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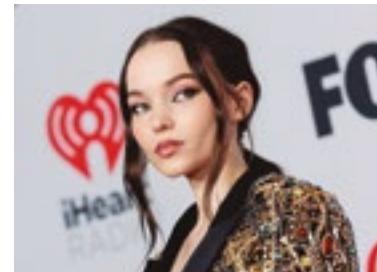
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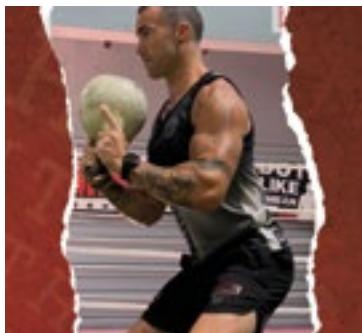
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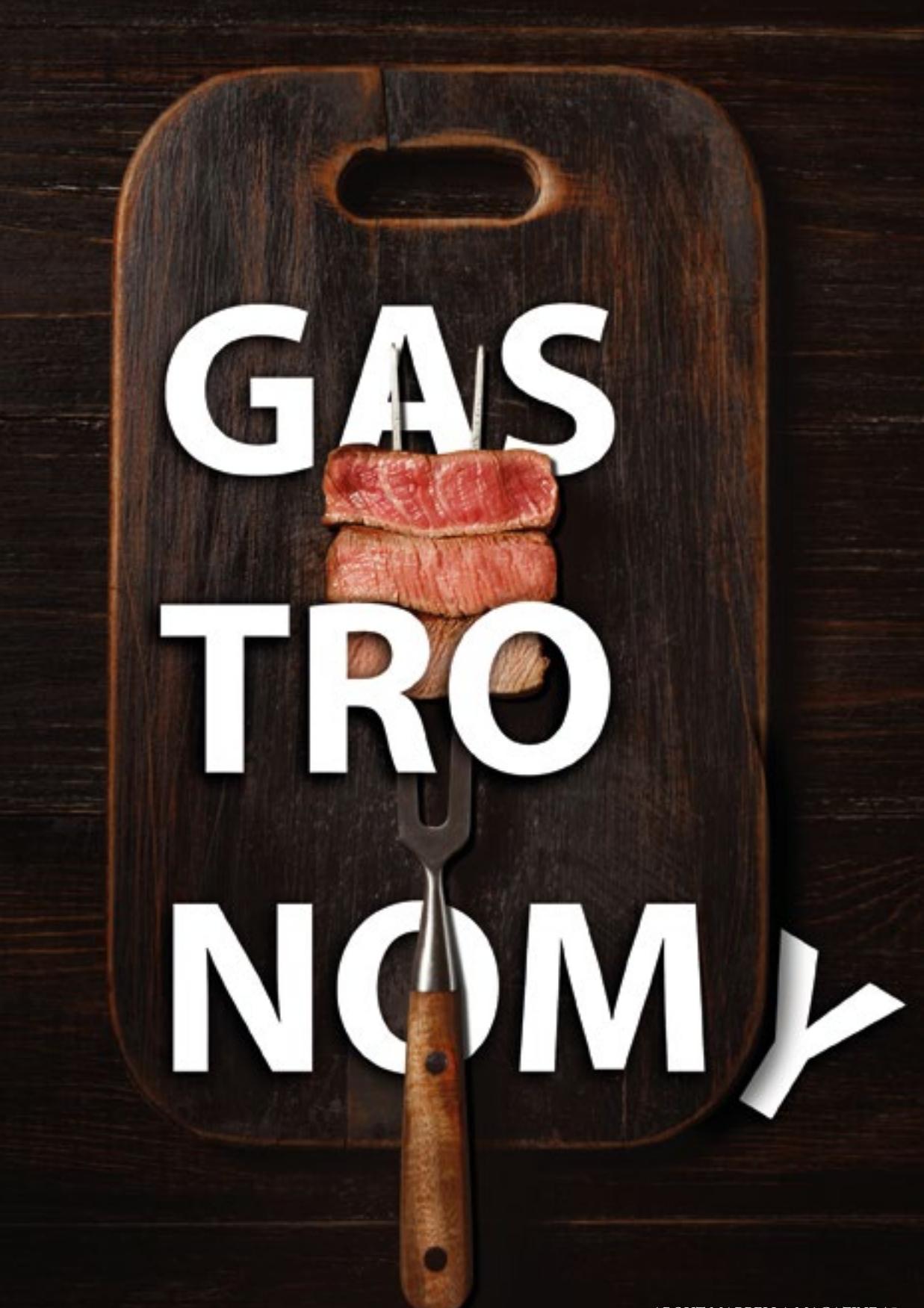
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Pretty in white

Actress Anne Hathaway looked stunning in this Armani Privé all white gown for Cannes.



In the makings

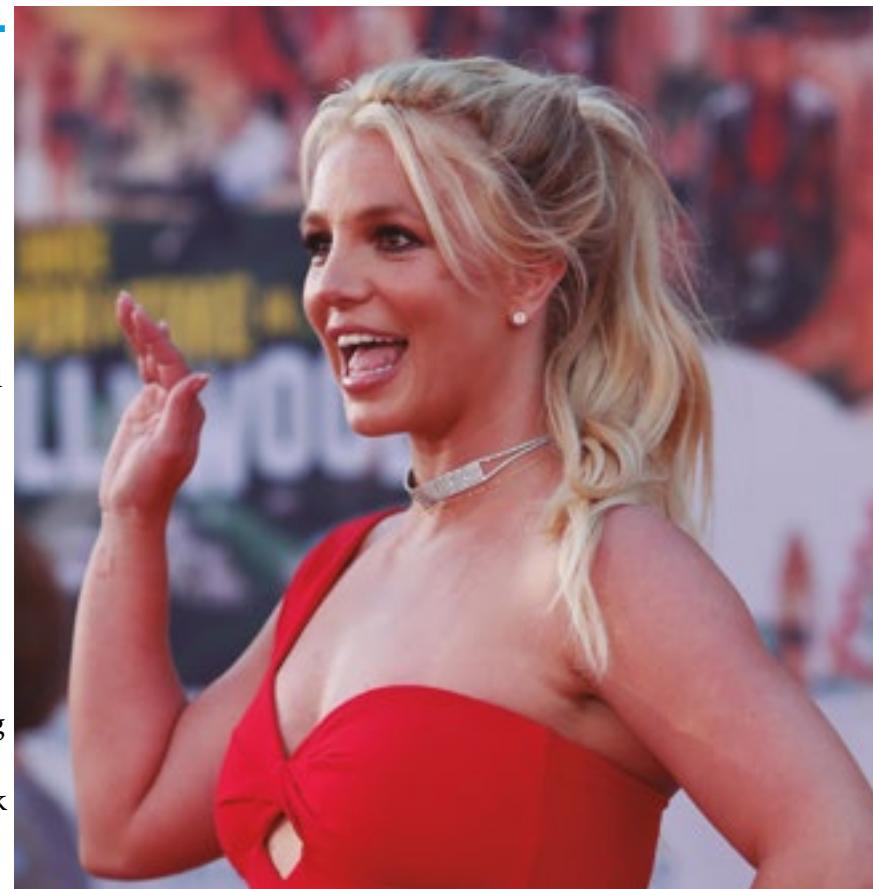
Following the theater success, Javier Bardem will be appearing in the upcoming sequel of Dune.



