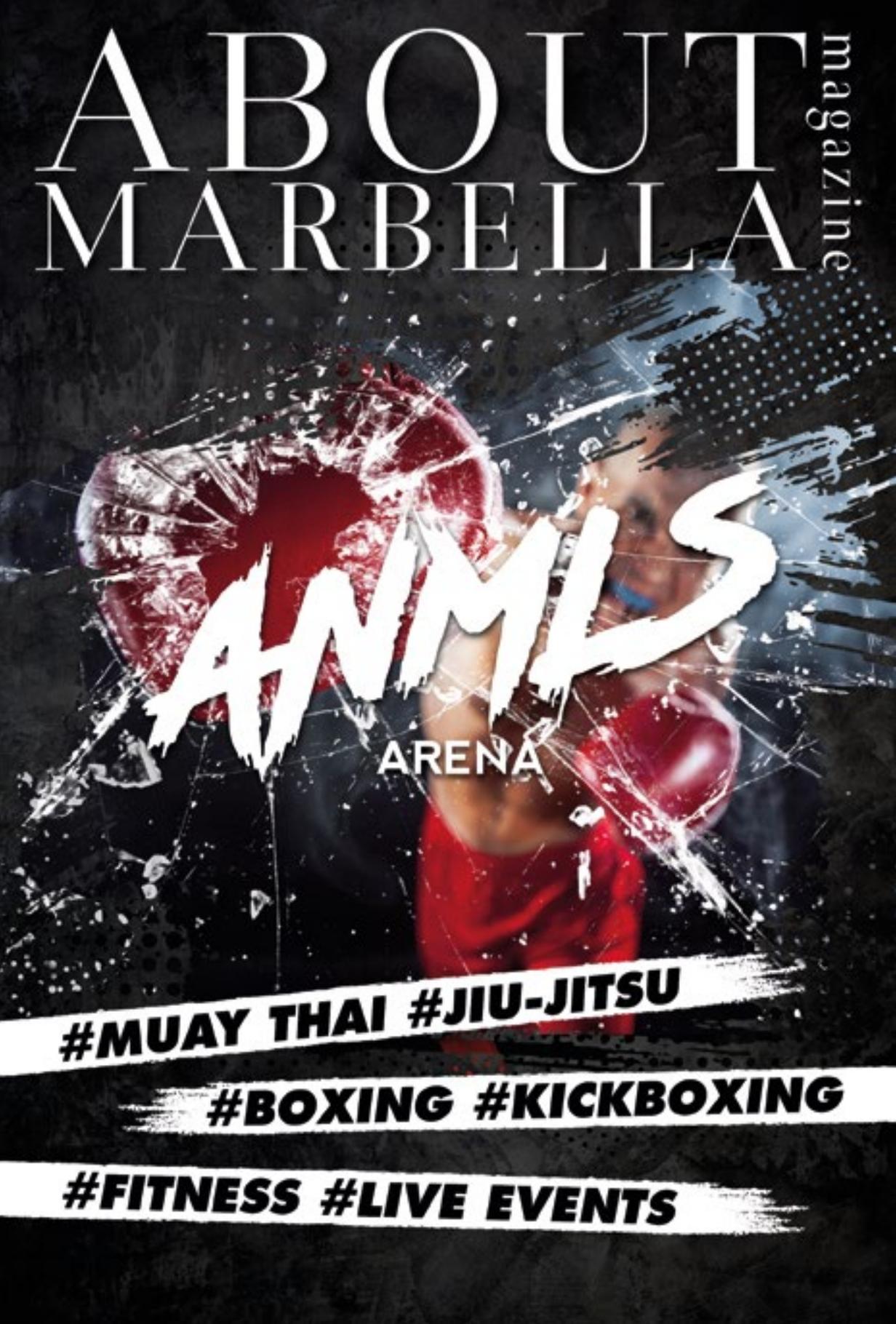


ABOUT MARBELLA

magazine



ANIMALS

ARENA

#MUAY THAI #JIU-JITSU

#BOXING #KICKBOXING

#FITNESS #LIVE EVENTS

AZZA Cars

Marbella

WE ACCEPT ALL
PAYMENT METHODS
ACEPTAMOS TODO
TIPO DE PAGO

Rent A Car • Rent 2 buy



RENT A CAR
from 20€ per day



Información:

+34 631-687-774

@azzacarsmarbella

f azza.carsmarbella

www.azzacars.com

Calle Bonanza, 5, 29604 El Rosario, Marbella

SUMMARY SUMARIO

ES TIEMPO DE
ESTIRAR 58



WELCOME HOME! 94



GASTRONOMY 5

GOODBYE
FAIRYTALE 8



FABRIC & COLOUR TRENDS
FOR WINTER 2022 60



Who's In Who's Out
As usual, ABSOLUT
MAGAZINE attended the
hottest parties and events
on the coast. Where you
there? 104



NON-STOP
SCHEDULE 18



LIFESTYLE 41

SOCIAL 75

HAVE A GREAT
DAY FURTHER 54



AUTOMOCIÓN 82



**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



GAS TRO NOMY

MENÚ 01
30€

PRIMEROS

A compartir entre 4 personas
 Surtido de croquetas caseras.
 Morcilla y chorizo a la parrilla.
 Barquitas de ensalada de marisco.
 Pinchitos de tomate cherry y queso feta con aceite de albahaca.

SEGUNDOS

Parrillada Argentina con guarnición de patatas camperas.
 Entraña - Chorizo - Morcilla - Vacio - Pollo

POSTRES

Surtido de pastitas.
 Café o licor de la casa.

MENÚ 02
40€

PRIMEROS

A compartir entre 4 personas
 Surtido ibérico.
 Ensaladilla rusa con gambas a nuestra manera.
 Mejillones tigre.
 Ensalada de tomate rosa y melva canutera.

SEGUNDOS

A elegir

Atún rojo de almadraba a la plancha con verduritas.
 Entrecot a la parrilla con puré trufado.

POSTRE

Surtido de pastitas.
 Café o licor de la casa.

MENÚ 03
50€

PRIMEROS

A compartir entre 4 personas
 Empanadillas de solomillo.
 Tabla de surtido ibérico con queso.
 Mini tostas de queso crema y salmón ahumado al eneldo.
 Mejillones en salsa de la abuela.

SEGUNDOS

A elegir

Merluza sobre pisto.
 Lomo alto a la parrilla con gratén de patata.

POSTRE

Surtido de postres caseros.
 Café o licor de la casa.

RESERVAS

T. 951 56 93 30

Y también por whatsapp

T. 617 61 66 61

CENTRO HÍPICO EL REPIQUE
 Camino de los Altos. Marbella, Málaga

MENÚS DE GRUPOS Y CENAS DE EMPRESA
En el Asador de El Centro Hípico

BEBIDAS INCLUIDAS SERVIDAS HASTA EL POSTRE

Agua, cerveza, refrescos y vinos.
 Tinto Lagunilla (Rioja) / Viña del val (Ribera del Duero)
 Blanco Barón de Riveros (Verdejo)
 Rosado Tunante de azabache (Rioja)



High class

Actress Olivia Wilde chose this vampy gown for the WIF Honors 2022.



