

ABOUT MARBELLA

magazine



M I R A G E

NYE

[3 1 . 1 2 . 2 1]

www.miragemarbella.com

 ultimate
PROMOTIONS

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

YOU MAY KISS  
THE BRIDE 14



LIGHTS, CAMERA  
ACTION! 23



LIFESTYLE 41

EL GOLPE MÁS  
TÉCNICO:  
REMATE LIFTADO 50



TRABAJAMOS  
EL PUSH 56



CHRISTMAS TRENDS  
58



LOW IMPACT EXERCISE  
AND ITS BENEFITS  
TO YOU 66



AUTOMOCIÓN 74



SOCIAL 83

ANOTHER ALBUM,  
ANOTHER SUCCESS 89



Who's In Who's Out  
As usual, ABSOLUT  
MAGAZINE attended the  
hottest parties and events  
on the coast. Where you  
there? 102



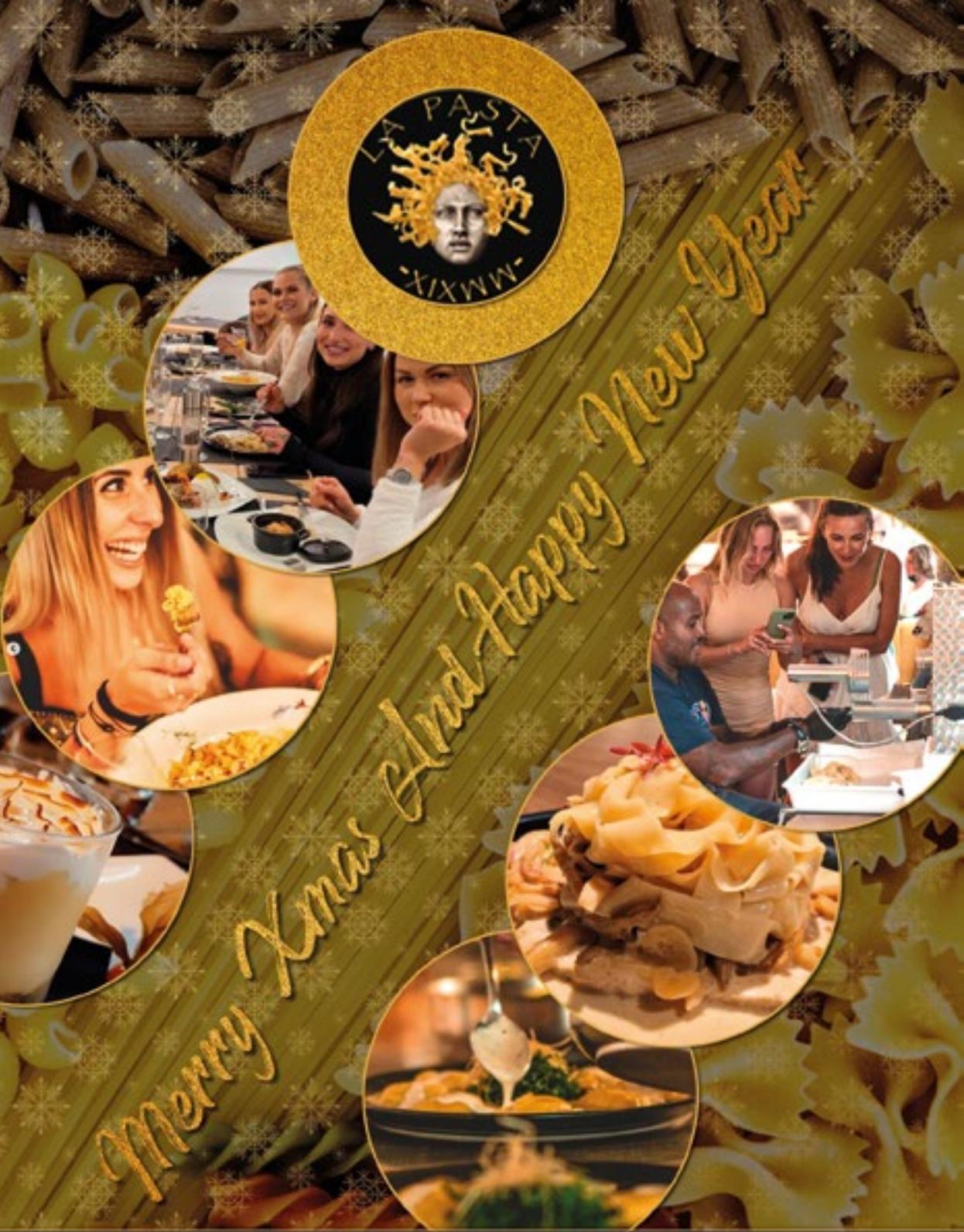
ABOUT  
MARBELLA



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



Merry Xmas and Happy New Year

# GASTRO NOMY

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

*Felices Fiestas*

PROSPERO  
**2022**

ASADOR & RESTAURANTE

MARBELLA



EST. 2017

**EL REPIQUE**

EL ASADOR DEL CENTRO HÍPICO



CAMINO DE LOS ALTOS S/N - MARBELLA (+34) 637 00 45 47



**DOMINGOS**  
*Espectáculos  
para toda  
la familia*

**SÁBADOS**  
*Mágica en vivo*



centrohipicoelrepique.com @asador\_elrepique asadorelrepique



## 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*

NEW YEARS EVE GRAPES & COTILLON  
IN LA HABANA DE HEMINGWAY  
UVAS DE LA SUERTE Y COTILLÓN  
EN LA HABANA DE HEMINGWAY

PRECIO: 160€ p/p

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



# NEW YEAR PARTY LA HABANA de

# Hemingway

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

Edf. Levante, Local 7, Puerto Banús. Marbella tlf:952 811 239

LA SALA  
PUERTO BANUS

# THE MAGIC IS RIGHT HERE AT LA SALA THIS CHRISTMAS

In many ways this Christmas feels more special than ever before and you can count on La Sala Puerto Banus to make it one to remember.

Whether you're looking to enjoy an unforgettable Christmas dinner together with family, celebrate the New Year in style or organise a Christmas Party with friends or colleagues, we guarantee that you will experience the finest festive celebrations at La Sala, filled with plenty of sparkle.

Our carefully selected menus, incredible live music and friendly service sets the scene for an unforgettable, magical season right here in the heart of Marbella.

Christmas Parties · Christmas Day  
Boxing Day · New Years Eve

DOWNLOAD OUR  
BROCHURE TODAY  
[www.lasalabanus.com/christmas/](http://www.lasalabanus.com/christmas/)



SCAN ME

Christmas  
2021



### Back to work

Queen Elizabeth went back to her royal schedule by attending the baptism of her grand-sons.



### Shocking split

Power couple Camila Cabello and Shawn Mendes announced that they have decided to break up after years of being together.

### You may kiss the bride

Style Icon, entrepreneur and original influencer Paris Hilton got married last month to Carter Reum. The couple tied the knot in a beautiful yet extravagant celebration located in Los Angeles. The guests couldn't be more distinguished, with members of the worldwide socialité, even referencing her past with Kim Kardashian being there.



**CLUB DE CARNE**  
**SHELBY**  
**ARGENTINO**

@shelby.club.de.carne  
+34 603 58 18 77 | reservas.shelby@outlook.es  
Av. Pilar Calvo s/n, Marbella Arena



FELICES FIESTAS  
FELIZ 2022



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

LATIN FOOD

Feliz Navidadada y  
próspero 2022

**EL TORO**

TAPAS & WINE  
LOUNGE RESTAURANT

© eltoromarbella

Calle Acera de la Marina 2, 29602 Marbella

## 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

## Christmas Day 3 Course Menu

### STARTERS

Tuna tataki with truffled ponzu, 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  
Kimchy Niguiroi-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

Menu by Pablo Castillo

VEGETARIAN OPTIONS AVAILABLE ON REQUEST

WWW.ALLINICAFE.COM f ALLINICAFESPAIN  
C.C. LOS HALCONES, CRTA DE RONDA, BENAHAUIS



*All in 1 Café*

# SUNDAY ROAST

DELICIOUS CHICKEN OR BEEF TRADITIONAL ROAST LUNCH WITH ALL THE TRIMMINGS FROM 1PM UNTIL IT'S FINISHED!