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Chill soon-to-be bride

American singer Britney Spears recently shared that she was supposed to attend this year's MET Gala but ultimately didn't feel comfortable enough to make it. Instead she chose to stay home preparing stuff for her upcoming wedding. Regarding that, she has already showed some white wedding dress fabrics on Instagram as a sneak peek for fans to see.



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Fashion supreme

Supermodel Naomi Campbell showcased her classy style with this elegant dress for the amFAR gala.



Future glam

Eva Longoria opted for a futuristic take for her silver gown that she wore at Cannes.



Always with him

Actress and singer Dove Cameron paid tribute to late friend and co-star Cameron Boyce that passed three years ago. Dove wrote a heartwarming message on Instagram to remember Cameron and to celebrate his birthday with beautiful wishes and loving words.



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Unexpected style

Helen Mirren surprised everyone with her hair extensions and flashy Chopard jewelry at Cannes.



Delicate charm

Kate Middleton chose this gorgeous mint flowy dress for a Buckingham Palace Garden Party.



The trio is back

The Jonas Brothers might be making a comeback to the music scene according to the younger sibling, Nick. During a recent interview, he stated that they are in the studio creating what he has described as their best work to this date, all while their Vegas residency started in the beginning of this month.

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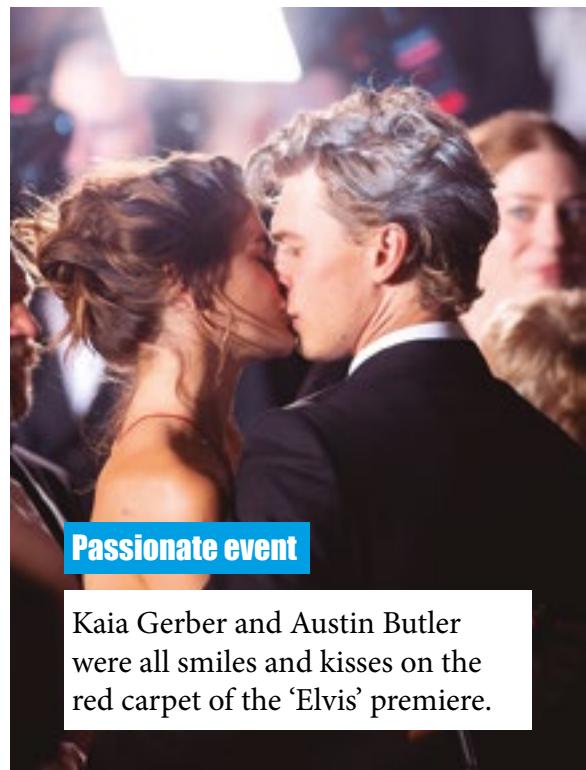
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Passionate event

Kaia Gerber and Austin Butler were all smiles and kisses on the red carpet of the 'Elvis' premiere.



Color and volume

Adriana Lima showed that a pregnant belly can still be made fashionable at Cannes red carpet.



Class never misses

Actress Julia Roberts was a class act at the Chopard Gala Dinner with this elegant skirt suit.



Health scares

Meghan Markle's Dad is reportedly in a bad moment regarding his health, as some sources suggests.



Family drama

Kendall Jenner recently was the protagonist of a fashion 'fiasco' as misunderstandings lead the situation to be uncomfortable. The model was offered to be the cover of the American copy of Vogue but briefly after her hopes were raised, they preferred her sister, Kim, to be the cover girl. Even disappointed, Kendall did not feel to talk badly about her sister.



Italian romance

Kourtney Kardashian and Travis Barker got married in Italy last month, and their wedding was everything but normal! The couple and their family all followed the wedding theme of Italian goth romantic and it was apparent in the outfit they all wore (only designs of Dolce & Gabbana were seen, which may lead to think that the house sponsored the actual event). After a movie-like celebration, they all stayed up partying during that night.



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Time to rest

Aerosmith's frontman Steven Tyler has voluntarily entered rehab in order to look after his health.



Italian gothic

Khloe Kardashian was a vision in black, gold and lace for her sister's wedding.



From host to host

Oprah Winfrey wowed the audience as a surprise guest at the last Ellen DeGeneres' show. The host was not announced previously and made an emotional appearance to discuss with Ellen the topics of closing chapters and accepting new opportunities.

The image shows the branding for Mi Casa Tu Casa, a Mexican-inspired coffee shop. The logo features a circular road with two houses and the text "SPECIALTY COFFEE MEXICAN INSPIRED". Below the logo are four photographs of food: a breakfast sandwich, a bowl of rice and beans, a latte with a heart-shaped foam design, and two tacos. A small illustration of a skeleton riding a bicycle is also present.

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Does my Baby need Chiropractic?

Honestly, sticking with the “keep it simple” theme if your baby does those three things effortlessly, or did during their infant stage... they’re on the right path to good healthy life.

What is fascinating is that each of those 3 actions are controlled by the same system in the body. Yep, we’re talking about the Central Nervous System and brain stem area not to forget the important function of the Vagus nerve. That one area and one major nerve are all located in the upper neck area, just below the ears and behind the jaw. The correct movement of two main vertebrae is crucial to these 3 functions, because if they don’t move well this will interfere in the job of the Vagus nerve.

The neck’s rotation, moving things side to side and all around is very intimately connected to the swallowing and upper digestive process! Simply put the “mechanics” of this part of the nervous system have a lot to do with the “mechanics” of the EAT portion of life for an infant! If there is a problem in the neck then oftentimes a child struggles to turn their head enough in both directions to latch and breastfeed, and also can struggle with swallowing and the first parts of digesting food. When this doesn’t work, it can lead to the famous and feared INFANT COLIC.

This part of the neck also controls sleep. Therefore if C1 and/or C2 are irritated, sleep is really thrown off for that baby because the system just stays in stress mode way too much... and struggles to calm down enough to soothe and sleep. And lastly for this Eat, Sleep, Poop conversation... the Vagus Nerve is a wildly important nerve that branches from the brainstem area, makes its way right past and through the entire neck, and is in charge of initiating the first two thirds of digestion.