All eyes on her

Millie Bobby Brown looked stunning at the premiere of her movie 'Enola Holmes 2'.



Life time achievements

Legendary actress Jamie Lee Curtis will be awarded at the Santa Barbara Film Festival.



Gorgeous Lupita

Lupita Nyong'o wore this all white look for the Black Panther premiere.



Goodbye fairytale

Gisele Bündchen and Tom Brady are splitting after 13 years of marriage. They have two kids and have been sorting out the custody matters this past month before making it to the public that they were going separate ways.



Midnight success

Taylor Swift released her much anticipated album 'Midnights' last month and, as expected, it was a complete success. The LP became the most streamed album in a day on Spotify, the best selling album of 2022 and the best selling vinyl since 1991.



A magical
FESTIVE SEASON
right here at La Sala

The ultimate social & dining experience!



*Scan me
to view our
Christmas
Brochure*



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

Shakers
URBAN BAR
& FOOD

**Cocktails
&
Latin Food**

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

LOUNGE

LA HABANA

MENÚS DE EMPRESA

CELEBRA CON NOSOTROS TUS COMIDAS DE NAVIDAD

MENÚ 1

-ENTRANTES PARA COMPARTIR-

Ensalada de tomate
Gambas Pili-Pili
Boquerones al Limón
Croquetas de Marisco

-PRINCIPAL A ELEGIR-

Paella Señorito o de Pollo
Pollo al Curry Thai
Hamburguesa Gourmet

-POSTRE-

Variados

-BEBIDAS-

Agua, vino de la casa y café

40€ p/p

MENÚ 2

-ENTRANTES PARA COMPARTIR-

Ensalada de tomate completa
Gambas Pili-Pili
Calamares Fritos
Tartar de Salmón

-PRINCIPAL A ELEGIR-

Suprema de Lubina
Entrecote Gallego
Spaguetti Marinera

-POSTRE-

Variados

-BEBIDAS-

Agua, vino de la casa y café

50€ p/p

MENÚ 3

-ENTRANTES PARA COMPARTIR-

Salmón Marinado
Ensalada de Burrata Lounge
Almejas de Carril
Tartar de Atún

-PRINCIPAL A ELEGIR-

Filet Mignon
Paletilla de Cordero
Pata de Pulpo

-POSTRE-

Variados

-BEBIDAS-

Agua, vino de la casa y café

60€ p/p



OF RESTAURANTS
IN PUERTO BANÚS

TODOS LOS MENÚS INCLUYEN I CONSUMICIÓN
EN LA HABANA DE HEMINGWAY

LA HABANA LOUNGE

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

GROUP MENU 30€

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 RIB EYE 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.

CHRISTMAS DAY 3 COURSE MENU 55€

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

NEW YEARS EVE MENU 95€

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 Niguri-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

VEGETARIAN OPTIONS AVAILABLE ON REQUEST

ALL PRICES ARE VAT INCLUDED

NEW YEAR'S EVE 2022

NYE PARTY, 31ST DEC 2017 9:00PM - LATE
FREE ENTRY & BUBBLY ON ARRIVAL
12 LUCKY GRAPES TO STEP IN THE NEW YEAR
FEATURING LIVE MUSIC BY

TABITHA

AND FIREWORKS AT MIDNIGHT!

PLUS DINERS CAN ENJOY OUR VERY SPECIAL NYE MENU PREPARED
BY OUR HEAD CHEF, PABLO CASTILLO.

NEW YEAR'S DAY 2023

COME AND CELEBRATE THE NEW YEAR WITH US AND
ENJOY LIVE MUSIC & SAX FROM 3PM WITH

JOE WEST

TABLE BOOKINGS & ENQUIRIES: +34 952 78 93 15
C.C LOS HALCONES, CRTA DE RONDA, BENAHAIVIS



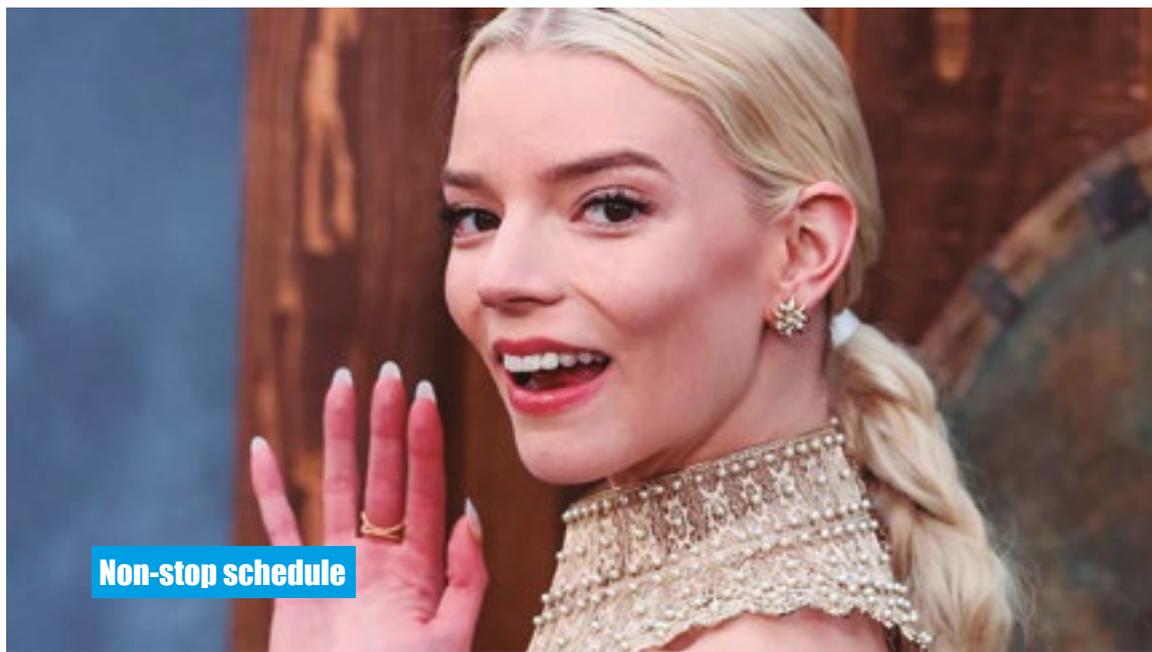
Work work work

Natalie Portman was spotted working on her next project 'May December'.



B&W stripes

Gwyneth Paltrow went full tropical for the Veuve Clicquot's 250th Anniversary.



Non-stop schedule

Actress Anya Taylor Joy has wrapped up the filming of one of her upcoming projects, 'Furiosa' which will be a prequel to the Mad Max franchise. The movie will hit theaters on 2024 but in the meantime the actress has plenty of filmings to keep working on.