€14,90 WITH FREE GLASS OF BEER OR WINE

## LIVE MUSIC

PERFORMANCES FROM 3PM



TRIPADVISOR CERTIFICATE OF EXCELLENCE WINNER 2011-2019

FOR DETAILS / BOOKINGS SEE [ALLIN1CAFE.COM](http://ALLIN1CAFE.COM) / FACEBOOK / TEL +34 952 78 93 15



### Lights, camera, action!

Lady Gaga, who plays the protagonist in the movie House of Gucci, proved her acting skills by improvising quite a few lines.



### Love forever

Jennifer Lopez admitted during a recent interview to being a hopeless romantic and being open to marry again.

### Another unforgettable evening

Cardi B hosted this year's ceremony of the Americas Music Awards and, of course, the rapper gave us some funny moments. The highlight of the night happened when she used her time on stage to hilariously call entertainer Jojo Siwa. Cardi went on and asked Siwa, who was already laughing, to come to her daughter's birthday party since she is a big fan.





# BAO

# 2022

Wishes you a

happy new year  
in The Garden



Live  
Music

Unlimited  
Food, Beer  
And  
Wines

70€  
20:30  
Till Late

# El Gaucho *de Banús*

Argentinian Grill

WE WISH YOU

Happy New Year  
**2022**

## STARTERS & HOT BUFFET

- PERFECTLY SALTED COOKED KING PRAWNS  
*GAMBONES COCIDOS EN SU PUNTO DE SAL*
- PIONONO OF PALM HEARTS AND RED PEPPERS IN COCKTAIL SAUCE  
*PIONONO DE PALMITOS Y MORRONES EN SALSA COCKTAIL*
- RUSSIAN SALAD  
*ENSALADILLA RUSA*
- ARGENTINIAN VITELLO TONNATO  
*VITEL TONÉ ARGENTINO*
- SELECTION OF GOURMET SANDWICHES  
*SÁNDWICHES GOURMET VARIADOS*
- SELECTION OF IBERIANS AND CHEESES  
*TABLA DE IBÉRICOS Y QUESOS VARIADOS*
- SELECTION OF ARGENTINE PATTY (CREOLE, CHICKEN, CORN OR CAPRESSE)  
*SELECCIÓN DE EMPANADAS ARGENTINAS (CRIOLLA, POLLO, MAÍZ O CAPRESSE)*
- SEAFOOD SOUP  
*SOPA DE MARISCOS*

## SECOND TO CHOOSE

- BAKED SALMON LOIN WITH CHAMPAGNE SAUCE  
*LOMO DE SALMÓN HORNEADO AL CHAMPAGNE*
- BLACK ANGUS SIRLOIN ON AN OAK CHARCOAL GRILL WITH PLUM SAUCE AND ROASTED POTATOES  
*SOLOMILLO BLACK ANGUS EN PARRILLA DE CARBÓN DE ENCINA CON SALSA DE CIRUELAS Y PATATAS ASADAS*

## BODEGA

- HOUSE WINE, CAVA, BEER, SOFT DRINKS, WATER  
*VINO DE LA CASA, CAVA, CERVEZA, REFRESCOS, AGUA*

## DESSERTS

- SURTIDO GOLOSO

MUELLE BENABOLA, PUERTO BANÚS  
BOOKING +34 952 81 21 67  
@ELGAUCHODEBANUS

# TERRAZAS 360°

-UNICVIEWPOINT-

POKÉMOON  
PUERTO BANUS



CHECK THE MENU



@POKEMOON\_BANUS

La Venezia  
GELATO NATURALE

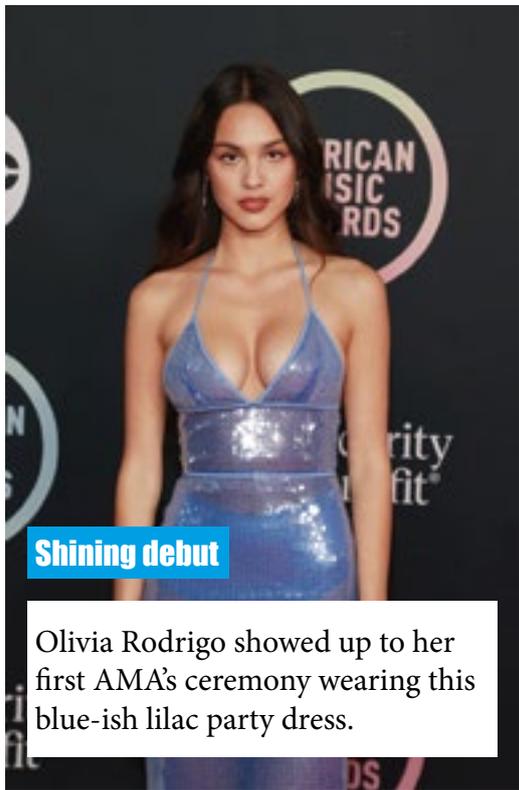


CHECK THE MENU



@LAVENEZIAGELATO

640377646 / 618639586 / PUERTO BANÚS



**Shining debut**

Olivia Rodrigo showed up to her first AMA's ceremony wearing this blue-ish lilac party dress.



**Mix and match**

Actress Hailee Steinfeld wore this clashing ensemble in NYC, during promo for her new projects.



**'30' out now**

Singer Adele's latest album '30' was a big hit globally, just like experts expected. After her hiatus, the vocalist came back with an emotional album full of ballads and mid-tempo songs that mainly center around the topics of love, divorce and self-worth. '30' has become the best selling album of this year so far in the States, having the same good reception in Europe and Australia.



[@breadandbunsmarbella](#)

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

SHISHA FOOD LOUNGE

# Le Petit PARIS

حلال  
HALAL



@lepetitparis\_marbella Avenida Miguel Cano 3, Marbella



حلال  
HALAL

# Yalla Habibis

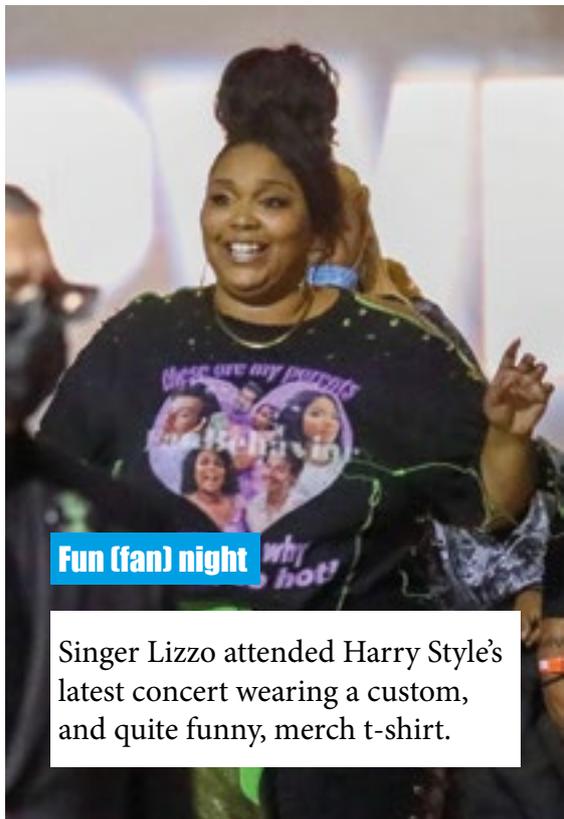


IN THE HEART  
OF PUERTO BANÚS

 **BURGER  
SHAWARMA**

@yallahabibis.spain

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



### Fun (fan) night

Singer Lizzo attended Harry Style's latest concert wearing a custom, and quite funny, merch t-shirt.



### Statement suit

Selena Gomez showed up at the NYC airport wearing a vivid monochromatic orange tracksuit.

## Feeling blessed and thankful

After the end of her conservatorship, singer Britney Spears assured fans that she is feeling much better and relaxed. Even though she still suffers from anxiety, she is grateful that her life can be normal again, with examples like being able to drive again, to go to the movies or even buy scented candles in the mall. Some other names in the industry remained silent when asked about the Britney situation; like Christina Aguilera, who refused to comment while being asked in an interview. Spears later called out the singer for her behaviour.