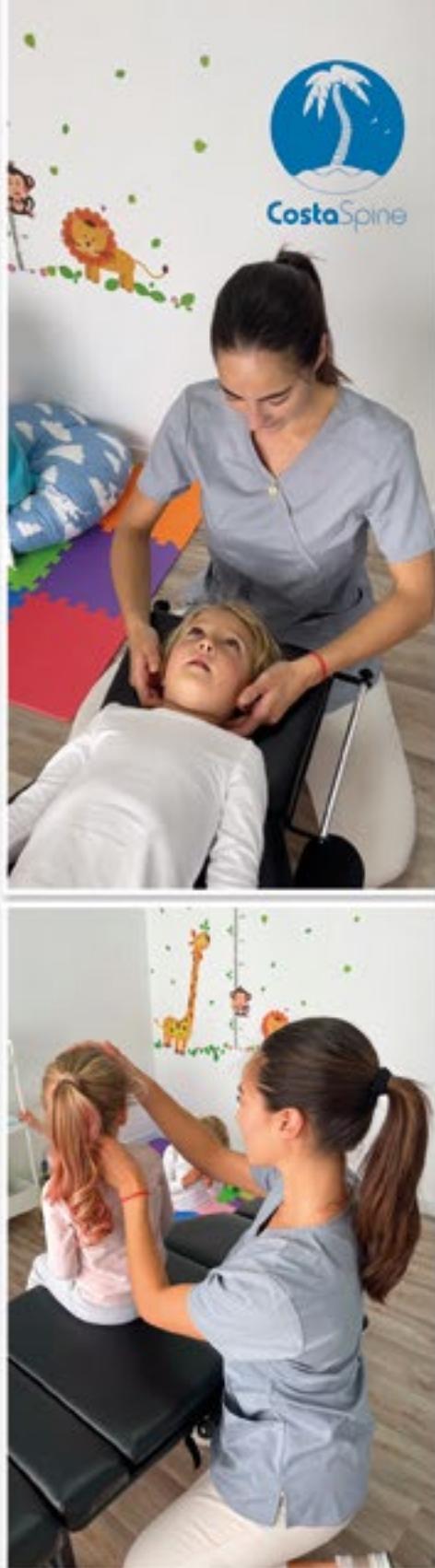
What can cause a baby's neck to be irritated?

So when things like maternal stress, breech or abnormal positioning during pregnancy, a difficult birth or birth intervention (forceps, vacuum, C-section, induction, etc.) mess with the alignment and function of those areas especially... the most common effects are an infant who struggles to do one or more of their main “jobs” day after day. In relatively short order that stress starts to stack up, and the child gets stuck in this colic, constipation, and often even chronic congestion pattern. What is more, we now know that for many kiddos this becomes the early stages of “The Perfect Storm” pathway... leading them down the road of developmental delays, speech challenges, sensory processing issues, behavioral, emotional challenges, and more.

So while it’s super cute to talk about Eat, Sleep, and Poop for babies... it’s also super critical they actually do those three things with ease. They should consistently rock these three moves, and not need medications or even natural supplements (gripe water, prune juice, etc.) to make these things happen. Most often when a little one gets stuck in this stress, tension pattern it’s something as simple as a series of safe, gentle chiropractic adjustments that helps get them “unstuck” and unwound... and back on the road to optimal, rockstar health once again!

How do I know if my baby needs care?

Well that’s what we are here for! Our job at CostaSpine is to assess your child through a series of questions and a physical examination to determine how their body is functioning and give you the best advice possible. Why not get in touch through our mail at info@costaspine.com



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The logo for debra, featuring the word "debra" in a blue, lowercase, sans-serif font. Above the letter "d" is a stylized blue butterfly icon.

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Intimidating cast

Gisele Bundchen recalls her role in 'The Devil Wears Prada' as something she felt nervous about.



Hardcore fan

Entertainer JoJo Siwa revealed that she would love to play Lady Gaga in her future biopic.



Welcome little baby

Rihanna is now officially a mother of a beautiful baby. The Barbados' singer gave birth the 19th of last month in the city of Los Angeles. The newborn is a baby boy whose appearance has been already shared with the world via RiRi and ASAP Rocky's social media accounts.

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LOBSANG ARAQUE



¿Quién es Lobsang Araque ?

Pues en este mundillo del CrossFit me conocen como "Lobo" y tengo más de 10 años de experiencia como Coach. CrossFit Lounge, CrossFit Punta Cana, CrossFit Maspalomas, CrossFit Playa del Ingles son algunos de los Boxes the CrossFit donde he estado transmitiendo mis enseñanzas como Coach.

Well, in this world of CrossFit they know me as "Lobo" and I have more than 10 years of experience as a Coach. CrossFit Lounge, CrossFit Punta Cana, CrossFit Maspalomas, CrossFit Playa del Ingles are some of the CrossFit Boxes where I have been transmitting my teachings as a Coach.

¿Qué funciones realiza en El Real Club Padel de Marbella?

Actualmente soy el Manager Coach del Box Real Crosstraining Club. Mis clases grupales son reconocidas por la gran atención personalizada y la claridad de las enseñanzas a los Atletas. Estos siempre terminan con ganas de aprender más.

I am currently the Manager Coach of the Box Real Crosstraining Club. My group classes are recognized for the great personal attention and the clarity of the teachings to the Athletes. These always end up wanting to learn more.

¿Cuál es tu opinión sobre el CrossFit?

Este deporte requiere de una atención, paciencia y enseñanza técnica de alto nivel para que los Atletas no se lesionen y vayan avanzando poco a poco adaptando su acondicionamiento físico a este deporte. Hay que saber distinguir dentro de un

Box a los diferentes Atletas. (El Competidor, donde siempre se le exigirá y presionará para llegar a su nivel competitivo. El trabajador, donde hay que tener en cuenta que tiene que rendir en su trabajo y no llegar muerto sin fuerzas o en malas condiciones para realizarlo. El Padre o Madre de familia, donde tiene que llegar a casa y disfrutar de la familia. El que viene a desconectar del mundo y quiere des estresarse. El Profesional como médicos o deportistas donde hay que adaptar los movimientos a su Profesionalidad. Los Lesionados donde adaptamos los movimientos para recuperar o fortalecer esa lesión. Etc...

This sport requires attention, patience and high-level technical training so that the athletes do not injure themselves and advance little by little adapting their physical conditioning to this sport. You have to know how to distinguish the different Athletes within a Box. (The Competitor, where he will always be required and pressured to reach his competitive level. The worker, where it must be taken into account that he has to give in his work and not arrive dead without strength or in poor condition to do it. The Father or Mother of a family, where you have to get home and enjoy your family. Those who come to disconnect from the world and want to de-stress. Professionals such as doctors or athletes, where movements must be adapted to their professionalism. The Injured, where we adapt movements to recover or strengthen that injury, etc...

¿Como ves el panorama deportivo en Marbella?