@ colorestaurante 
Ctra. de Ronda, A-397, Km. 44, 29679 Benahavís, Málaga



“DON'T PASS UP THE OPPORTUNITY TO LIVE AND LOVE”. MAHESH JADU

Fans of The Witcher series on Netflix may already know that season 3 is rumoured to come out this summer!

But did you know that one of the main characters, the mysterious mage named Vigerfortz, is played by Mahesh Jadu?

He is also known for playing the controversial role of Ahmad in the historical Netflix show, Marco Polo.

A couple of years ago, actors of Marbella Film School – including myself – had the pleasure to learn first hand from Mahesh himself while he was in Marbella.

Due to the darker nature of his roles, its only fitting that he had a lot to share about “how to play a villain”.

We ended the course with a professional showreel shoot under his direction.

At Marbella Film School we have been and will be hosting a series of masterclasses.

If all goes well we will have Mahesh Jadu back next year.

In the meantime, we had a chat with him about his previous visit and upcoming plans:

You've been to Marbella a couple of times before. How was your experience? What did you enjoy the most?

Growing up, I had always wanted to visit Spain. A few years ago, I was working nearby and decided to do some travelling around Spain in between some work dates and was thrilled to be able to visit the school in that time. Although the first trip to Marbella was very short, the opportunity to return and spend a significant period directing local actors presented itself a year later. I came and facilitated a short course. I made many dear friends and learnt so much by workshopping scenes with the local actors in Marbella.

Aside from having a fantastic time working with the school, I enjoyed the multicultural aspect of Marbella and it's proximity to many beautiful Spanish cities. Oh and the beach. I am always happy if I am within earshot of the ocean.

Have you thought about shooting a film here?

I'm yet to embark on my filmmaking ambitions. Though, I don't think it's far away at all, and I do have an idea in mind that may work well in Spain. A big influence of mine, for stories, is music; and one of my favourite genres is Flamenco. So who knows.



What would you like to teach at Marbella Film School, once you have a chance to come back?

I would perhaps explore playing with 'Stakes'. Being able to identify and heighten the stakes in a scene and a script, infuses passion and elevates the theme. But, I'm not sure yet. I'll have to see when I can return and what ideas I would love to explore as I get closer to the time. I'd be very happy to take suggestions from the actors in the school. I would like to work more with the crew before the shoot dates also.

Last time, I directed a scene in Spanish. I would love that challenge again.

What advice would you give for those starting out on their acting journey?

Live a full life. Don't delay an opportunity to live and to love. These are your stories which will enrich all the work you could possibly do as an actor. Read deeply. Travel broadly. And Love as fearlessly as you can. I wish I did one of those three sooner.

FUN FACT:

Mahesh started as a student at Perth Film School, our Australian School, getting help with his very first auditions before becoming one of our masterclass teachers.

Here's what one of the actors who attended Mahesh's Villain Course had to say:

"The Villain Acting Course with Mahesh Jadu exceeded all my expectations. The toolset and techniques we received are so valuable and immediately actionable.

I watched many of the actors on the course get visibly and noticeably better under Mahesh's guidance in a matter of days. Everyone's acting jumped by orders of magnitude and to have that skill captured in a showreel at the end is the best way I know of to land your future roles as you will undoubtedly produce some of your best work here.

Whether you are a new actor, trying this for fun as an experience, or a seasoned professional, the depth and subtlety of Mahesh's approach and the quality and calibre of what is taught is such incredible Value for Money." – Tariq E Q Amawi



Nicole Moerland - Founder of Marbella Film School

Nicole is of Dutch and Indonesian descent born in Holland and raised in Andalucia, Spain, and attended Aloha College. In 2004, she attended the prestigious Stella Adler Academy of Acting in Los Angeles and graduated in 2007. She has worked and lived in Holland, Spain, UK and USA gaining invaluable experience working with some of the world's most talented Actors and Directors including Rutger Hauer at The Film Factory, as well as Director, Peter Yates. She founded the Perth Film School (Australia) & Marbella Film School (Spain). She speaks fluent Dutch, Spanish, English and is learning Bahasa Indonesian.



Rayane Benkirane Professional Intern of Marbella Film School



Rayane was born in Casablanca, Morocco, coming from a background that includes British, Italian, Austrian, and Moroccan heritage. At the age of seven, he moved to Spain and later went on to live in Marbella, where he attended Swans International School before going to the prestigious performing-arts school, Hurtwood House in Surrey, UK. Upon graduating he went on to do a Bachelor of Arts in Drama at the University of East Anglia, in the UK, where he graduated this summer with First Class Honours. He has since been accepted at the renowned Met Film School in London, where he will pursue a Masters in Film Production

starting in the fall of 2023. Rayane is fluent in French, Spanish, and English. He aspires one day - in the near future - to have a career as a professional actor as well as have his own production company.

E/Gaicho

Argentinian Grill

PUERTO BANÚS
FRONT-LINE HARBOUR
Book your table
+34 952 81 21 67



Front-Line Harbour



@picubanus
Muelle de Honor, 14
hello@picubanus.com
+34 605 145 485

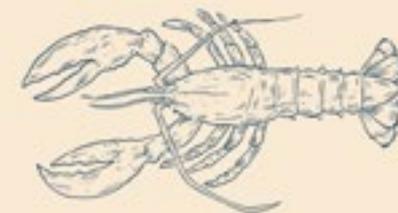


mediterranean restaurant

PUERTO BANÚS

SPECIALIZED IN *oysters*

& LOBSTER.



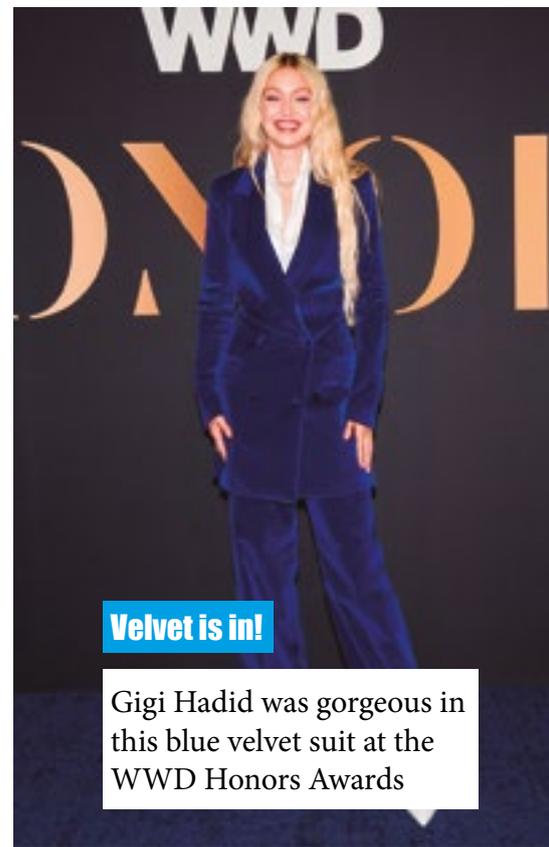

PUERTO BANÚS FRONT-LINE HARBOUR
E/Gaicho de Barrios
 Argentinian Grill
 BOOK YOUR TABLE
 +34 685 459 697

