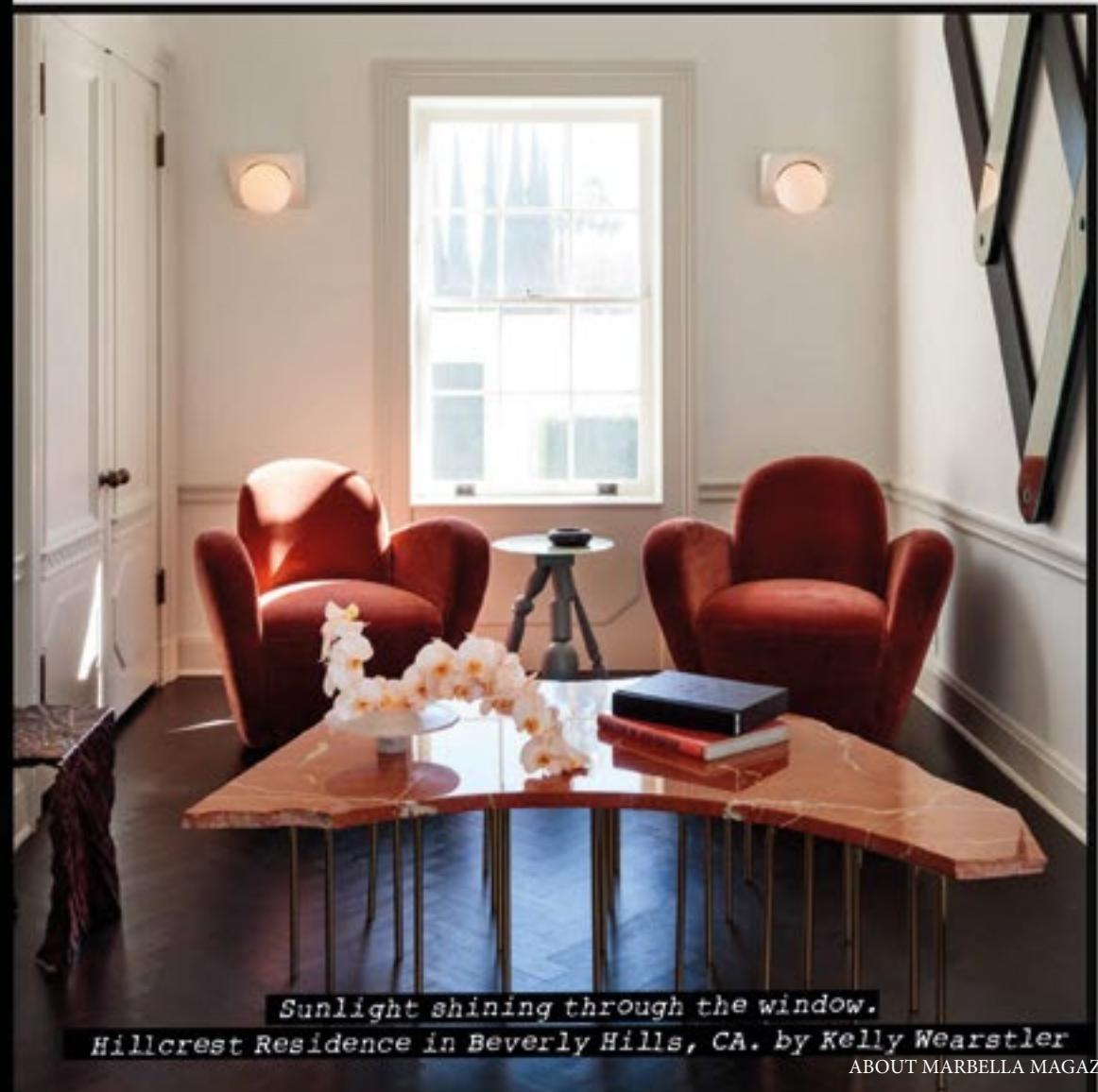
Architecture playing with light.

Bodegas Bell-Lloc, Palamós, ES. from the Pritzker Prize Winners, RCR Arquitectes.