Por desgracia este deporte tiene una mala fama en toda España debido a las malas enseñanzas y la gente tiene miedo a iniciarse en él. Pero espero cambiar las cosas y animo a la gente que venga a probar.

Unfortunately this sport has a bad reputation throughout Spain due to bad teachings and people are afraid to start in it. But I hope to change things and I encourage people to come and try.

¿Qué consejo le darías a un cliente nuevo que entrase a tus clases?

Primero tendríamos que tener una breve charlita para saber cómo está físicamente, si tiene lesiones graves, si ha hecho deporte antes, si es su primera vez, etc., para poder evaluar su iniciación sin riesgos. Y mi consejo es que no haga nada sin mi consentimiento para evitar cualquier lesión.

First we would have to have a brief chat to find out how he is physically, if he has serious injuries, if he has played sports before, if it is his first time, etc., in order to evaluate his initiation without risks. And my advice is don't do anything without my consent to avoid any injury.





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HOY APRENDEMOS COMO HACER UN “SQUAT CLEAN” CON KETTLEBELL.

Un ejercicio multiarticular que seguro pondrán tus fibras a prueba a parte de conseguir un estímulo perfecto para esos días de reventar las piernas. Añádelo a tu rutina de piernas haciendo series de entre 12 y 15 repeticiones, importante empezar con pesos bajos para mecanizar bien el movimiento.

TODAY WE LEARN HOW TO MAKE A “SQUAT CLEAN” WITH A KETTLEBELL.

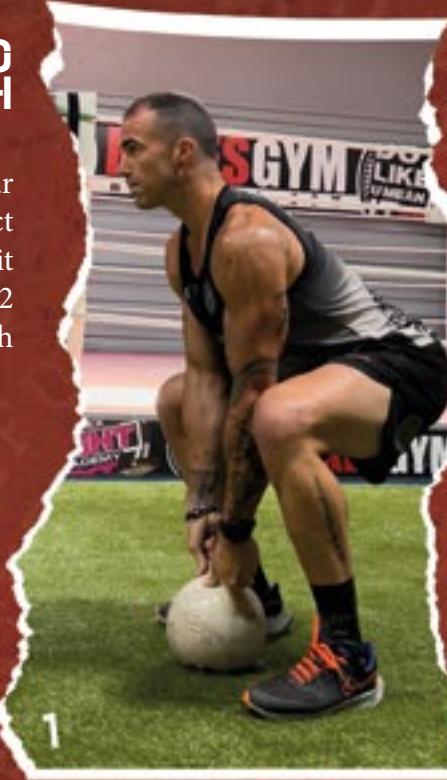
A multi-joint exercise that will surely put your fibers to the test apart from getting a perfect stimulus for those days of bursting legs. Add it to your leg routine doing series of between 12 and 15 repetitions, it is important to start with low weights to mechanize the movement.

1. Fase de arrancada: donde despegaremos del suelo la kettlebell usando meramente nuestras piernas hasta llegar a la extensión completa de nuestra cadera

1. Snatch phase: where we will take off the kettlebell from the ground using merely our legs until we reach the full extension of our hip

2. Fase de transferencia: aquí abriremos nuestros codos para así permitir un buen giro de muñeca, la idea es no utilizar la fuerza de brazos si no utilizar la fuerza transferida por las piernas para elevar la kettlebell hasta nuestro pecho.

2. Transfer phase: here we will open our elbows to allow a good turn of the wrist, the idea is not to use the force of the arms but to use the force transferred by the legs to raise the kettlebell to our chest.



3. Fase de cargada: aquí entraremos por debajo de la kettlebell para poder recibirla en sentadilla, este movimiento es el más complicado ya que disponemos de un “momentum” para entrar bien en la recepción de la kettlebell.

3. Load phase: here we will enter below the kettlebell to be able to receive it in a squat, this movement is the most complicated since we have a “momentum” to enter well in the reception of the kettlebell.

4. Fase de sentadilla: bajaremos hasta romper el paralelo con nuestras piernas y volveremos a repetir los pasos anteriores a la inversa.

4. Squat phase: we will go down until we break parallel with our legs and we will repeat the previous steps in reverse.

NOTA: la idea es encadenar las 4 fases para crear un solo movimiento completo, ánimo, no te estreses y si necesitas ayuda acude a nosotros

NOTE: the idea is to chain the 4 phases to create a single complete movement, cheer up, don't get stressed and if you need help come to us

@alvaropuerma

f Alvaro Puerma Martínez



Business casual

Jessica Chastain picked this shade of bubblegum pink for press days in NYC earlier this month.



Happy couple things

Soon to be parents, Sophie Turner and Joe Jonas, were spotted enjoying a casual date night in LA.



An icon in the making

Actress and singer Zendaya continues having tremendous success these times. Recently, The Times has named her as one of the most influential people of 2022. The magazine's team referred to her as a fearless creator and artist who is making an impact in nowadays culture and will likely become an important figure in the scene.

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LET'S PREPARE FOR A MAGIC CARPET RIDE

Sometimes, when making rug decisions, our thoughts travel through time and think about those distant lands of desert and feelings of ancient times.

Well, that's not exactly true. The Crusades introduced Turkish rugs to Europe where they were mainly hung on walls as tapestries or used on tables. Only after the opening of trade routes in the 17th century did Persian rugs arrive. Their use in Western homes as a floor covering did not become popular until the 18th century.

Carpet is the term used for "Wool fabric or other materials, and of various designs and colours, with which the floor of the rooms and stairs is covered for shelter and decoration".

But now a days the options for design, materials, uses are so wide & in such demand that we decided to dedicate this article.

Rugs and Carpets are an indispensable item that we should always consider for giving a personal and distinctive touch to any room and design.

The first distinction we should do is where we are going to place our rugs, interior or exterior. Then the kind of use for if residential or retail. Third the appropriate material for each situation and last but not least the design, shape and size.

INDOOR AND OUTDOOR RUGS can be made with
natural fibre, synthetic and combined.

Usually, the WOOL option give warmth and softness in every room. We think that maybe this kind of material is better to be used in cooler weather, for those inner properties, but the key lays on the thickness and the density of the threads. A peculiarity is that the wool is a resilience material, you can brush the wool as many times as you need, and it always look as good as new.

The designs and colours have no limits to our imagination.



JUTE rugs are soft & add texture to home floors. A jute rug combines with virtually any type of decoration. You can find handmade rugs braided manually with natural or dyed jute fibres.

SISAL is a more resistant material than jute and can hide wear. Its ideal for use in areas where there is a lot of traffic.



Classic **TATAMI** rugs with paper yarn are more delicate, and can't be washed. But most tatamis are anti-dust, anti-static, and highly durable. Thanks to their anti-stain treatment they are also easy to maintain. Suitable for placing in living rooms, bedrooms, and all residential areas.