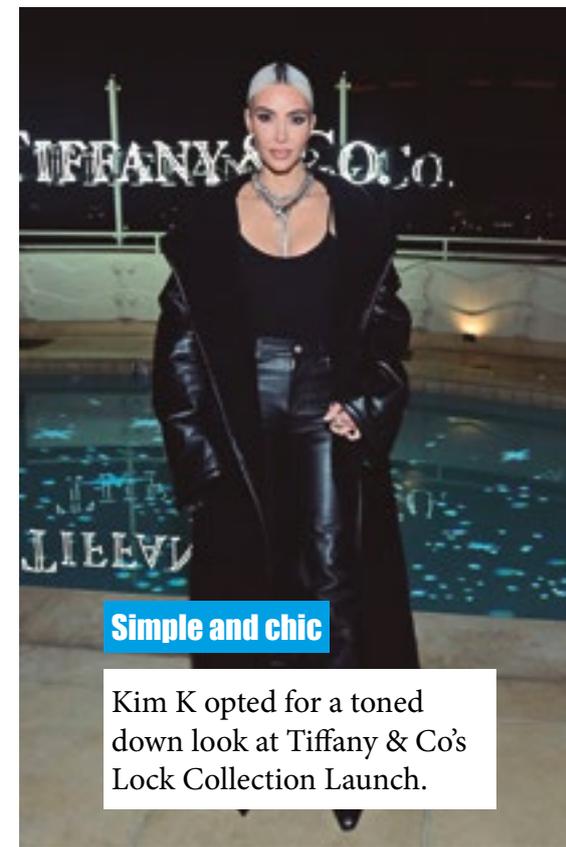



CHRISTMAS PARTIES
 USE THE QR TO SEE MENUS AND BOOK YOUR TABLE



 BOOK YOUR TABLE
 +34 605 145 485



Velvet is in!
 Gigi Hadid was gorgeous in this blue velvet suit at the WWD Honors Awards


Simple and chic
 Kim K opted for a toned down look at Tiffany & Co's Lock Collection Launch.


Welcome back!

Rihanna came back to the music lineup with her latest addition to the Black Panther soundtrack. The song becomes the first musical content she has released in the past 4 years and fans hope this is just the beginning to new singles.

B
A
O

GARDEN

Christmas Weekend



DECEMBER
Party and much more...

f baogardenmarbella @
www.baogardenmarbella.com

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



Family dinner

Joe Jonas was spotted having dinner with his brother nick in West Hollywood.



Rest in peace

Actor Leslie Jordan passed away at the age of 67 this past 24th of October.



Gala affairs

Even though the MET Gala is such a fun and camp occasion, some celebs have spoken against it and some even have been banned from attending again. Actress Lili Reinhart doubts she will be re-invited, while others, like Trump, have already been banned by Anna Wintour herself.



— SWEDISH BAKERY —

© breadandbunsmarbella

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



Camp bday

Doja Cat celebrated her birthday with a theatrical masqued dresscode.



Green opulence

Angela Basset wowed with her 20s inspired look at the Wearable Art Gala.



Going strong

Dismissing rumors of a possible breakup on the horizon, Megan Fox and Machine Gun Kelly exchanged affectionate comments on Instagram prior to going together to the Time100 Next Event wearing matching futuristic looks.

DA BRUNO

Take Away

Da Bruno Take Away & Delivery
Enjoy Christmas at home with dinner in one single click

www.pedidosdabruno.com

Find us in San Pedro, Nueva Andalucia, The Golden Mile, Marbella and Cabopino

DA BRUNO
sul Mare
mobile or whatsapp
+34 637 53 53 83

DA BRUNO
San Pedro
mobile or whatsapp
+34 637 53 43 09

DA BRUNO
a Casa
mobile or whatsapp
+34 609 59 29 13

DA BRUNO
a Cabopino
mobile or whatsapp
+34 610 23 61 82

DA BRUNO
EXPRESS
mobile or whatsapp
+34 604 41 80 40



Kayena
MARBELLA



KITCHEN & LOUNGE *at the heart of Marbella*

Check our menu and weekly suggestions
www.kayenamarbella.com

NON-STOP KITCHEN
From 9 to 19:30 Hs

COCINA NON-STOP
De 9 a 19:30 Hs

Calle Sand, Nro 17. Santa Clara Golf Marbella
Bookings: +34 647.795.335

LOV

OLIVIA VALERE
RESTAURANT & LOUNGE



www.oliviavalere.com

@lov_oliviavalere f LovOliviaValere

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



Savage
restaurant

MENÚ
ESPECIAL GRUPOS

M/1

ENTRADAS A COMPARTIR (CADA 3 PERSONAS)

CROQUETAS DE LANGOSTINOS Y EMULSIÓN DE KIMCHI (6Uds.)

Croquetas de langostinos acompañada de un corte usuzukuri de atún rojo.

ENSALADA CESAR CON POLLO CRUJIENTE.

Servida con pollo panko, Bacon ahumado, crutons, tomates Cherry y nuestra salsa cesar.

DUMPLING DE PATO.

Gyozas de pato acompañada de toffe hoisin y sunomono de pepino.

PRINCIPAL (A ELEGIR)

COSTILLA DE CERDO ESTILO OSAKA

Nuestra costilla de cerdo ibérico a baja temperatura glaseada con nuestra salsa barbacoa casera estilo oriental

PALETILLA DE CORDERO A BAJA TEMPERATURA (Cada dos personas)

Paletilla de cordero a 63 grados acompañada de petit plum en su jugo, habitas y guisantes

PESCADO DEL DÍA.

POSTRE DEL DÍA.

Brownie de chocolate acompañada de sopa de chocolate peranakan café e infusión incluido.

Incluimos cervezas y cualquier refrescos, una botella de vino cada 3 peronas. Mientras dure la comida (hasta el postre).

46,90€

M/2

ENTRADAS A COMPARTIR (CADA 3 PERSONAS)

CROQUETAS DE LANGOSTINOS Y EMULSIÓN DE KIMCHI (6Uds.)

Croquetas de langostinos acompañada de un corte usuzukuri de atún rojo.

ENSALADA CESAR CON POLLO CRUJIENTE.

Servida con pollo panko, Bacon ahumado, crutons, tomates Cherry y nuestra salsa cesar.

DUMPLING DE PATO.

Gyozas de pato acompañada de toffe hoisin y sunomono de pepino.

PRINCIPAL (A ELEGIR)

RISOTTO MEDITERRÁNEO, CORVINA Y CREMA SUAVE DE CIGALAS.

Corvina soasada sobre risotto mediterráneo de marisco cremado con mantequilla de pargo y marisco, napado con una crema suave de cigalas.