By effect, light brings with it shadows, both coexist in an opposite relationship, since one is accentuated, the other is opposed in the same way. Using contrasts of light and shadows we can create dramatic spaces. If one is weaker, the other is also softened, losing the contrast between the two.



We can also play with different colors of light to get different sensations. Applying a suitable color of light to a space according to the use of the interior can be of great benefit to us, since it will not be the same for a living room as for an office. In the first instance, we apply a more yellow light, which brings warmth to the room, creating a more comfortable space, designed for relaxation and rest. On the other hand, in a workspace we use a cooler light, which provides a bluish hue and a high level of luminosity. This serves to activate people by producing a stimulus in them.



*Sunlight shining through the window.
Hillcrest Residence in Beverly Hills, CA. by Kelly Wearstler*



In this image of Thom Filicia's Infiniti Restaurant in Grace Bay, Turks and Caicos Islands, we can see how the designer has used a soft and high quality light together with materials such as wood to create a homey space and provide comfort to the diners.

Natural light, the most sought after among all, is capable of changing our mood, of sneaking into tiny spaces or creating infinite colors in the sky. When it comes to interior design, it is very important to know where and in what quantity natural light will enter, to organize the spaces in the most efficient way, making the most of this light so desired by all.

The sun does not give us constant light throughout the day, in addition, it is changing all the time. That is why we need the support of artificial light, it is of great importance in interior design to consider it since it is decisive for the sensations and functionality of a space. Within lighting for interior design, three types can be differentiated:



General lighting, which provides the most light to a space. It will depend on several factors, such as the size of the room and its use. At Lord Designs we recommend that there be more than one point of light in the room, in addition, that we can turn it on and off by areas if necessary or regulate its intensity.

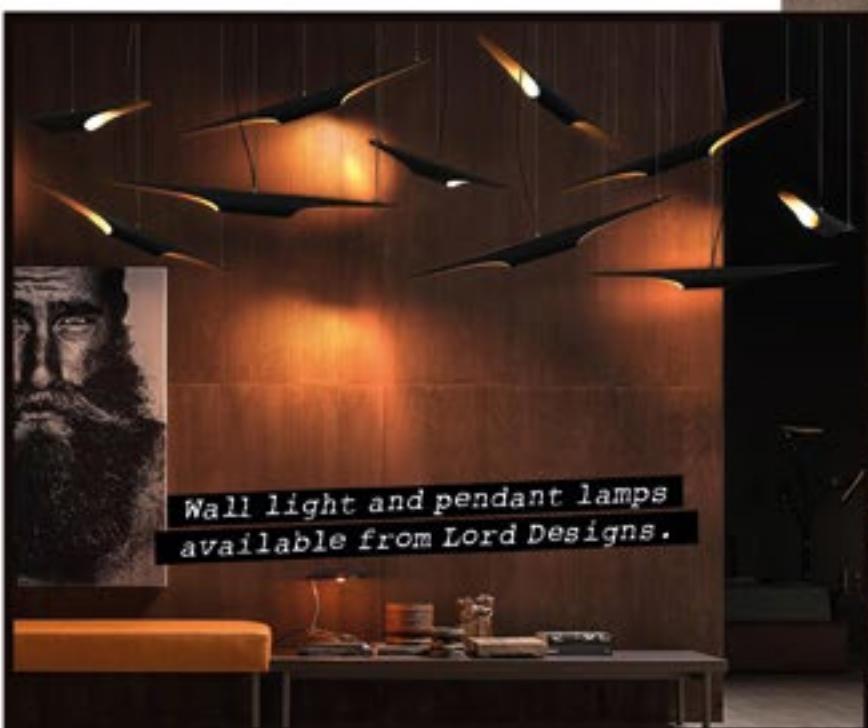
An indirect light creates a uniform distribution in the space, giving all the elements of the space the same importance. Zaha Hadid, an Anglo-Iraqi architect, is a great example of the use of this type of light, since she integrated light into the structure of her organic architecture in such a strategic and subtle way, hiding it and generating a large bath of light internally. In this way she also managed to enhance the forms of architecture.



Project by Lord Designs

Today there are different ways to create general lighting, such as LED strip lights or simple spotlights.