# LA CLANDESTINA

## MENU NAVIDEÑO EMPRESAS

1 MENÚ 25€

### ENTRANTES:

- ENSALADA QUESO CABRA
- CROQUETAS DE GAMBAS AL PIL PIL
- NACHOS TEX-MEX

### SEGUNDO PLATO:

- SALMÓN AL TERIYAKI CON BASE DE ARROZ Y VERDURAS AL VAPOR
- SECRETO IBÉRICO

2 MENÚ 38€

### ENTRANTES:

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

### SEGUNDO PLATO:

- SOLOMILLO DE TERNERA CON GUARNICIÓN DE PATATAS FRITAS, PIMIENTOS DEL PADRÓN Y CHERRY
- LOMITOS DE LUBINA MARINADO EN PONZU CON GUARNICIÓN DE PAK CHOI Y ARROZ

### POSTRES:

- COULANT
- TARTA QUESO

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

Info & Reservas: +34 653 34 31 72

www.laclandestinamarbella.com @laclandestinamarbella



# Sugar bay

Marbella



f sugarbaymarbellabeachclub © +34 952 832 438 www.sugarbaymarbella.com  
Avenida Aragon 455, Urbanización Marbesa (Salida Las Chapas) 29604-Marbella

# 2022

## New Year's Eve Menu

### Apperitizers

Gyozas de gambas con salsa de curry rojo  
*Prawn gyozas with red curry sauce*

Vieira gratinada con vino blanco  
y puré de coliflor  
*Grilled scallop with white wine sauce  
and cauliflower purée*

### Soup

Crema de marisco  
*Seafood soup*

### First Course

Lubina salvaje con mariscos  
con salsa de coco y gengibre  
*Grilled wild sea bass  
with seafood and coco & ginger sauce*

### Main Course

Costilla de cordero al Romero  
con puré de patata y verduritas  
*Rosemary rack of lamb  
with mash potatoes & green veggies*

### Dessert

Migas de manzana con helado de vainilla  
*Apple crumble with vanilla icecream*

### Drinks

Cocktail de bienvenida- Welcoming cocktail  
Copa de champán- Champagne glass  
Agua- Water  
Café- Coffee

### Cotillón y uvas

Assorted cotillon articles & grapes



*Se Requiere Reserva  
Reservation Required  
Precio - Price 120€*

**SPECIAL  
CELEBRATION  
À LA CARTE MENU**

From 24<sup>th</sup> Dec until 2<sup>nd</sup> Jan

**FRI 24**

from 19:00

**CHRISTMAS EVE**

Jazz at Christmas with  
Michael on piano

**SAT 25**

live music all day

**CHRISTMAS DAY**

Darío Saxo on sax and José  
Ortega on flamenco guitar

**SUN 26**

from 19:00

**BOXING DAY**

Featuring Alan and his  
jazzy piano tunes

**FRI 31**

from 19:00

**NEW YEAR'S EVE**

Live flamenco and an  
amazing night await to  
welcome 2022 in style

**SAT 01**

from 14:00

**DAY ONE**

With the beautiful voice of  
Aurora on piano

**BOOKINGS  
REQUIRED**

Please note that Cascada will be  
closed from the 10<sup>th</sup> of January  
until the 2<sup>nd</sup> of February 2022

M E R R Y  
*christmas*

H A P P Y  
*new year*

As 2022 arrives, we would like to take a moment to thank everyone that has contributed towards the success of Cascada and making it into the wonderful place that it is today. Our team would like to wish all our customers and friends a very happy and healthy New Year. We look forward to welcoming you soon at Marbella's hidden oasis.



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)



# MERRY CHRISTMAS & HAPPY NEW YEAR

**INFO & BOOKINGS**  
+34 644 598 202  
info@cinesteatrogoya.com

**TEATRO GOYA PUERTO BANUS**  
Avda. Julio Iglesias s/n. 29660  
Puerto Banús (Marbella)

Get your tickets  
by scanning this code



 cinesteatrogoya  
 cinesteatrogoya

**3** HOUR  
FREE  
parking

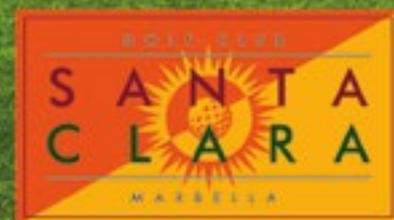
saba°

# LI FE STY LE

# Santa Clara

Discover  
*your golf adventure  
in Marbella*

GOLF • PRO-SHOP • RESTAURANT • GOLF ACADEMY



BOOK BY WHATSAPP 

**+34 647 685 010**

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

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

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

# EnCLAVE de FÁ**b**ula

Escuela de música

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



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



**Musicaeduca**

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

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



# REÁL STRONG SATURDAY

More than a Fitness Class  
[www.realclubpadelmarbella.com](http://www.realclubpadelmarbella.com)

Todos los Sábados de 10:00 a 11:30 Every Saturday: 10:00 - 11:30 am  
**Cross-training | OCR | Hyrox | Ninja Warrior | Strong Workout**



**Socios 10€ | No Socios 25€ Partner 10€ | No Partner 25€**

**f** REALCLUBPADELMARBELLA **@**

C/ RÍO AMAZONAS, S/N URBANIZACIÓN ALTOS DEL RODEO (NUEVA ANDALUCÍA)  
29660 MARBELLA - MÁLAGA (SPAIN) (+34) 952 81 79 47 (+34) 651 43 93 95



Hammam el Pacha

TRATAMIENTO FACIAL CON

**BIOLOGIQUE  
RECHERCHE**  
PARIS

HAMMAM - MASAJE - TRATAMIENTO FACIAL Y CORPORAL



© hammampachamarbella

[www.hammampachamarbella.com](http://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

# CASSINO

BET AND PLAY



THE BARBER CLUB



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



@cassinopuertobanus (+34) 659 67 21 95

Muelle Ribera s/n Puerto Banús (Junto a Cines Teatro Goya)

info@thebarberclubmarbella.com | +34 952 907 203

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

# El golpe más técnico: Remate liftado

Hola de nuevo a todos desde la sección de pádel de About Marbella de la mano de Prodigy Padel Academy. En este número ofreceremos una visión completa del remate liftado, pasos para su ejecución y características.

Pues bien, este nuevo golpe tiene su sentido y máxima eficacia cuando el rival nos lanza globos con altura y caída vertical y una profundidad que se acerca más a la raya de fondo que a media pista. Es importante que definamos esto correctamente porque cada tipo de globo (con su profundidad, altura y efecto) determina cuál es el mejor remate a elegir en cada momento.

La características principales de este tipo de remate son:

- 1) Empuñadura continental u oeste para los más experimentados
- 2) El golpe sale de detrás de la nuca
- 3) El golpe a la pelota se hace en el punto más alto de nuestra perpendicular
- 4) El golpe termina de manera lateral y no frontal



Teniendo todo esto en cuenta, imprimiremos un efecto de rotación a la bola hacia delante. Esto la hará rebotar hacia arriba en el caso de tocar la pared de fondo (remate liftado X3) o lograr ángulos muy descendentes y verticales hacia malla o lateral, incrementando notablemente la dificultad de devolución por parte de nuestros rivales.

Así pues, en función de la táctica de juego, elegiremos este remate para buscar mayores ángulos a la malla cruzada, pared lateral o pared de fondo si queremos sacar la bola de la pista por la zona lateral de 3 metros.

Debemos destacar que pese a la altura del impacto y la aceleración que se le imprime a la bola, no es un remate de potencia. La coordinación del gesto técnico y el arqueado del cuerpo son los que consiguen incrementar la rotación de la bola, que es la encargada de lograr los ángulos o rebotes mencionados anteriormente.

Aunque escrito puede resultar algo abstracto, podéis haceros una idea más gráfica viendo el vídeo del Remate Liftado en nuestro canal de YouTube Prodigy Land, donde todos los vídeos tienen subtítulos en inglés traducidos por el equipo de la academia para que podáis aprender todos los trucos del pádel desde la pantalla.