PESCADO DEL DÍA.

COSTILLA DE CERDO ESTILO OSAKA

Nuestra costilla de cerdo ibérico a baja temperatura glaseada con nuestra salsa barbacoa casera estilo oriental

POSTRE DEL DÍA.

Brownie de chocolate acompañada de sopa de chocolate peranakan Café e infusión incluido.

Incluimos un agua más un refresco o una cerveza

31,90€

M/3

ENTRADAS A COMPARTIR (CADA 3 PERSONAS)

CROQUETAS DE LANGOSTINOS Y EMULSIÓN DE KIMCHI (6Uds.)

Croquetas de langostinos acompañada de un corte usuzukuri de atún rojo.

ENSALADA "MI COMADRE.

Nuestra ensalada de queso de cabra, guanciale, picatostes, frutos secos, manzana granny Smith aderezada con vinagreta casera de miel y mostaza.

HUEVOS ROTOS CON SETAS DE TEMPORADA.

Patatas tres tiempos con espuma trufada, huevo a baja temperatura, cebolleta holandesa y setas de temporada.

PRINCIPAL (A ELEGIR)

BRIOCHE ALMADRABA.

Brioche casero con guacamole korea, tartar de atún omakase, cilantro y emulsión de kimchi.

PALETILLA DE CORDERO A BAJA TEMPERATURA (cada dos personas)

Paletilla de cordero a 63 grados acompañada de petit plum en su jugo, habitas y guisantes

PESCADO DEL DÍA.

POSTRE DEL DÍA.

Brownie de chocolate acompañada de sopa de chocolate peranakan Café e infusión incluido.

Incluimos cualquier tipo de bebida durante la comida hasta el postre (1 botella de vino cada 3 peronas).

52,90€

@ sauvagemarbella

+34 952 73 75 97 C/ Antonio Belón 17. Marbella. Spain



Passion ^{for} Movies

ENTRADAS CARTELERA



Consulta nuestra cartelera y compra tus entradas ya escaneando este código



BILLBOARD TICKETS



Check out our billboard and buy your tickets now scanning this code

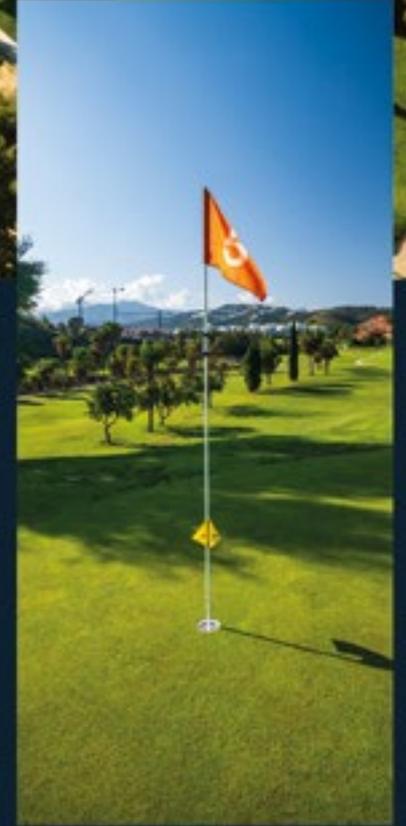


reddogcinemas.com

LIFE FESTIVE STYLE



Marbella
is calling you



ALL NEW & BETTER THAN EVER

golf course · pro shop · golf academy · restaurant

www.santaclaragolfmarbella.com   @santaclaragolfclubmarbella

New experience to feel like *paradise*

HAMBURGUESAS TOP • PATATAS FRITAS Y CERVEZAS BELGAS

SIMPLEMENTE PATAGUAY

BURGERS
PATAculares

PATATAS
BELGAS TRADICIONALES

CERVEZAS
BELGAS DELICIOSAS

¡Nuestra comida incluye un buen rato!



BRINDAMOS POR LA INFLACIÓN

BURGER+CERVEZA*

7,50€

PATATAS+SALSA+CERVEZA*

4,50€

A SÓLO 100M DEL
PUERTO DEPORTIVO

*Inc. 1x cerveza Belga (Jupiler o Hoegaarden Wit)



¿Ya conocías a **PATAT**? A sólo 100 metros del Puerto Deportivo, ofrecemos un menú **PATAGUAY** de hamburguesas, patatas fritas belgas, croquetas, y mucho más. ¡Todo a precios **PATÁSTICOS**! También tenemos noches de **TORNEOS DE JUEGOS, OFERTAS ESPECIALES** y otras cosas súper **PATAculares**. ¡Es la hora de ponerte **PATAT**!