Point lighting, its function is to provide lighting to specific points. This light is more direct, it allows us to create areas that are mostly marked by light and contrasted by shade. Thanks to point lighting, work spaces can be created or elements of decoration or architecture can be highlighted.



Wall light and pendant lamps
available from Lord Designs.



Table Lamp and wall lights
available from Lord Designs.



Decorative lighting, are those points of light with an aesthetic value. Today, wall and table lighting have become a very important decorative accessory.



Set of blackout curtains in a stone tone with a lower velvet detail in a terracotta colour.



The domain of light and shadow is of great importance when designing an interior space. A good use of it will add great value a space, contributing to ones well-being and enjoyment, accompanied by other elements such as the textures of fabrics and materials that are used when designing an interior.



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SCIATICA CAN BE A REAL PAIN IN THE BACKSIDE



Sciatica explained in brief is an electric/fire pain that can start at the glutes and extend all the way down the back of leg down as far to the ankle. Some form of pressure or tension on the sciatic nerve causes it. The issue could be coming right from where the nerve starts (in your lower back) or at any point along the whole length of the nerve and with it being one of the longest nerves in the body, it can be a real pain.

Our favourite, most simple self-helps tips is to alleviate the pressure. The discs in our spine act as spacers, creating room between our vertebra for the nerves to exit. It is imperative we assist the disc which then enables the nerve to pass by freely. We load (compress) the discs in our spine a whopping 10x more when seated versus when standing. A simple way to help relieve some of the symptoms is to go regularly for short walks, or alternatively changing positions or avoid a sedentary lifestyle. When you sit still for too long this can load the discs in the lower back, thus irritating the sciatic nerve. Arching and

rounding the lower back, regularly whilst experiencing sciatic pain can help relieve some of the intensity. Not everyone will find the same position comfortable, but alternatively you can try this movement when standing, seated or lying down. The idea is to explore how your body moves WITHOUT provoking the pain. Try and find the position that you are most comfortable in and keep returning there. Usually, the less painful position, the safer, it is for the disc and the nerve.



One more thing... nerve flossing, it's good for your teeth and it's also good for your nerves. Nerves do not like being stretched beyond their comfortable limit, at ALL. When experiencing sciatica, one of the worst things you can do is stretch, this will likely make the pain worse (not what we're going for here). Flossing the nerve is a procedure which decreases the nerve tensile state by allowing a gliding movement of the nerve to occur.

Flossing The Sciatic Nerve



- Lay on your back and bring one knee towards your chest, with the knee bent towards your chest, and the other leg straight on the floor.
- Hold the back of your hamstring just under the knee (if you can't reach try using a towel under the bent legs knee, and hold this with your hands)
- Gently extend the knee, straightening the leg towards the ceiling and ease it back down towards the floor.
- Never go to the point of pain
- You want to work this movement within a comfortable range

We hope these tips help, for more information on hands on help, reach out to us at CostaSpine!

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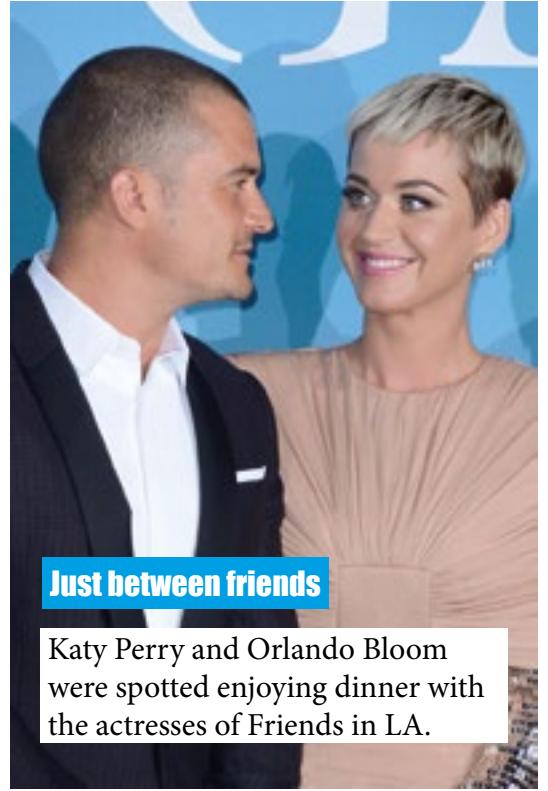
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Just between friends

Katy Perry and Orlando Bloom were spotted enjoying dinner with the actresses of Friends in LA.