With **COCONUT** shell fibres you get is a rough and very rustic look. It can be said that it is the strongest and most resistant rug material. Available in various colours and textures.

The **SEA-GRASS** is a type of rug made up of a marine fibre. These fibres are water resistant and completely waterproof and are some of the most expensive on the market.

The synthetics fibres tend to be more resistant and are recommended for places with lots of traffic or prone to stains.



VINYL rugs are perfect for both indoor and outdoor environments, as they are resistant to moisture and dirt. In addition, they can also be easily washed. These tapestries do not attract dust, making them ideal for people with allergies.

NYLON rugs are very resistant and durable, and therefore, they are perfect for placing them in areas where there is a lot of traffic. They can also be exposed to the sun or humidity, making them a good option for terraces or exterior spaces.

POLYPROPYLENE is a material that is woven and then dyed in any colour. This rug option is very easy to maintain and offers comfort to the place where they are installed.



As far as **POLYESTER** is concerned, it is a material very similar to the previous one, but it has a lower resistance. Polyester is a material that repels fungi and insects and moisture among many others. Polyester rugs look a lot like polypropylene rugs.

ACRYLIC rugs are similar to wool rugs and are usually used in areas of commercial use, due to their high resistance. One of the advantages of acrylic rugs is that the material provides a wide range of colours and is resistant to any temperature. At home we can place them in areas such as the bathroom or the kitchen that withstand heat and humidity well.

This month we are making countless orders for these "in- & outdoor" rugs from Benuta. Adding a touch of coziness to highly-frequented interiors such as kitchens and hallways. These rugs are true all-rounders and can be used universally. While terraces, gardens and balconies were previously rug-free zones, in- & outdoor rugs are now welcome accessories. Rain and water don't bother them and they are particularly easy to clean. The synthetic fibres make the rugs very durable, robust and long-lasting. These rugs are also a popular choice for pet owners!





LORD DESIGNS
INTERIORS

Any of these synthetic materials can take the form of a natural fibre and give us the option to use them in any kind of situation such as outdoors, providing a distinctive touch in your design, defining areas, and complementing situations.



LORD DESIGNS
INTERIORS



Interface Rug made from Recycled Fishing Nets

Inspired by the colours and movements of the ocean, the Interface Net Effect modular rugs present three textures that, when seen together, describe the precise moment when the sea foam reaches the shore. The pattern of the rug reflects the of expansion and contraction, and the fluidity of the water, as well as the rocks on the seashore.



Lord Designs are currently working in our latest Commercial Project in TORRE PICASSO - MADRID, where we are carefully selecting highly durable rug options for the flooring of the 500m² office space.

LORD DESIGNS will be happy to guide you through our wide selection of rug options, helping you find the perfect rug for your space and giving you advice in which is the best option in terms of use, design and maintenance.



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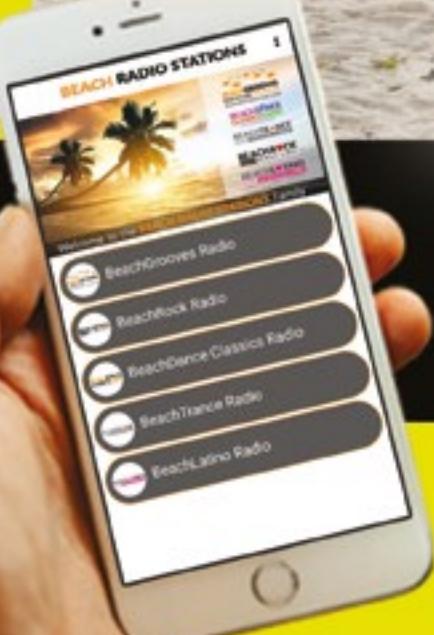
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Not her best moment

Doja Cat cancelled shows and has revealed that she is having health issues after tonsil surgery.



Whimsical vibes

British singer Florence Welch wore this ethereal lilac gown for the Billboard Music Awards.



Professional duties

Pete Davidson, who many people expected to attend Kourtney Kardashian's wedding alongside Kim, had job obligations that did not let him travel all the way to Italy. The comedian was in the middle of filming his last appearance at Saturday Night Live, a show he has starred in for quite a few years by now.



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Inside MOMA, Ask at Moma's reception for High Revo
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LOSING WEIGHT DOES NOT ALWAYS MEAN LOSING FAT.

Most people who start a fat-loss plan think that their goal is to see less weight on the scale and that's a mistake. We will show you the reason why.

Bodyweight is much more than just fat; it's water, muscle mass, etc.

A badly structured fat-loss plan without including strength training will be associated with massive loss of muscle mass, which means your metabolism will slow down, your skin will look 'flacid' and the results won't be healthy.

So when we start a plan, the goal has to be the improvement of our body composition (muscle-fat ratio).

How can we get this?

With a well planned & individualized strength training program, including calories deficit and proper macro adjustments.

How can I track my progress?

With body composition analysis, regular measurements and a progress tracker.

Our new High-tech body composition analyser (inbody 270) quickly measures fat mass, muscle mass & body water levels. Our professionals will also guide you to get the best results.

Contact us for your first assessment and our team will be happy to help you. You can also come visit us at High Revo.



InBody

[InBody 270]

InBody
www.inbody.com

InBody Score

66 / 100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight	51.7 kg
Weight Control	- 7.4 kg
Fat Control	- 10.9 kg
Muscle Control	+ 3.5 kg

Obesity Evaluation

BMI	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over	<input type="checkbox"/> Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Slightly Over	<input checked="" type="checkbox"/> Over	

Waist-Hip Ratio

0.91	
------	--

Visceral Fat Level

11	
----	--

Research Parameters

Fat Free Mass	36.3 kg
Basal Metabolic Rate	1154 kcal (1255 ~ 1451)
Obesity Degree	114 % (90 ~ 110)
SMI	5.8 kg/m ²
Recommended intake per day	1397 kcal

Calorie Expenditure of Exercise

Golf	104	Gateball	112
Walking	118	Yoga	118
Badminton	134	Table Tennis	134
Tennis	177	Bicycling	177
Boxing	177	Racketball	177
Mountain Climbing	193	Jumping Rope	207
Aerobics	207	Jogging	207
Soccer	207	Swimming	207
Japanese Fencing	206	Racketball	296
Squash	296	Taekwondo	296

* Based on your current weight
** Based on 30 minute duration

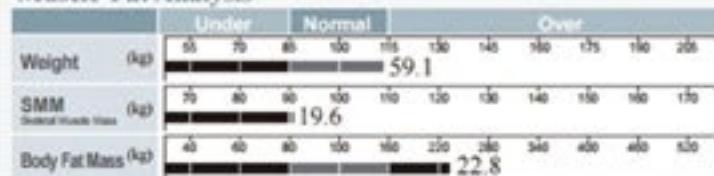
Impedance

	RA	LA	TR	RL	LL
Zmp 20ms	443.8	444.0	29.0	340.7	330.6
100ms	407.3	408.8	26.6	299.5	289.8