PATAT

THE FATTER THE BETTER
Frite Atelier by Cascada

AV. ANTONIO BELÓN 26, 29602 MARBELLA • +34 633 142 040 • PATATMARBELLA.COM

RADIO FORMULA
MEGA 24/7
WWW.RADIOFORMULAMEGA.COM

DJ OFICIAL DE RADIO
FORMULA MEGA

**MÚSICA NACIONAL
E INTERNACIONAL**

**DJ ANIMACIÓN
DISCOTECA MOVIL**

**LA MEJOR MÚSICA
DE TU EMISORA
FAVORITA**

**DJ CARLOS
DE LA MEGA**

Reuniones de amig@s

Eventos de empresa

Graduaciones

Bodas

Ferias

+34 603 787 512

www.radioformulamega.com

CONTACTO

 **603 787 512**

 **radioformulamega**

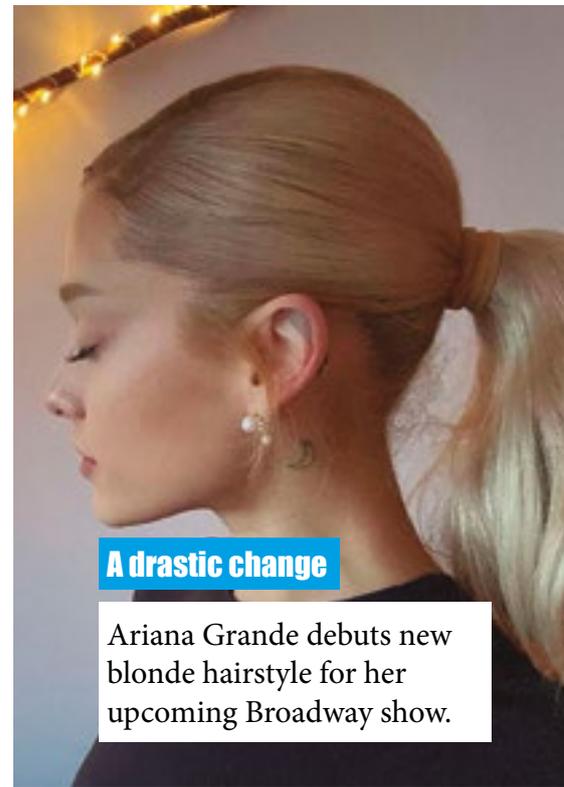
CASSINO

BET AND PLAY



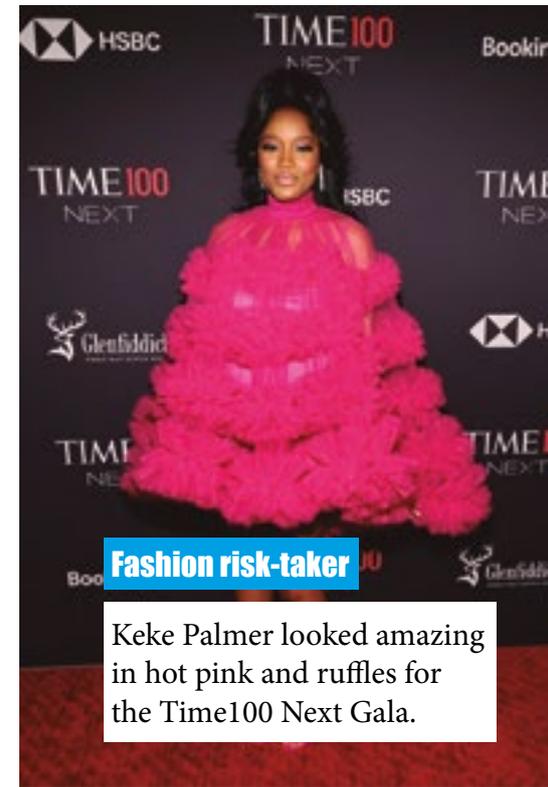
@cassinopuertobanus (+34) 659 67 21 95

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



A drastic change

Ariana Grande debuts new blonde hairstyle for her upcoming Broadway show.



Fashion risk-taker

Keke Palmer looked amazing in hot pink and ruffles for the Time100 Next Gala.



From Canada with love

Canadian singer Carly Rae Jepsen, well known for her global hits 'Call Me Maybe' and 'I Really Like You', just released her latest studio album 'The Loneliest Time'. The LP is full of disco influence, pop synths and catchy melodies that online fans are loving.

ANMLS

ARENA

WE ARE OPEN



#MUAY THAI #JIU-JITSU

#BOXING #KICKBOXING

#FITNESS #LIVE EVENTS

READY FOR THE NEXT LEVEL?

+INFO
📞 +34 626 88 05 73

© anmIsarena
C/ URANIO, 16 (LA ERMITA, MARBELLA)



90s nostalgia

Paris Hilton celebrated Halloween dressed as the character Sailor Moon.



Married co-stars

Couple Joaquin Phoenix & Rooney Mara will be working together in upcoming film 'The Island'.



Shocking change

Actor Zac Efron reacted to the Internet response to the latest pics of him preparing for his upcoming role 'The Iron Claw'. For the ripped physique he admits that he had to follow very demanding instructions and that the process has not been positive for his mental health.

A promotional poster for the Pro Boxing Tour. It features three muscular boxers: Gino Da Fonseca on the left, Baldo Mira in the center, and Charlie McDonald on the right. The text 'PRO BOXING TOUR PRESENTS' is at the top. Below the boxers, their names are listed: 'GINO DA FONSECA', 'BALDO MIRA', and 'CHARLIE MC DONALD'. The Pro Boxing Tour (PBT) logo is in the center. Below the logo, it says 'PRO BOXING TOUR' and '10 DICIEMBRE. MARBELLA'. The venue 'ANMLS ARENA' is prominently displayed. At the bottom, it says '+INFO & TICKETS COMING SOON'. Logos for ANMLS, the Ayuntamiento de Marbella, Casino Marbella, and Bio Drip are at the bottom, along with the address 'C/ URANIO, 16 (LA ERMITA, MARBELLA)'.

PRO BOXING TOUR PRESENTS

GINO DA FONSECA

BALDO MIRA

CHARLIE MC DONALD



PRO BOXING TOUR

10 DICIEMBRE. MARBELLA

ANMLS ARENA

+INFO & TICKETS COMING SOON



C/ URANIO, 16 (LA ERMITA, MARBELLA)

Have a great day further.



Sleeping posture and your spine

When you think of poor posture leading to orthopaedic issues like lower back pain or neck pain, standing posture or sitting position probably come to mind. But there's a third type of posture you may be forgetting, and it affects your health just as much as standing and sitting — it's your sleeping position.

The human spine is one of the most complex structures in the body and is responsible for everything from maintaining posture to protecting our vital internal organs. Our spines also help us move around and maintain balance, so a healthy spine is essential to good health. When we sleep, our bodies are in a state of relaxation because they are not being used during this time. There are many different types of postures that you can use while lying down but each one has its own benefits and drawbacks to consider before making your decision about which one works best for you:

Sleeping on your back

Lying flat is the nearest approximation to standing in a relaxed posture with your head, neck, and spine aligned. Lying flat also evenly distributes your weight across your body. Some people with pronounced arches in their lower backs may also need to place an additional pillow or yoga bolster under the knees to relieve strain and tension pulling on the lower back muscles. A small lumbar pillow may also be helpful. Some people also benefit from keeping their feet slightly raised.



Stomach sleeping

It's particularly bad for your spine if you're turning your head to one side to breathe. Keeping the neck in a twisted position all night can lead to neck pain from muscle strains. A twisted head and neck can also lead to soreness in the shoulders and upper back. Stomach sleeping puts pressure on your knee joints, which are pointed downward into the mattress, and holds your feet in an unnatural position. It's not uncommon for stomach sleepers to wake up with aches and pains, tingling nerves, and numbness. If you are a devoted stomach sleeper, try to keep your head straight to relieve pressure on your neck. Placing a firm pillow under your forehead can create enough space for you to breathe when your head is facing down. A firm pillow under the abdomen can also help to keep the spine straight. If you suffer from heartburn at night or get acid reflux often in the morning after eating acidic foods like tomato sauce or salsa at dinner time; then prone sleeping may be causing this as well due to its effect on digestion.

Side sleeping

Sleeping on your side is the best position for your spine. When you lie on your side, the curves of your neck and back are not as pronounced, so there is less stress on the muscles and joints that support those curves. It is also easier to breathe when lying on one's side than when lying flat or sleeping face down. Sleeping with your knees bent helps maintain good spinal alignment in this position, but it does not work for everyone because it may be uncomfortable depending on body type or other factors like arthritis/joint pain. For example, people with sciatica may find relief by bending their knees; others may

experience too much stiffness in their hips when they bend their legs while they sleep. We recommend trying different positions to see what works best for you. If you're someone who often tosses and turns while they sleep, side sleeping can be helpful, as it's easier to wake up when needed and more comfortable than sleeping with your back against a hard surface.

Finally—and perhaps most importantly—side-sleeping can significantly improve breathing patterns during restful slumber by moving oxygenated blood through the cardiovascular system more efficiently than other positions do.