A complex voice

Miley Cyrus explained in a recent interview that, despite critics, she enjoys singing in her lower voice.

A large black rectangular banner for Novacane Art Gallery. In the center is a white circular logo containing stylized letters 'N' and 'C'. Above the logo are the letters 'MM' and below are 'XX'. Below the logo, the word 'NOVACANE' is written in large, bold, white capital letters. Underneath that, in smaller white capital letters, is 'ART GALLERY 29660'. At the bottom, there is social media information: 'f NOVACANEARTGALLERY @' followed by the Instagram icon, and 'CENTRO DE NEGOCIOS, PUERTA DE BANÚS, LOCAL 33, 29660, MARBELLA'.



Happy birthday, but make it oceanic

Singer Doja Cat celebrated her birthday last month by throwing a themed party with an 'under the sea' aesthetic. The artist herself appeared dressed up as Kida princess, one of the main characters of Disney's 'Atlantis'. Along the many famous guests we could spot singer Normani, rapper Lizzo, model Winnie Harlow or even Billie Eilish; all of them dressed in crazy costumes that properly followed this fun theme. We didn't expect any less coming from the quirky artist!



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- Choice of six vibrant exterior colours, with more to follow next year
- Updated Emira V6 First Edition configurator now live at www.lotuscars.com – images taken from it accompany this news release



(Hethel, UK – 20 September 2021) – Lotus has confirmed the price and full specification of the all-new Emira V6 First Edition. The car, fully loaded with a host of desirable technology, infotainment and comfort features plus unique badging, costs £75,995.

The price in major European markets has also been released, including in Germany where the car is €95,995. Prices in other international markets, including USA and China, will be released in the coming weeks. Production of the Emira V6 First Edition will start in the spring, with the 'i4' four-cylinder First Edition arriving in the autumn.



Matt Windle, Managing Director, Lotus Cars, commented: "The Emira is the most accomplished Lotus we've ever made, and to celebrate and reward our keenest early customers, we want to make the first cars extra special to own. The features have been carefully selected by our design team to make for a truly special and distinct First Edition."

The Emira is an all-new mid-engine premium sports car that perfectly embodies the ongoing transformation of the Lotus business and brand. It features all the hallmarks that the automotive world has come



By: Guillermo Fernández de Ateca Barber.

The Emira is an all-new mid-engine premium sports car that perfectly embodies the ongoing transformation of the Lotus business and brand. It features all the hallmarks that the automotive world has come to expect from a Lotus – striking design, thrilling dynamic performance delivering best-in-class ride and handling, outstanding aerodynamics and an unrivalled experience ‘For The Drivers’.

Building on the legacy of the Elise, Exige and Evora, the Emira represents a quantum leap forward for Lotus. Those instantly recognisable brand signatures and core values have been combined with a paradigm shift in levels of practicality, comfort, functionality and technology. The Emira has been developed on a new lightweight bonded aluminium chassis – technology pioneered by Lotus and which remains an intrinsic part of the company’s sports car DNA.



Powering the V6 First Edition is the much-loved and Lotus-honed 3.5-litre supercharged V6 engine, mid-mounted behind the two seats. Developing 400hp, it's mated to a six-speed manual gearbox with a visible gearchange mechanism and hydraulic power-assisted steering.

The car rides on 20-inch ultra-lightweight V-spoke forged alloy wheels. They're diamond cut to create a premium two-tone finish, though silver or gloss black versions are available as a no-cost option. Two-piece brake discs with branded calipers are part of the First Edition spec, plus a Tyre Pressure Monitoring System (TPMS).

The First Edition comes in one of six vibrant paint colours: Seneca Blue – which was seen at the car's launch in July – plus Magma Red, Hethel Yellow, Dark Verdant, Shadow Grey and Nimbus Grey. More colours will be available during 2022.