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	26.5 (26.4 ~ 32.2)
For building muscles	Protein	(kg)	7.2 (7.0 ~ 8.6)
For strengthening bones	Minerals	(kg)	2.64 (2.44 ~ 2.98)
For storing excess energy	Body Fat Mass	(kg)	22.8 (10.3 ~ 16.5)
Sum of the above	Weight	(kg)	59.1 (43.9 ~ 59.5)

Muscle-Fat Analysis

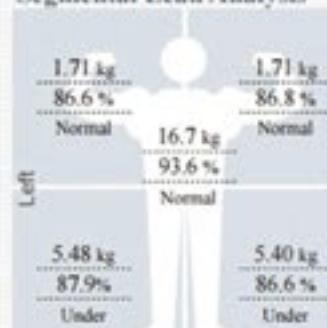


Obesity Analysis

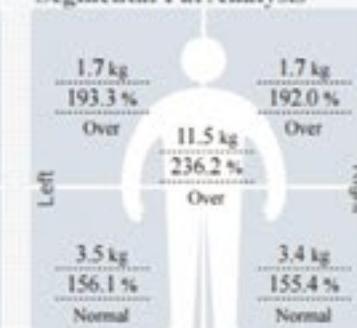
BMI (kg/m ²)	Under	Normal	Over
16.0	16.0	18.5	21.0
18.5	18.5	21.0	25.0
21.0	21.0	25.0	30.0
25.0	25.0	25.0	35.0
30.0	30.0	35.0	35.0
35.0	35.0	35.0	35.0
35.0	35.0	35.0	35.0

PBF (%)	Under	Normal	Over
8.0	8.0	10.0	25.0
10.0	10.0	10.0	25.0
12.0	12.0	15.0	25.0
15.0	15.0	15.0	25.0
18.0	18.0	18.0	25.0
20.0	20.0	20.0	25.0
25.0	25.0	25.0	25.0
25.0	25.0	25.0	25.0

Segmental Lean Analysis

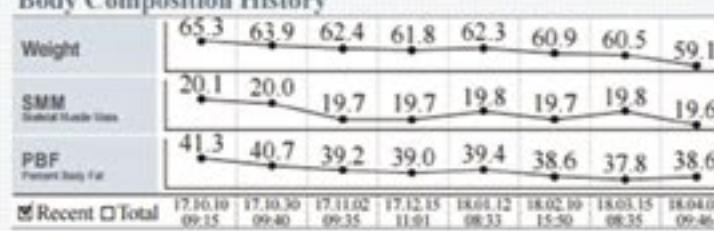


Segmental Fat Analysis



* Segmental fat is estimated

Body Composition History





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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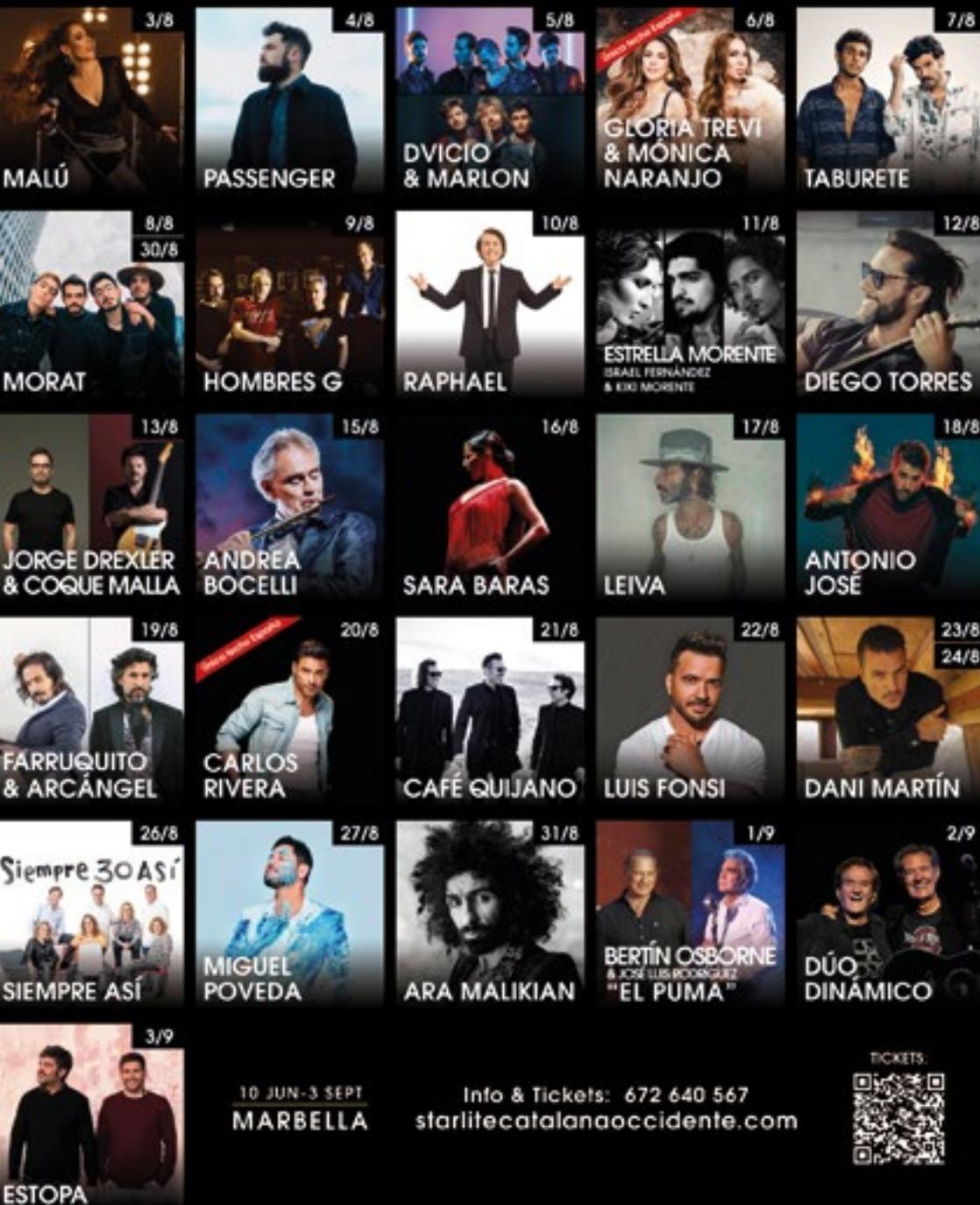
A blurry, out-of-focus photograph of a person lying on a light-colored sun lounger, viewed through the fronds of a large palm tree. The overall atmosphere is tropical and relaxed.