It is important to take care of your posture while sleeping. If you have back problems or neck pain, it can be caused by poor sleep posture. It is important to have good posture when laying down as you spend a large amount of time in these positions. If you are waking up or going to bed at night in pain, then it is important that you get your spine checked by a professional, contact us at CostaSpine for any information.



#YOVENDOMICUERPO

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.



LOS INTOCABLES



“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

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



QUE LA
LLUVIA
NO TE DETENGA.



ENTRENA
EN NUESTRAS PISTAS CUBIERTAS

www.realclubpadelmarbella.com

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

ES TIEMPO DE ESTIRAR!!! IT'S TIME TO STRETCH!!!

Hoy os dejamos 6 estiramientos que seguro harán que tu recuperación después del entrenamiento de piernas o de una buena sesión de carrera mejore notablemente. No aguantes al máximo en cada postura y haz solo aproximaciones haciendo pequeños movimientos buscando la extensión en un grado de dolor 7 en una escala del 0-9. Respira profundamente e intenta relajarte concentrándote en la zona muscular en la que estés focalizando el estiramiento.

Today we leave you 6 stretches that will surely improve your recovery after leg training or a good running session. Do not hold on to the maximum in each position and only make approximations by making small movements seeking extension at a pain level of 7 on a scale of 0-9. Take a deep breath and try to relax by concentrating on the muscle area where you are focusing on the stretch.



**CUÁDRICEPS / PSOAS
QUADRICEPS / PSOAS**



**GLÚTEOS / OBLICUOS / FACIA LATA
GLUTEUS / OBLIQUES / LATA FACIA**



**ADUCTORES / CADERA
ADDUCTORS / HIP**



**ISQUIOTIBIALES / GEMELOS / CUADRADO LUMBAR
HAMSTRINGS / CALVES / SQUARE LUMBAR**



**GLÚTEOS
BUTTOCKS**



**CUÁDRICEPS
QUADRICEPS**

Y NO OLVIDES ACUDIR A UN PROFESIONAL CUALIFICADO PARA MEJORAR TU RENDIMIENTO ÓPTIMO

AND DO NOT FORGET TO GO TO A QUALIFIED PROFESSIONAL TO IMPROVE YOUR OPTIMAL PERFORMANCE

 [alvaropuerma](#)

 [Alvaro Puerma Martínez](#)

Fabric & Colour Trends for Winter 2022



This Winter it's all about texture and unique patterns. Expect to see a lot of leopard print and checkard wools for creating warm, soft interiors and cozy ambiances. The cool weather will not stop our florals from hitting the market this year; so, expect to see some darker and earthy tone florals, along with a pop of neon. This Winter brings together a range of quirky and unique patterns and we are so excited! If you're looking for some new Winter fabrics but you have no idea where to start; fear not.... Here are a few of our favourite fabric trends, expected to land this Winter.



As advanced technology continues to develop rapidly in the Fashion world, our variety of unique, textural and bizarre fabrics continue to grow too. This Winter it's all about teaming innovative structures with high performance yarns to create playful and unusual textured fabrics. Whether it's achieved through high-tech machinery or hand-stitched techniques, we are expecting a vast variety of soft, hard, malleable and colourful fabrics. We are super excited for this trend because who doesn't love a bit of texture??

Winter Floral Prints

Who said florals were just for Summer? From floral wallcoverings to upholstery fabrics, to scatter cushions, we are loving the winter floral twist and we have no doubt this fashion craze will surely take off! From playful and quirky patterns to vibrant, fun colours; this season is all about arty twists and making glamorous look and feel fun. Expect to see luxurious printed silks in lots of unique printed patterns. Whilst florals are predominately known for their Spring/Summer vibes, we can expect to see a more darker and earthier tone palette of florals hit the market.



Check, Check and more Check

Checkard prints came in all variations this season. If you love a bit of check then you will be ecstatic for this Winter trend. We are loving the Lorenzo Castillo collections from Gaston y Daniela – mixing the checked & striped upholstery fabric with the outstanding checked wallcoverings, simply on trend!



Sustainability is the new cool thing

This Winter we can expect to see the use of a lot more natural fibres. Pure silks, linen, cotton, wool, Hemp, Rayon, Flax, Bamboo, Mohair and many more. If you can; try buy fabrics made from natural fibres this Winter. Not only will they feel so much nicer but they are more durable, long-lasting, bio-degradable, toxin-free and environmentally friendly. We used a jumble of natural linen fabrics for the scatter cushions on this bed in one of our latest projects. Rather than mixing colours, we mixed textures & neutral tones.



Animal Print



As the weather gets cooler, you can be sure to see some animal prints make its way into the market. This year its back again and bigger and better than ever before. Varieties of this print adds a touch of glamour and femininity to our interiors and we're so excited to get on board.

For autumn/winter 2022 homes become more confident and joyful, with strong retro references, and a warming colour palette.

As we close the year, the 70s revival will only become more prevalent, as we tap into the fun and optimism of the era. Our kitchens will see a big shift, as we embrace creative tiling, some playful colourways, and new ways to display trinkets and treasures. We will also find fulfilment in rolling up our sleeves and tackling DIY home projects – a trend that has continued since lockdown.



Creative tiling in playful colours & patterns at Hotel Claude, Marbella. Project designed by Lord Designs



When choosing the perfect option for you, it is very important to first study the room where it is going to be placed, since the most important factor is the dimensions of the space, because depending on the size, one type of pattern or another will be better, because the smaller the room or wall, the smaller the pattern should be. Although if you have any doubts with your choice, it is best to put yourself in the hands of an interior designer.



Soft curved edges combined with earthy tones & natural materials. Project designed by Lord Designs



Details in projects by Lord Designs

Winter 2022 sees an eclectic mix of textures and patterns, such as animal prints, furry shag pile rugs, velvet furnishings, geometric shapes, and soft curved edges. All of which we can expect to see returning to the home. There is also a biophilic element to 70s decor that appeals to a modern-day market. A lean towards natural materials like rattan or cork, handcrafted ceramics, and macrame wall hangings. Not to mention a houseplant or two.



‘When it comes to accessories, don’t overcrowd your space. If the goal is to create a calm environment, you don’t want clutter. Think carefully about the decoration and choose items that add substance to the room, such as lamps, rugs, cushions that bring light and texture. Vases, mirrors and frames also work great for adding visual elements.’ Here is a prime example in one of our latest projects – this mirror – no words needed.



Simple but effective neutral accessories in another recently completed project by Lord Designs

Wellbeing pink



The "Marismas" suite at Hotel Claude, Marbella, was designed by Lord Designs, using a dusty pink & emerald green colour pallet. Provoking a sense of wellbeing during the guests stay.

We recently reported on the rise of pastel kitchens – a third of Brits believe pastel colours are most likely to evoke feelings of joy and happiness – and a soft pink has emerged as the colour of choice to invoke a sense of wellness.

It's no surprise to us that we're all lusting for colour as homeowners steer away from grey, but we are amazed at the consumer response to the connection between colour and wellbeing.