Exterior details include LED lights all round, a titanium exhaust finisher, heated power-fold door mirrors and rear parking sensors. The Lower Black Pack is fitted as standard, which means the front bumper air blades, front splitter, side sills and rear diffuser are all finished in gloss black.



There are seven interior colour choices, all available at no extra cost. They are red, black, grey and tan Nappa leather, as well as black Alcantara with either red, yellow or grey stitching. Satin chrome trim finishers, white interior mood lighting and Lotus-branded sill kick plates complete the premium look.

NISSAN Z

Introducing the 2023 Nissan Z. Developed by a passionate team of designers and engineers, the all-new Z represents an approachable sports car for the modern age – with an unmatched 50-plus year heritage and global fan base.



"Z is the pure expression of Thrill. It is Nissan's passion wrapped up on four wheels," said Ashwani Gupta, representative executive officer and chief operating officer, Nissan Motor Co., Ltd. "The new Z retains its authenticity as a pure sports car to keep you connected to the road while bringing in the latest modern technologies to make sure the car can help keep you connected to your life."

The all-new, seventh-generation 2023 Z, which drops its numerical prefix in the U.S. for the first time, is scheduled to go on sale at Nissan dealers nationwide in spring 2022.

The new Z: An exhilarating, dynamic performer

The original 240Z was built to bring the joy and excitement of sports car ownership to as many people as possible – a car built for enthusiasts, by enthusiasts. That spirit and heritage continues today with the launch of the latest reincarnation of Z.



The 2023 Z's 3.0-liter V6 twin turbo engine adds a significant bump in power output over the previous generation 370Z. The engine is rated at 400 horsepower at 6,400 rpm and 350 lb-ft of torque starting from 1,600 to 5,200 rpm. With an increase of 68 horsepower and a 30 percent increase in torque, the engine is designed to deliver a sharp, yet smooth response to the driver's input, along with an estimated 15 percent improvement in 0 to 60 mph acceleration.



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.



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A woman in a red dress is posing in a dark setting with confetti falling around her. The word "SOCIAL" is overlaid in large white letters across the center of the image.



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Family support

Tom Holland has given a shout out to his brother's latest acting job in a new Apple TV+ series.



New wife life?

Lily Collins has jokingly admitted that she feels older now that she has gotten married.



Billie's perfume

Singer Billie Eilish will be launching her first own fragrance later this year.

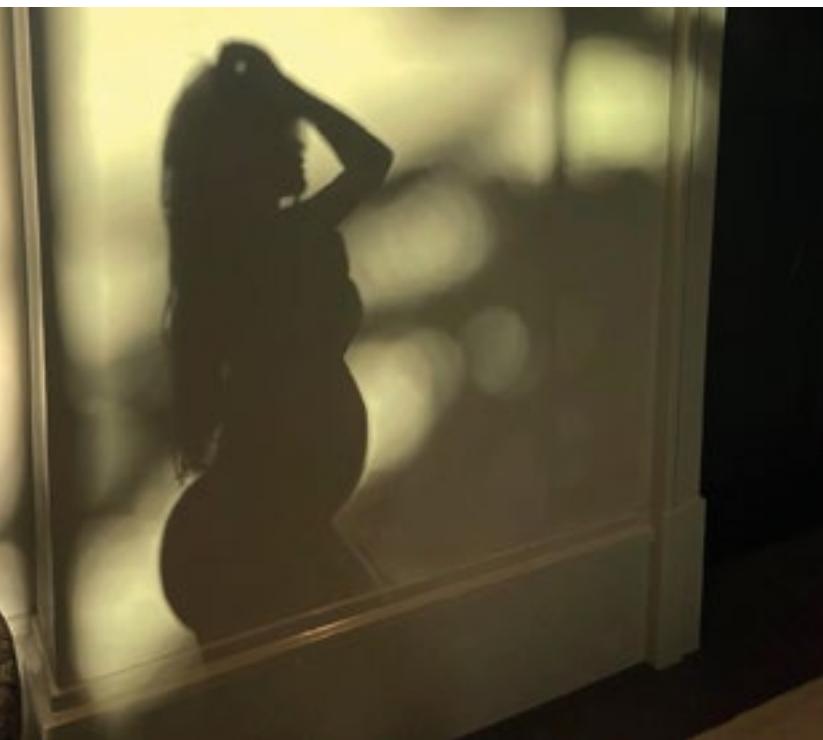


Intimate release

Elton John has released his latest album 'The Lockdown Sessions' which features tons of other artists.