Como siempre, esperamos que os hayan ayudado un poco más estos pequeños consejos para la mejora de vuestros golpes y así podáis disfrutar en pista más aún de este maravilloso deporte.

*Santiago Moreno Pardo*

[www.prodigypadelacademy.com](http://www.prodigypadelacademy.com) f Prodigy Padel Academy @prodigypadel @santiprodigy

PRODIGY land VILLA PADIERNA RACQUET CLUB areapadel.com



### Mom on the run

Pregnant Jennifer Lawrence was seen running some errands in a sporty ensemble in Los Angeles.



### Raising her voice

Singer Jade Thirwall, member of Little Mix, was recently awarded for her allyship and activism on behalf the LGBT+ community.



### Confusing relationship

Actor Keanu Reeves revealed that his wedding with Winona Ryder years ago was completely official and that, due to this, they may be technically married to this day! After that, he hilariously revealed that they legally parted ways, but since it was a religious ceremony, they could still be a couple in the eyes of God!

#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)

# The high approach shot

Too often players try to lift or scoop the ball to get it air borne. This actually does not allow the club to make good contact with the ball therefore not achieving the correct height.



- Speed. + loft + good impact = Hight



Lets restore some important concepts in order to make this shot clear and simple.

There are 3 main factors that make the ball travel upwards.

- **Ball contact.** In order to make proper contact with the golf ball, the club head has to be moving on a downwards angle at the moment of making contact with the ball. We hit down, we do not lift or scoop
- **Loft/angle on the club** (yes, the loft at impact or dynamic loft for you geeks). The more the loft the club has, greater is the possibility of hitting a high approach shot.
- **Speed.** In order to allow the ball to travel more upwards, we need to increase the speed. We would usually make a longer swing to create more speed. This makes this shot more risky and requiring a lot of trust in your golf swing but if you want hight, you need to trust the greater acceleration through the ball.

We need to understand that the higher the approach shot, the higher the risk. As speed is increasing, the margin of error reduces. So make sure you choose the high approach shot wisely and only when your facing a situation where your really need this high floating shot.

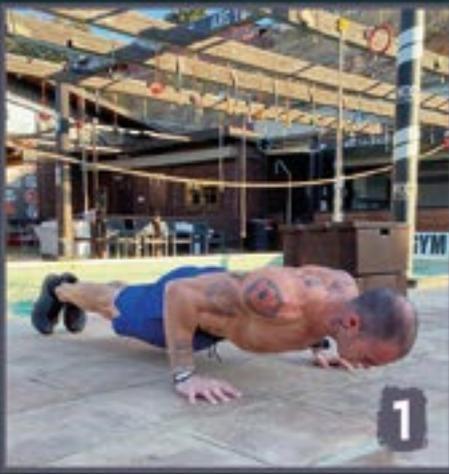


  
VP  
VILLA PADIERNA  
GOLF CLUB

*Jimmy Martin de la academia de golf de Villapadierna*

# TRABAJAMOS EL PUSH!!

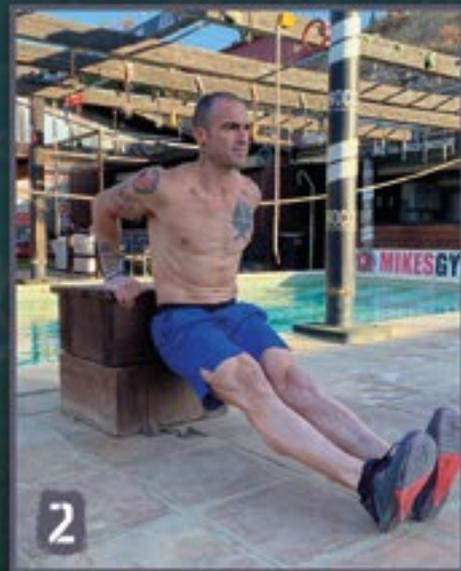
1- Push ups: para hacer correctamente las push up debemos tener nuestro core fuerte con cadera neutra, codos hacia atrás para que la línea imaginaria entre uno y otro esté alineada Justo por debajo de nuestro pecho y buscaremos una extensión completa de los brazos y una bajada hasta rozar el suelo. Si no eres capaz de hacerlas correctamente empieza poniendo las rodillas en el suelo o buscando un escalón o cajón más elevado. Realizamos 5 series de 12 repeticiones descansando 60 segundos entre cada una de ellas.



## WE WORK THE PUSH!!

1- Push ups: to correctly do the push up we must have our strong core with a neutral hip, elbows back so that the imaginary line between one and the other is aligned just below our chest and we will look for a full extension of the arms and a lowered to the ground. If you are not able to do them correctly, start by putting your knees on the ground or looking for a higher step or box. We perform 5 sets of 12 repetitions resting 60 seconds between each of them.

2- Fondos de tríceps en banco: buscáremos un banco o caja que nos permita tener el cuerpo como aparece en la foto, colocaremos las manos en la misma anchura que nuestros hombros y realizamos el movimiento viajando desde la extensión completa de los brazos hacia un ángulo de 90° como aparece en la imagen. Importante mantener una tensión interna de nuestros codos y un movimiento controlado. Realizamos 5 series de 10 repeticiones descansando 60 segundos entre cada una de ellas.



2- Bench triceps dips: we will grant a bench or box that allows us to have the body as it appears in the photo, we will place our hands at the same width as our shoulders and we will carry out the movement traveling from the full extension of the arms towards an angle 90° as it appears in the image. It is important to maintain an internal tension of our elbows and a controlled movement. We perform 5 sets of 10 repetitions resting 60 seconds between each of them.

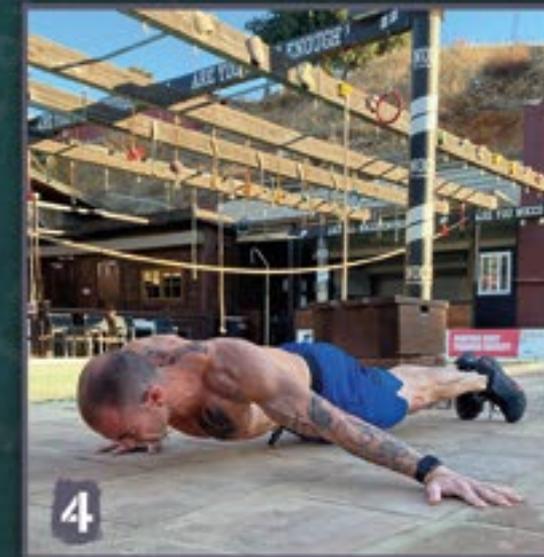


3-Diamond push ups: para estas buscaremos también un banco, una silla o caja que nos permita mantener el cuerpo elevado para no tener mucha intensidad ya que aquí buscaremos un bombeo haciendo el movimiento algo más enérgico. Realiza 6 series de 15/20 repeticiones descansando 90 segundos entre cada una de ellas.

3- Diamond push ups: for these we will also look for a bench, a chair or box that allows us to keep the body elevated so as not to have too much intensity since here we will look for a pump making the movement somewhat more energetic. Perform 6 sets of 15/20 reps resting 90 seconds between each one.

4-Archer push ups: aquí toca jugar, buscaremos bajar como las push up normales pero manteniendo un brazo completamente extendido como aparece en la imagen, el brazo que flexionamos mantendremos el codo siempre hacia atrás y no lo abriremos, si te cuesta mucho usa un banco, silla o caja para quitarle intensidad. Realiza todas las repeticiones posibles en cada serie y descansa 90 segundos entre cada serie.

4- Archer push ups: here we have to play, we will try to go down like the normal push up but keeping an arm fully extended as it appears in the image, the arm that we flex will always keep the elbow back and we will not open it, if it costs you a lot use a bench, chair or box to reduce intensity. Perform as many reps as possible on each set and rest 90 seconds between each set.



**MANTÉN UNA ACTIVIDAD FÍSICA CONSTANTE Y DÉJATE GUIAR POR LOS MEJORES**  
**MAINTAIN A CONSTANT PHYSICAL ACTIVITY AND BE GUIDED BY THE BEST**

 [alvaropuerma](#)  
 [Alvaro Puerma Martínez](#)

# CHRISTMAS TRENDS

November ends, the nights of Marbella light up and Christmas begins. Entering the last month of 2021, all preparations begin for one of the most special times of the year. Although in the streets we are bombarded with Christmas since Halloween ended, until December arrives, most of us resist decorating our houses, starting Christmas shopping and some people go on a diet because of what may happen during the holidays ...  
At Lord Designs we want to show you our favorite trends to fill your homes with magic for another year.