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LEXUS LC 500

Performance Updates:

- Reduction of unsprung weight (approx. 22 lbs.)
- Suspension updates to provide smoother, softer suspension stroke
- Electronic absorber controls adjusted, bound stopper rigidity optimized
- Rear stabilizer rigidity increased to improve front turn-in ability
- Active Cornering Assist (ACA) added
- LC 500: Update to transmission timing, logic changes
- LC 500h: Multi-Stage Hybrid System shift timing updated

Exterior Updates:

- Two exterior paint colors added: Cadmium Orange and Nori Green Pearl
- Refreshed 20" forged alloy wheel with Dark Graphite finish

Interior Updates:

- Flare Red leather interior added (replaces Rioja Red), Bespoke White leather discontinued
- Updated Multimedia, Android Auto added



The Lexus LC 500, like every vehicle in the Lexus family, is in a constant state of evolution. Engineers are consistently exploring ways to hone and enhance every detail. Headlining a complete lineup of Lexus sedans with a harmonious blend of emotional design and high performance, the LC coupe receives key refinements in 2021 to further cement the connection between driver and machine.

The 2021 LC 500 coupe is the sharpest, most evolved LC to date, and the story of its evolution is one of both addition and subtraction. What gets subtracted is a reduction of nearly 22 lbs. of unsprung weight, which engineers accomplish with changes highlighted by using aluminum lower suspension arms, lighter suspension stabilizers with a hollow design and revised diameter, new high-strength coil spring material, and lighter 21-inch rear wheels.

To enhance vehicle controls at mid- to high-speed ranges the 2021 LC's Vehicle Stability Control (VSC) is enhanced with Active Cornering Assist (ACA). This system helps control cornering by providing brake control to the inner wheels in accordance with lateral acceleration when G-force demands are greater during spirited driving.



By: Guillermo Fernández de Ateca Barber.

NISSAN GT-R NISMO

The Nissan GT-R NISMO has always been the culmination of two of Nissan's most important nameplates: GT-R and NISMO. Entering its 51st season in 2021, the GT-R nameplate represents five decades of history, pedigree, success in racing and a global fan following.



GT3 turbos for the 600-horsepower VR38DETT V6

Racing improves the breed and that is very much the case with the 2021 GT-R NISMO and its legendary 3.8-liter V6 VR38DETT engine. As with all GT-R models, each GT-R NISMO engine is hand-assembled from beginning to end in a special clean room by meticulously trained technicians, with an aluminum plate added to the front of each engine showing the name of the individual Takumi engine craftsman.



The 2021 GT-R utilizes the same turbochargers developed for the GT3 race car version of the GT-R. They employ a 10-vane turbine wheel (one fewer vane than the 2019 model) and the vanes are 0.3 millimeters thinner. This accounts for a 14.5% reduction in mass, and therefore inertia by 24%, allowing for faster response. To counteract having one less vane, which would normally reduce flow rate, a special backplate was created to prevent exhaust gases from flowing behind the turbine blades, drastically improving flow efficiency. Through the latest fluid and stress analysis, special attention was given to the actual design and profile of the vanes. The new shape optimizes efficiency with exhaust gases to boost flow rate resulting in improved boost response and acceleration as well as in gear "pickup" in any situation.



By: Guillermo Fernández de Ateca Barber.

ABOUT MARBELLA MAGAZINE / 89

Aerodynamics, design and hefty dose of carbon fiber

With aerodynamic gains in mind, the design of the GT-R NISMO evolved for the last model year – with the changes completely functional. Cooling was increased for key areas, such as the engine bay and brakes, all without negatively affecting the drag coefficient value of 0.26.

Brembo calipers meet carbon ceramic rotors

Nissan collaborated with Italian brake manufacturer Brembo to create a special brake package for the GT-R NISMO. Special large calipers – 16.1 inches in the front and 15.3 inches at the rear – join carbon ceramic rotors.

The six-piston front and four-piston rear calipers are exceptionally rigid. Their construction brings a significant improvement to brake reaction time (versus pre-2020 models). This delivers a more responsive and progressive brake pedal, full of feedback to allow precise modulation of braking force. The result is the ability to shed speed quicker and more effectively while staying resistant to fade.



Handling, grip and steering redefined

The 2021 GT-R NISMO's suspension tuning improves cornering stability (lateral G), with enhanced yaw-rate response and smoother ride quality (versus the 2019 model). The steering features better linearity and precision than ever, requiring minimal corrections even at speeds reaching 186 mph.

The exclusive 20-inch RAYS forged aluminum wheels incorporate a nine-spoke design that enhances rigidity. A diamond-cut white-and-red NISMO logo on the rim marks their exclusivity.

Hip-hugging comfort inside

Inside the cabin, unique to GT-R NISMO are the leather-appointed RECARO® seats with red synthetic suede inserts. Ergonomically sculpted, heated, reclining seats comfortably, yet firmly, support the driver and front-seat passenger. Interior trim features include discreet red stitching on the seats, center console, door trim and steering wheel.

As with the 2021 GT-R Premium model, the GT-R NISMO's instrument panel is dominated by a video game-inspired, multi-function display that was created in collaboration with Polyphony Digital, makers of the Gran Turismo electronic game.

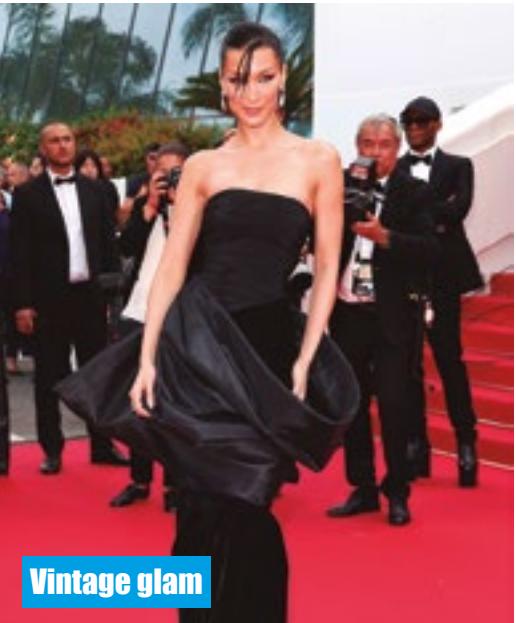


By: Guillermo Fernández de Ateca Barber.



Straight to the top

Harry Styles latest album, 'Harry's House', was just released and has become a huge commercial success.



Vintage glam

Bella Hadid did it again with this sculptural Versace dress on the red carpet of Cannes.

Devoted to her family

Actress Blake Lively shared in a recent interview her deep love for her family consisting of her husband, Ryan Reynolds, and their three children. She explained that they are the main source of satisfaction in her life and how at work she takes every decision with them in mind.