Baby bump in the shadows

Kylie Jenner recently took it to Instagram to post this artistic picture of her shadow against a wall, showcasing her pregnant belly. She used this post to update fans on how her second pregnancy is going at the moment and to celebrate motherhood in the way that she knows best. The father of the baby is Travis Scott, who is also the father of Kylie's first child, Stormi.



A fun little secret

British singer Adele showed her most eccentric yet funny side in a recent video interview with Vogue, where she answered numerous questions of different topics. In one of these, when being asked about her proudest possession, she went to grab one of the frames she had on one of her house's walls. Shortly after this, she explained the true nature of what was framed: a piece of gum that Celine Dion had chewed before. After this shocking yet hilarious discovery, she explained that it was something that happened with James Corden's help and that she doesn't even know if Celine, to this day, is aware of this!



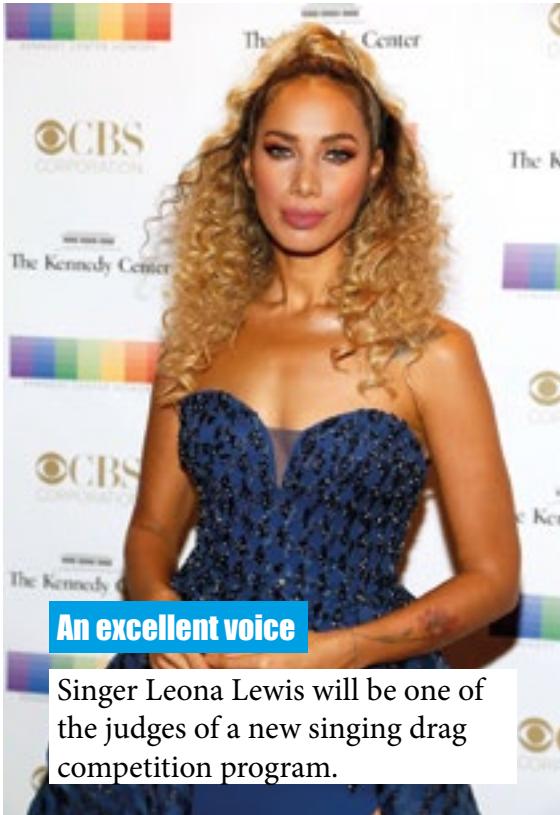
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A shocking split

Zayn Malik and Gigi Hadid have reportedly split after years of being together and a child.



An excellent voice

Singer Leona Lewis will be one of the judges of a new singing drag competition program.

Moving on from past relationships

Scott Disick has had to come to terms with his ex, and mother of his child, Kourtney Kardashian's new relationship. After the news that the Kardashian is engaged to her boyfriend Travis Barker, Scott has decided to distance himself from the situation in order to allow him some quiet time to process all of this new information regarding Kourtney.



An advertisement for the cocktail bar [NEXT] DOOR in Marbella. The main image shows two cocktails: a tall green one with a lime wedge and a shorter orange one with a grapefruit slice. Below the main image are four smaller inset photos: a bartender pouring a drink, the interior of the bar with shelves of bottles, a jar of citrus peels, and another view of the bar interior. The [NEXT] DOOR logo is prominently displayed at the top in large, illuminated letters.

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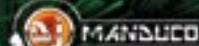
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Mom's blessings

Kris Jenner gave her approval to Kourtney and Travis engagement in the Ellen Degeneres Show.



A difficult journey

The 'Friends' actor Matthew Perry is currently writing his biography, which will be released soon.

The most profitable projects this year

The list consisting of the 2021 highest paid male actors has been revealed, and a lot of well known celebrities are a part of it. Leading this list, we find Daniel Craig, who has earned a total of \$100 million with his work in 'Knives Out' 2 and 3. Other famous names that appear are Dwayne 'The Rock' Johnson, Will Smith and Denzel Washington, who respectively earned more than \$40 millions each.



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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. Next 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'



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