## Tradition never fails.

There is no beating the classic Christmas colour scheme of red and green. For some it may be too classic, but the truth is that it is the quintessential image of the festive season.

You can create a warm and on trend decoration with these two main colors and add others such as white, brown or gold. Play with different textures, velvet, wood or metal in gloss or matt.

Keep it traditional and hang Christmas stockings proudly at your fireplace, they have returned with great force, with new designs and infinite patterns.

## Silver & Gold

Both together and separately, silver & gold are two ideal colors to give a Christmas spirit to your home decoration.

Do not be afraid to mix them, you can decorate your tree by combining these two colors and you will have an elegant and sophisticated space.



If you want a more rustic touch, you can combine them with natural elements such as centerpieces or botanical crowns & wreaths.

Gold is always a great option since we can combine it with an infinity of colors and introduce a touch of glamour. Combine it with blue and you will get a calm and elegant look.

Silver is not far behind, it brings an abundance of light and will make your decoration shine even more. Mix it with white, blue or even pink for a perfect combination



## Light up your home

Lighting is one of the protagonists of Christmas, and with small points of light scattered around our house we can create a truly magical Christmas atmosphere.

Today we can get countless garlands of lights for this time of year, in cool white, warm yellow or coloured for the most daring amongst us. In addition, we can find different types of Christmas decorations with light already incorporated.

Candles will continue to be one of the main elements this season. They are perfect to bring warmth to spaces and there is something for all tastes, smaller, larger, shaped, scented or not, in a glass, decorated with red holly, green leaves or wood.

Lord Designs recommends adding candles in abundance to your Christmas decorations to create cosy & intimate ambiances. Don't forget to light them at your Christmas dinners!



## Be sure to use Natural elements

This trend avoids plastic objects – such as the main focus of Christmas Decoration – the tree. Opt for a natural pine tree so that when Christmas is over it can be transplanted back in the ground.



Our favourite natural material for use at Christmas is by far wood. It brings great warmth to our decoration, and sheer excellence when combined with gold or other ornaments. Other natural elements that gain prominence are wicker, rattan, wool or linen - you can use them in ornaments for the tree, decoration for your tables, tablecloths, cushions and blankets.



Garlands and natural wreaths, with flowers, natural branches, holly, eucalyptus and even dried fruit are a must this Christmas. Place them on the doors and stairs to get corners full of charm.

We hold a huge emphasis on the importance of centerpieces! You can be daring and go for a DIY piece, creating a personal and unique touch to your decoration. We suggest to combine elements such as moss, pinecones or branches mixed with glass, wood or candles, resulting in an unbeatable result.



# Pure White

White – a essential basic colour, but an all time classic favourite. It brings purity and elegance, in addition, it is a symbol of peace and joy, synonymous with Christmas.

This trend is the favorite of lovers of minimalism and Nordic style. If you want an elegant and simple decoration, you can combine white with the green of your tree, achieving a perfect result.



It's true that white can complement all types of decoration, and we recommend that you always have this colour present in all decoration in order to achieve light and purity.

Perhaps you like white, but you want to give an additional color to your room, as we said before, you can combine it with red and you will be able to give strength and energy to your decoration. Without a doubt they are two perfect color combinations for the festive season.



With these different ideas we want to spread the Christmas spirit to all homes, but without a doubt the most important thing about Christmas is union, love, peace or hope. Lord Designs would like to wish you all a very Merry Christmas!

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

# LOW IMPACT EXERCISE AND ITS BENEFITS TO YOU



Some people love intense workouts with heavy weights and lots of sweat but that's not the only way to get a good workout in.

If you're new to working out, just getting back into shape, or have concerns with joints or injuries, low-impact cardio is a safe and effective method of exercise.

Low impact cardio has numerous health benefits and is ideal for any age and stage of life. Research suggests moderate-intensity, low-impact activity, is just as effective as high-impact activity.

Getting active for 30 minutes each day can have an influence on your mood as it helps produce endorphins, as well as heighten heart health which can aid in the fight against type two diabetes and high blood pressure.

Here are a few different low impact exercises you can work into your day.



## WALKING

A quick 20-minute walk can get your heart pumping, muscles activated and calories burning. The best part about walking? You're in total control. Indoor or outdoor there is nothing holding you back.

There's a lot to love about walking. For starters, regular brisk walking provides health benefits, including weight management, improved mood, and boosted balance and coordination. Moreover, walking is convenient, and most important, low-impact.

You can easily amp up the intensity of your walk with just a few small tweaks. One good way to do that is to up the incline on your treadmill or uphill your outdoor stroll. Tackling a steep grade will feel more challenging than walking on flat ground.

You can also make your walks more vigorous by increasing the speed and/or distance.

If you're on a treadmill, don't hang onto the handrails as it's not good form and you won't reach the full benefits of having your arms swing in time with your legs.

## BIKING

Another activity that can be done inside or outside. Now is the perfect time to dust off that bicycle from storage.



Cycling is non-weight bearing and low impact, so you can work up a sweat without stressing your joints. If you want an intense cycling workout that also incorporates upper body work, take a spin on an Assault bike (one of those bikes with the moveable handles and a big fan in front). Additionally, Cycling is great way to get your heart rate up fast especially and can vary just like a HIIT-style workout. This can increase your power and anaerobic capacity. What does that mean? You can change up your workout by pedalling as fast as you can for 20 seconds, resting for 10 seconds and then repeating that sequence again.

## SWIMMING

If you have access to a pool, swimming is an excellent way to sneak cardio into your day. If you have injuries, it's also ideal for rehab exercises.



Swimming is a low-impact workout that still provides excellent resistance training, thanks to the drag force of water. Swimming is also a great full body workout. Swimming is perfect for strengthening your shoulders, back, core, and legs. You can control the intensity of a swim workout by simply adjusting your speed, distance, and stroke style.

## PILATES

Pilates is a low-impact workout modality that's heavy on core strength, breath work, and alignment.



Pilates exercises are done on a mat or using special equipment, such as the Reformer, Cadillac and Wunda Chair. With its system of pulleys and springs, handles and straps, the apparatus can provide either resistance or support, depending on your needs.

Pilates is an effective way to improve both flexibility and dynamic balance. Though you may not get a super intense cardio challenge from Pilates (that all depends on what type of class you choose and your current fitness level).

Finding even light exercise painful or hard to do? That's where we come in. Give us a call to book an adjustment—we'll do our best to balance your spine and nervous system so that you can get back to living the life you love.



**BEACHGROOVES**  
WORLD OFF, MUSIC ON!

**WORLD OFF, MUSIC ON!**

# BEACHGROOVES RADIO

Bringing you the best music and DJs

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

Music from DJs both local and around the world

Promote your business  
**this christmas with our**  
**SPECIAL CHRISTMAS ADVERTISEMENT**  
**prices on BeachGrooves Radio**

For advertising enquiries please  
email [info@beachgrooves.com](mailto:info@beachgrooves.com)

**FROM MIJAS - MARBELLA**  
and the world

ONLINE | FM | TV

**103.5 FM | MARBELLA**

**102.0 FM | MIJAS**

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

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

**BEACHROCK**  
RADIO GET READY TO ROCK

**BEACHCHILL**  
RELAXING MUSIC RADIO

**BEACHBASS**  
RELAXING MUSIC RADIO

**BEACHTRANCE**  
RADIO

**BEACHDANCE**  
CLASSICS RADIO

**BEACHLATINO**  
RADIO FOR LATIN MUSIC LOVERS





### Black is always chic

Actress Angelina Jolie attended the latest Guerlain event in Los Angeles wearing an all black look.



### Fun without the buzz

Blake Lively revealed that, since she doesn't enjoy the effects of alcohol, she has released her own line of non-alcoholic mixers.