An advertisement for Mandazi Bar & Bites. The top half features a large, stylized logo with the word "MANDAZI" in a bold, white, sans-serif font. Below it, the words "Bar & Bites" are written in a smaller, white, sans-serif font. The bottom half shows a collage of images: a hand pouring a drink into a glass, a bartender working behind a bar counter, a tray of skewered meat, a hand pouring wine into a glass, a large cheeseburger, and a cocktail. The overall aesthetic is modern and sophisticated.

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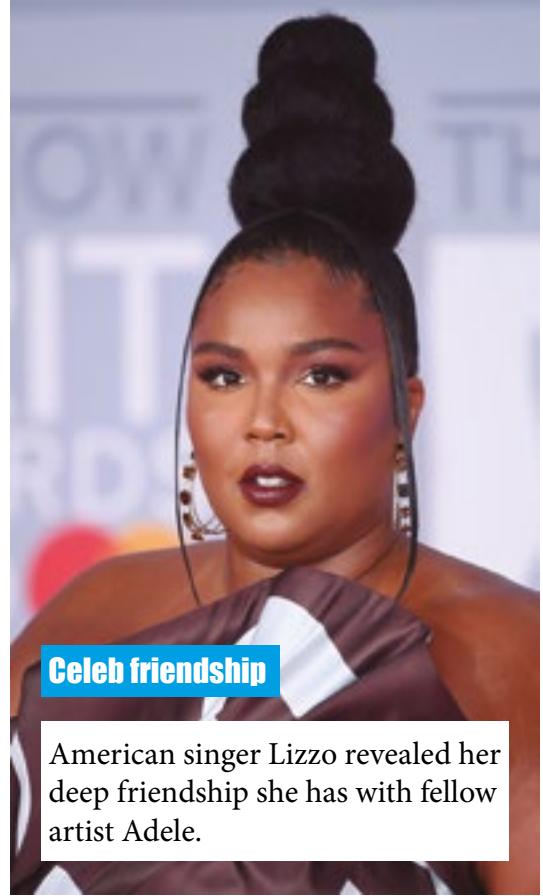
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Celeb friendship

American singer Lizzo revealed her deep friendship she has with fellow artist Adele.



Over the top

Sarah Jessica Parker brought the fashion to the MET Gala with this Christopher John Rogers moment.

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Lovely girl, lovely name

Priyanka Chopra and Nick Jonas became parents of a little girl earlier this year, but her actual name was not known to the public, until now! It has been revealed that the couple has chosen the name Malti Marlie for their baby. This beautiful name refers to a flower so it is the perfect match to a beautiful girl.

LIVING
Salsa

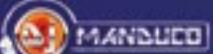


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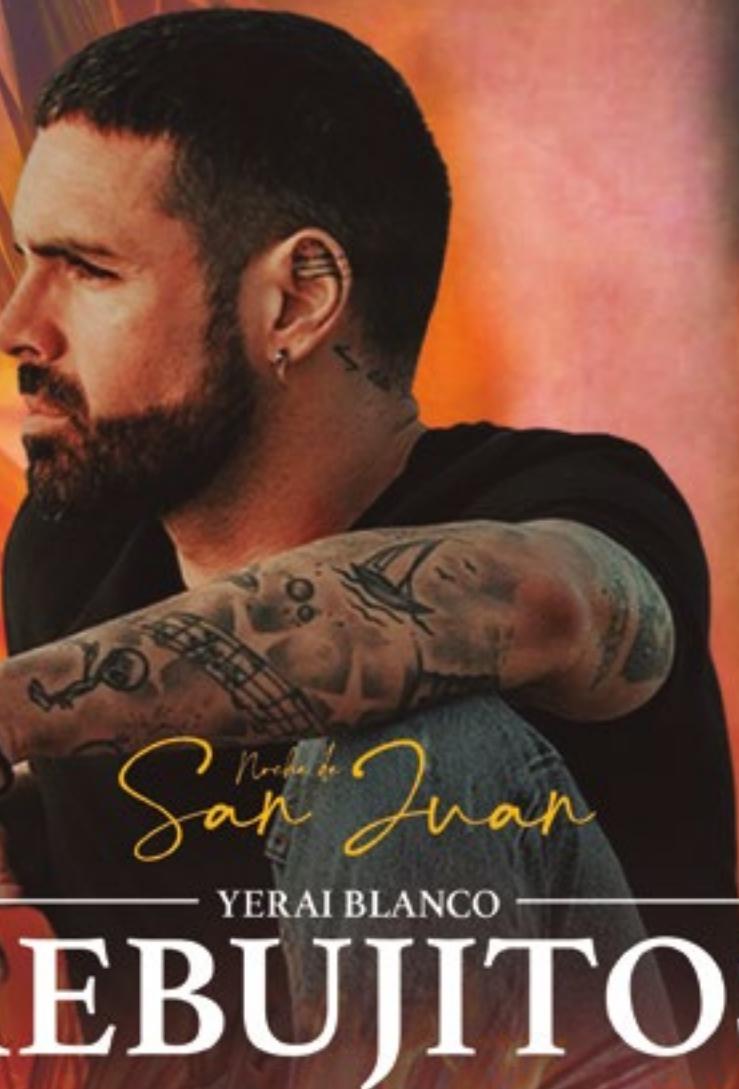
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23 JUNE - REBUJITOS

24 JUNE - DJ NANO

25 JUNE - SIGHT PRES. PACO OSUNA, DENNIS CRUZ
GONÇALO & ANDRE BULJAT

1 JULY - JAY1

2 JULY - SIGHT PRES PAWSA , SILVIE LOTO,
KARRETERO & CRISTINA TOSIÓ

9 JULY - SIGHT PRES CHELINA MANUHUTU, RAFA BARRIOS,
ABDON & SALDIVAR

15 JULY- DJ NANO

20 JULY - ANTS

21 JULY - TYGA

MORE ARTIST COMING SOON

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B&W elegance

Lady Gaga stunned in this black and white gown that she wore for the Grammys.



Structured beauty

Blake Lively referenced Art Deco and New York City in Versace for this year MET Gala.



Modern fashion

Rosalía gave an unique and modern take of the category for this year's MET in Givenchy.



Unmistakable Leo

Although Leonardo DiCaprio went to Coachella fully disguised, he was spotted with his new girlfriend.

Non-stop projects

American actress Viola Davis recently announced her upcoming movie 'The Woman King' in Vegas - a movie that will be released this September. While being awarded there, the actress has been wowing fans recently with her portrayal of Michelle Obama in the premiere of 'The first Lady', a biopic series of the iconic figure.



Coming back

Ashley Tisdale has revealed that she is thinking in coming back to acting and singing after a brief hiatus. These recent years, she has been focusing on taking care of her daughter and on developing her own brand. After a little bit of time to disconnect out of the spotlight she is ready to record new music and appear again in upcoming cinematic projects.

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