## New celebrity couple confirmed?

Kim Kardashian and Pete Davidson have been sparking dating rumors for some time now, but the two of them apparently confirmed their status when they were seen holding hands in Los Angeles. Not only that, but sources say that the two of them were acting quite playful and affectionate, just like any other new couple. There is no official confirmation of this yet but, as they keep appearing together in life and in their social media, it is likely that the couple have started something.



# NOVACANE

ART GALLERY 29660

f NOVACANEARTGALLERY @

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

# H O

# V R

# L O

# Z O N E

PLAYGROUND ZONE



**CELEBRA TU CUMPLEAÑOS CON NOSOTROS**



**DESCUBRE NUESTROS PACKS  
ESCANEANDO EL CÓDIGO QR**



[www.holovrzone.com](http://www.holovrzone.com) @holovrzone  
+34 680 81 81 74 Av. de Julio Iglesias, 29660, Marbella, Málaga

# THE MOST DYNAMIC BENTLEY ROAD CAR IN HISTORY: THE NEW *CONTINENTAL GT SPEED*

- Revised version of renowned 6.0-litre W12 TSI engine delivers 659 PS (650 bhp) and 900 Nm (664 lb.ft)
- 0-60 mph in 3.5 seconds (0-100 km/h in 3.6 seconds); top speed 208 mph (335 km/h)
- More purposeful styling matches Continental GT Speed's performance credentials to create extraordinary journeys
- Unique exterior detailing includes 22" Speed wheels and sports sills
- Unique Speed interior trimmed in hide and Alcantara with 15 colours and 11 further combinations
- Introduction of new Dark Tint Engine Turned Aluminium optional technical finish to the centre console
- Designed, engineered, developed and exquisitely handcrafted at Bentley's carbon neutral luxury automotive factory



**The Continental GT Speed is the most capable, performance-focused Bentley ever – with no compromise to comfort or luxury**

- Highly advanced chassis – with four new technologies - increases sporting ability yet maintains ride comfort
- All-wheel steering and electronic rear differential enhance vehicle agility and stability
- Newly-engineered carbon ceramic brakes for incredible stopping power

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



Designed, engineered, developed and handcrafted in Bentley's carbon neutral luxury automotive factory, this new third-generation model builds on a long tradition of Speed variants. Originally introduced with the highly-acclaimed, first generation Continental GT Speed in 2007 – itself inspired by the 3-Litre Speed models of the 1920s. The latest GT Speed continues the bloodline by representing the ultimate combination of luxury and performance in a Grand Touring package.

To complement the extra capability of the chassis, a newly-engineered Carbon Ceramic brake system has been introduced as an option on the GT Speed. Carbon Silicon Carbide discs provide additional brake bite, with a strong, firm brake pedal feel and excellent brake fade resistance. The carbon ceramic material also saves over 33Kg of weight.



# RANGE ROVER SV 2022

INTRODUCING THE NEW RANGE ROVER: BREATHTAKING MODERNITY, PEERLESS REFINEMENT AND UNMATCHED CAPABILITY

- True to its roots: The New Range Rover leads by example with breathtaking modernity, peerless refinement and unmatched Land Rover capability informed by over 50 years of evolution
- Modern luxury: New Range Rover is defined by presence and formality, achieved by the harmony of proportions, surface and lines
- Materiality choices: Luxurious alternatives to traditional leather include a new premium textile that combines Ultrafabrics™ and Kvadrat™ wool-blend
- New Range Rover SV: On sale later in 2022, a unique interpretation of Range Rover luxury and personalisation, handcrafted by Special Vehicle Operations
- Peerless refinement: Engineers have reduced the cognitive load on the driver at every point, while next-generation noise-cancelling with headrest speakers creates the ultimate refinement
- Perfect poise: Integrated Chassis Control with Dynamic Response Pro provides supreme ride comfort using Electronic Air Suspension that primes the vehicle for corners using eHorizon data
- Dynamic agility: Standard All-Wheel Steering combines superior high-speed stability with exceptional manoeuvrability at low speeds – and a turning circle of less than 11m4
- Breadth of choice: New MLA-Flex body architecture provides Standard and Long Wheelbase bodystyles with luxurious four, five or seven-seat interiors and a range of electrified powertrains
- Pure electric: Battery-electric Range Rover set to premiere in 2024 as Land Rover embraces new Reimagine strategy with an all-electric powertrain for its original luxury SUV

- Extended range PHEV: New 510PS and 440PS plug-in hybrids deliver a hushed EV range of up to 62 miles and CO2 emissions below 30g/km1 for serene and efficient driving5
- Serene performance: New 530PS Twin Turbo V8 petrol delivers trademark Range Rover drive, with Dynamic Launch enabling 0-60mph in as little as 4.4s (0-100km/h in 4.6 seconds)
- “Alexa, let’s hit the road”: Built-in Amazon Alexa helps minimise distractions by recognising intuitive verbal commands for music, navigation and traffic updates, smart home devices and more2
- Tranquil sanctuary: Cabin Air Purification Pro features PM2.5 filtration and nanoe™ X technology, helping to significantly reduce odours, bacteria and allergens including SARS-CoV-2 virus3
- Configure yours: The New Range Rover is available to order now, priced from £94,400 in the UK. Configure yours here: <https://www.landrover.co.uk/new-range-rover>



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





October 26 2021, Whitley, UK – The elegant New Range Rover defines modern luxury, providing more refinement, customer choice and scope for personalisation than ever before.

Range Rover is the original luxury SUV and has led by example for 50 years, combining serene comfort and composure with all-conquering capability. The New Range Rover is the most desirable yet, mixing breathtaking modernity and aesthetic grace with technological sophistication and seamless connectivity.

With a suite of efficient mild-hybrid and plug-in hybrid5 powertrains – and a pure-electric Range Rover set to join the line-up in 2024 – plus a choice of four, five or seven-seat interiors available across Standard and Long Wheelbase body designs, the New Range Rover is at home in any environment.

Thierry Bolloré said: “The New Range Rover is a superb manifestation of our vision to create the world’s most desirable luxury vehicles, for the most discerning of customers. It writes the next chapter in the unique story of pioneering innovation that has been a Range Rover hallmark for more than 50 years.”

The new Range Rover SV5 is an exquisite interpretation of Range Rover luxury and personalisation from the experts at Special Vehicle Operations. The SV model is available in both SWB and LWB body designs, with exclusive features including new SV Serenity and SV Intrepid design themes and a four-seat SV Signature Suite configuration.

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



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.



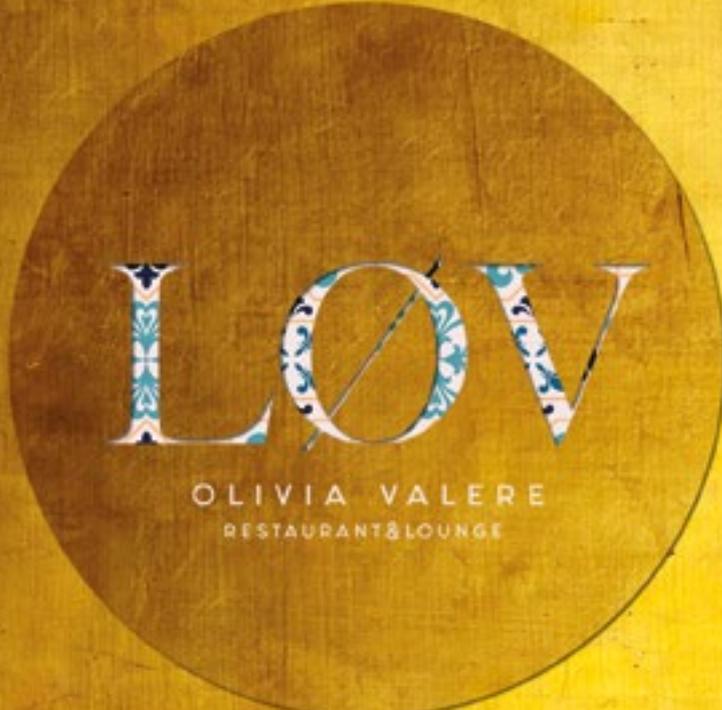
f SideB\_ibiza\_crew  
@ eventsideb\_crew  
eventsidebcrew@gmail.com +34 657 654 420

# SO CI AL



# DOUCE VITA

NEW YEAR'S 2022  
GALA DINNER



# LOV

OLIVIA VALERE  
RESTAURANT & LOUNGE



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

T. 34 952 888 262 / +34 605 327 590  
Ctra. de Istán - Km.0,8 29600 Marbella



NEW YEAR'S 2022

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

Instagram: @oliviavalere Facebook: Club Olivia Valere

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

# HAVANA 65

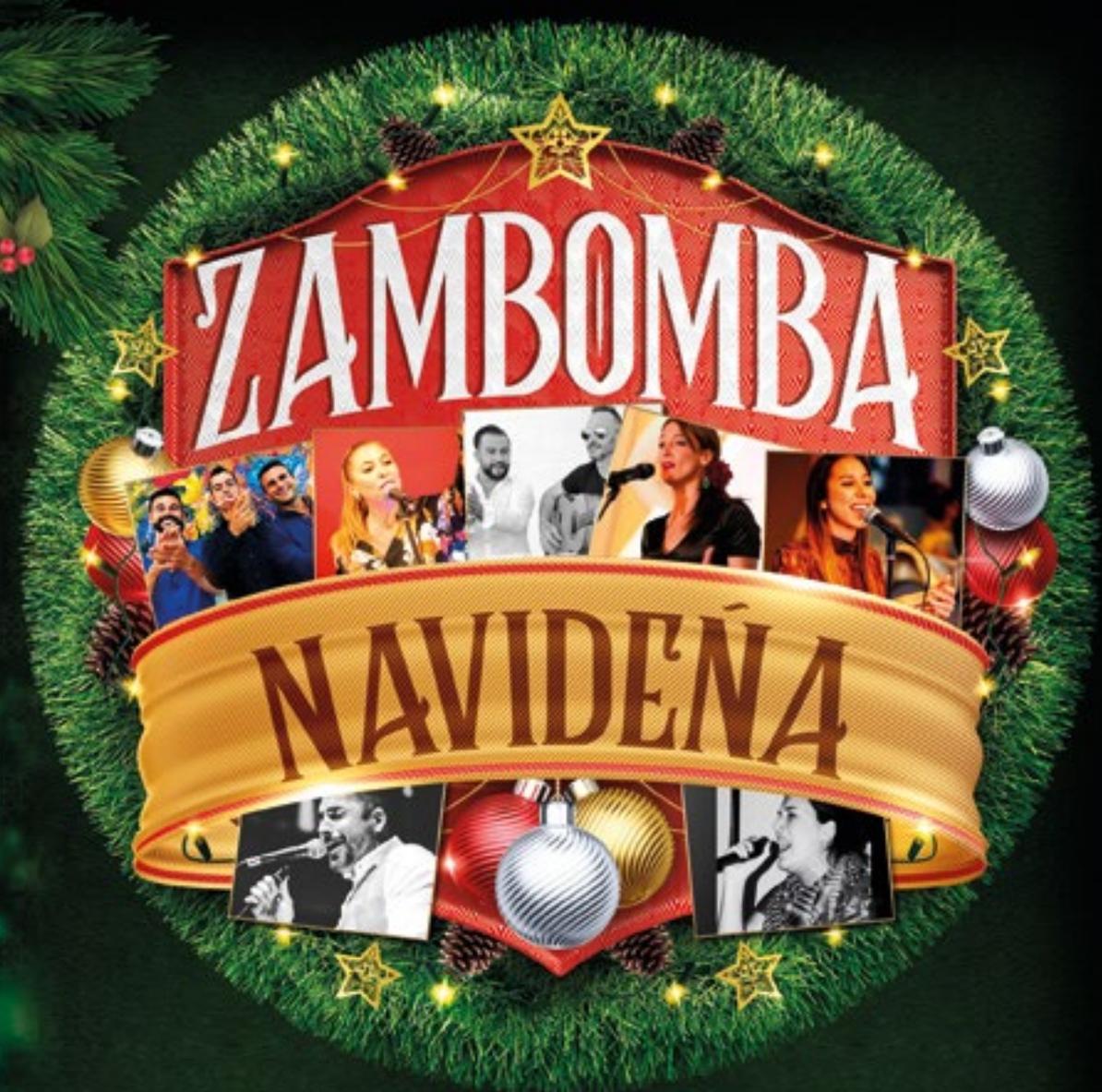
Os desea Felices Fiestas  
y Próspero 2022

HAVANA 65



f Havana65SanPedro © havana\_65

Calle Marqués de Duero 65, 29670 San Pedro Alcántara



3 DIC ANA SOTO | 4 DIC VIRGINIA PALOMO

5 DIC SONACAY (ZAMBOMBA)

6 DIC SONACAY | 7 DIC EL PIRATA

8 DIC DAVINIA ESCALONA, ANA SOTO, EVA PIÑERO (ZAMBOMBA)

10 DIC ANA SOTO | 11 DIC CHINO Y FLORES

17 DIC SONACAY Y EVA PIÑERO (ZAMBOMBADA) / EL PIRATA

18 DIC CHINO Y FLORES (ZAMBOMBA) | 19 DIC SONACAY

24 DIC AL COMPAS DE LA NAVIDAD | 26 DIC VIRGINIA PALOMO

31 DIC CHINO Y FLORES (ZAMBOMBA)

Después de tu Cena de Empresa...

Reserva tu Mesa

Celebra con nosotros  
la última noche del año

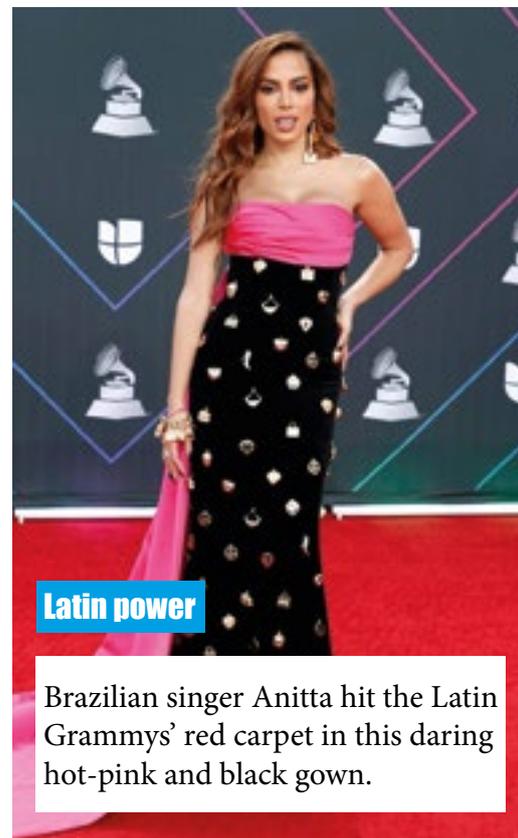
# Mantra



Reservas:

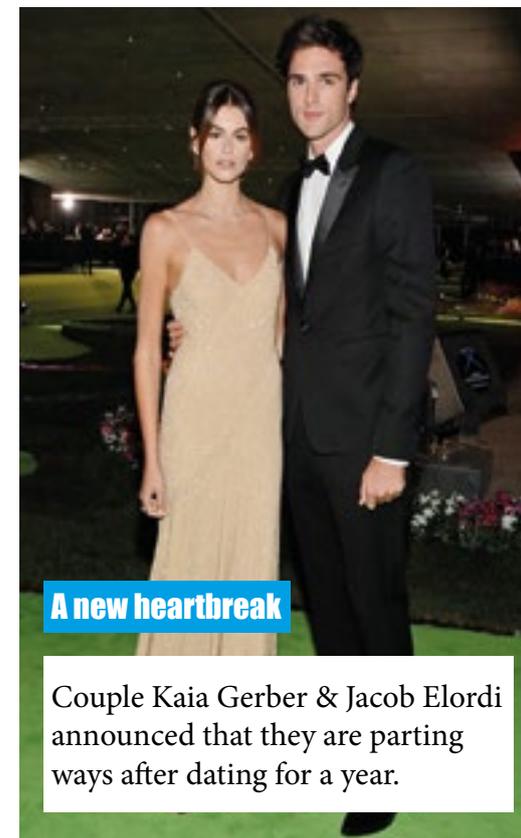
+34 952 866 700 | +34 608 555 681

Puerto Deportivo, Local 9, 29602 Marbella  
(En primera línea del Puerto)



### Latin power

Brazilian singer Anitta hit the Latin Grammys' red carpet in this daring hot-pink and black gown.



### A new heartbreak

Couple Kaia Gerber & Jacob Elordi announced that they are parting ways after dating for a year.

### Another album, another success

Singer Taylor Swift released the re-recorded version of her album 'Red' last month and her fans absolutely loved it. Her 'Taylor Versions' of the tracks offer a new twist and a more mature sound after all her experiences in the music industry. This release was a huge success in streaming platforms, being played for more than a billion times globally only on Spotify. With this move, Swift pretends to keep recording her older stuff (as she has confirmed to be doing right now via social media) in an attempt to get the rights to her original songs back.



**KUBE**  
NIGHT CLUB  
MARBELLA

**2022**

*New year's party*

MAKE YOUR FIRST PARTY COUNT

FRIDAY, DECEMBER 31

PARTY ALL NIGHT: FROM 03:00 TILL LATE

BOOKINGS: 670 420 698

CALLE MUELLE DE RIBERA  
PUERTO BANUS

THE BIGGEST NIGHT OF THE YEAR  
NEW YEAR'S EVE

**SEVEN  
22**

ARE YOU READY?

31<sup>ST</sup> DECEMBER

DJ DANNY TORRES \/\ DANCE SHOWS \/\ GIFTS AND SURPRISES

TWELVE LUCKY GRAPES & COTILLION BAG

BOOK NOW: 657 627 144  
@SEVENBANUS

**XMAS**  
*Party*  
**SÁBADO 25 DICIEMBRE**  
**OPERA ROOM**

*Regalo Sorpresa*      *Animación Navideña*

Reservas: 655 70 18 67

@OPERAROOMOFICIALMARBELLA

WELCOME 2022

**NEW YEARS PARTY**  
**GATSBY STYLE**  
**OPERA ROOM**

DRESS CODE:  
 BOYS: BOW TIE LADIES: DRESS & FEATHERS  
 GIFTS AND SURPRISES - LIVE SHOWS - SMACKS - DJ SET

BOOKINGS: 655 70 18 67  
 @OPERAROOMOFICIALMARBELLA

# LIVING DISCO *Salsa*

**24 DIC** VIERNES

# NOCHE Buena

**ENTRADA GRATIS**  
(TODA LA NOCHE)



**SORTEO DE CESTA NAVIDEÑA  
CON PRODUCTOS LATINOS**

Info & Reservas: (+34) 699 81 03 06 Calle Camilo Jose Cela 12 Marbella

# LIVING DISCO *Salsa*

**31 DIC** VIERNES



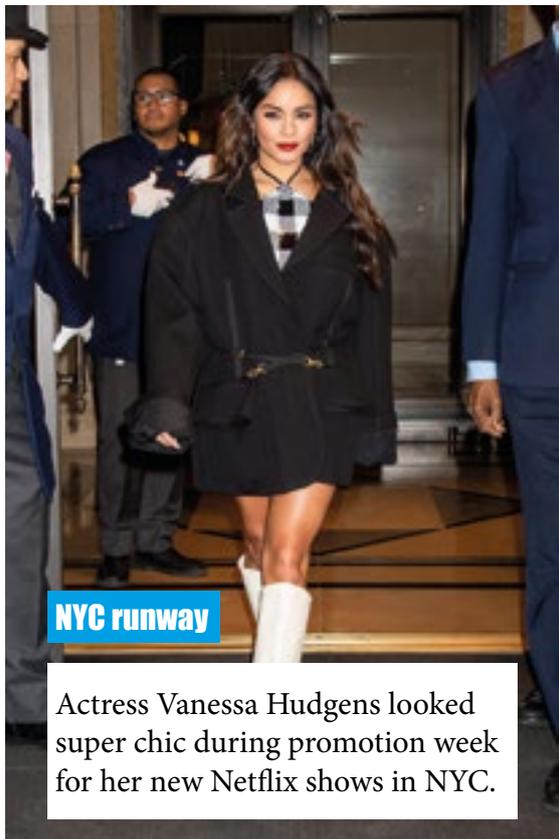
*Feliz Año Nuevo*

**ENTRADA 5€**

TENDREMOS COTILLÓN, UVAS Y CAVA  
PARA DESPEDIR EL AÑO A LAS 6:00H

 **MANDUCO**  
Dj Residente

 [livingsalsamarbella](#)  [livingsalsa.marbella](#)



**NYC runway**

Actress Vanessa Hudgens looked super chic during promotion week for her new Netflix shows in NYC.



**Let's get festive!**

The queen of Christmas herself Mariah Carey released her holiday special 'The Magic Continues' on Apple TV+

**From Italy with love**

This year Eurovision winners Maneskin keep having a great succesful ride. Last month they won best Rock Band, Best Italian Act and Best Group in the MTV Europe Music Awards. They have been touring the States following their amazing global success, even performing their latest hit 'Beggin' at the American Music Awards 2021, where they all opted for a black and white suit look paired with bold hair and makeup looks.



lacabana\_club

Plaza de la libertad San Pedro de Alcantara 29670



**Seeing double!**

Tom Holland and Andrew Garfield, both actors who have played the role of Spiderman in movies, met at the GQ Awards.



**Rare update**

Julia Roberts, who doesn't use social media often, surprised fans by posting a selfie of her spending thanksgiving in Australia.



**Festive performances**

Macy's Thanksgiving Day Parade is a classic of the American celebration, and this year was a success as always. Many artists and celebs were present in different 'floats' in the Manhattan parade; some of them were country singer Carrie Underwood, pop star Kim Petras and even some international guests like k-pop group Aespa.

**OLD VIC**  
DISCOTECA - LATINA  
MARBELLA

**HAPPY NEW YEAR**

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

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

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



*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



# HAPPY NEW YEAR 2022

BREAKFAST • LUNCH • DINNER • SUNSET



*Do you need anything else??*

*We are Open*



www.thepointmarbella.com Ctra: 340 KM. 182.4 Marbella.

Bookings/Reservas:  
+34 951 322 547 +34 650 413 632

3 1 . 1 2 . 2 1

0 1 . 0 1 . 2 2

*French*  
**NYE**  
*GUILTY*

*GUILTY*  
**NYD**  
*French*

WE NEVER

STOP THE PARTY

Angie Souza CHARLO SCOTT STRUTTON

SCOTT STRUTTON A- ADRIANFORCINITI



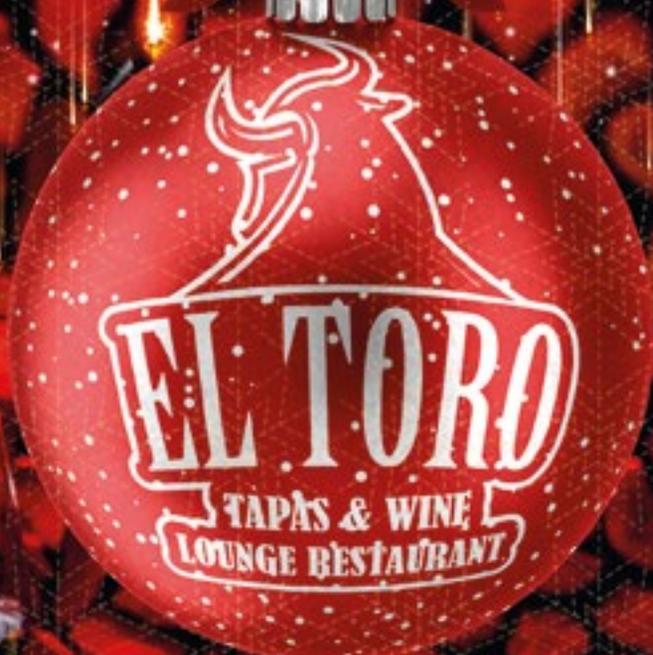
M I R A G E

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



M I R A G E

@miragemarbella\_ @ultima



© eltoromarbella

Calle Acera de la Marina 2, 29602 Marbella