Wellbeing has become a primary focus for design which is why it's such a positive sign that homeowners are actively craving colour in the home for this specific aim.

www.lorddesigns.com f Lord Designs Interiors

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

Pink kitchens work especially well with bronze and brass, which can add plenty of warmth to a space without feeling overwhelming. Soft blush pink walls teamed with white units and brass hardware creates a space that is not only warm and inviting, but ultra-modern too. If you're going for rose or dark pink cabinets, opt for gold or brass accents and handles that will complement the tones with a sophisticated and contemporary touch.



Creative tiling

Tiles have long been used to introduce colour and pattern to areas of the home that are high traffic, but uses are expanding in 2022, as we see tiles adorning headboards and feature walls, and with creative motifs and laying patterns.

Tiles are beautiful pieces of art on their own and have the power to utterly transform a room. If you're looking to experiment with bold colours and decors and inspired layouts and patterns, tiles are the perfect way to make a distinctive design statement that is uniquely individual.

This year, we have noticed an increased sense of creativity to the way we are wishing to display tiles at home. Whilst colour is key, the different ways that you can lay your tiles are a wonderful way of expressing creativity and bringing a touch of individuality to a space. If you're looking for something more adventurous, a herringbone pattern is beautifully striking while an offset or linear pattern is a perfect alternative for something more subtle.

To conclude: The autumn-winter trends of 2022 are varied, covering a broad spectrum. They are an amalgamation of joy and soothing colors. From earthy tones in natural fabrics to poppy colors, this year is seeing it all! Fabric trends of 2022's Autumn-Winter seem to cater to all moods and talents. The surrealistic patterns and floral prints are all over the fabric fashion's global marketplaces. The latest fabric trends have broken all rules, flowing creatively worldwide. For all your fabric & color choices for this season, come and see us at Lord Designs, where we can guide you into making the perfect Interior choices for this Winter





BEACHGROOVES
WORLD OFF, MUSIC ON!

103.5 FM MARBELLA
103.1 FM MALAGA
102.0 FM FUENGIROLA

ONLINE - FM - TV

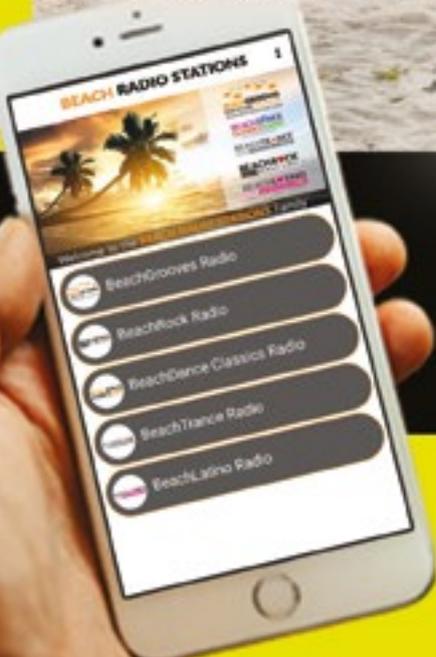
24 HOURS A DAY
7 DAYS A WEEK

#WeAreStillHere

Bringing you the best music and DJs

BEACHGROOVES
RADIO

FROM MALAGA - ESTEPONA



Don't forget to get the free

BEACH RADIO STATIONS APP

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

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

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

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

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

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

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

To listen online and full schedule
BEACHGROOVES.COM

BEACHGROOVES
WORLD OFF, MUSIC ON!

BEACHROCK
RADIO GET READY TO ROCK

BEACHCHILL
RELAXING MUSIC RADIO

BEACHJAZZ
JAZZ IS ALIVE

BEACHDANCE
CLASSICS RADIO
DISCO, SOUL & PUNKY CLASSICS

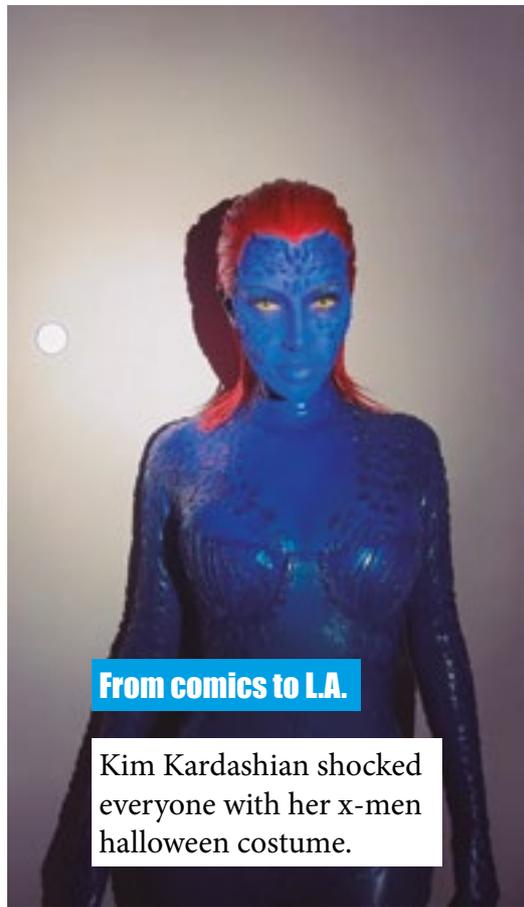
BEACHLATINO
RADIO FOR LATIN MUSIC LOVERS





Soon to be mom

Billie Lourd showed off her pregnant belly in the latest Max Mara event.



From comics to L.A.

Kim Kardashian shocked everyone with her x-men halloween costume.



Being vulnerable

In her latest documentary 'Selena Gomez: My Mind & Me', the American actress and singer discusses her struggles with mental health, self doubt and being diagnosed with bipolar syndrome. The documentary can be watched on AppleTV+.

ADMIRAL
ENTERTAINMENT

Vive el Mundial en Admiral
Enjoy the World Cup with Admiral

2€ **4€**

MOJITO **5 BEERS**

FÚTBOL 22WC
Qatar 2022

All football games
on our **BIG SCREEN**

ADMIRAL BET

SPORTS BAR

COOL FOOD | COOL DRINKS | COOL ATMOSPHERE

ENTRADA GRATUITA | FREE ENTRANCE | +18



OLD VIC

DISCOTECA - LATINA
MARBELLA

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



INFO & RESERVAS

+34 633 950 785 C/Nuestra Señora de Gracia, 2, Marbella

oldviclatino2018 Old Vic Latino Marbella 2018



**SO
CI
AL**

OLIVIA
VALERE

TABLE BOOKING + INFO:

T. 34 650 86 54 54 / + 34 605 32 75 90 Ctra.de istán - Km.0,8 29600 Marbella

www.oliviavalere.com

www.oliviavalere.com

@oliviavalere f Club Olivia Valere

SUEÑA DE NUEVO EN DREAMERS MARBELLA

El lugar donde la buena música y el buen ambiente conviven cada fin de semana



DREAMERS

MARBELLA

@dreamersclubmarbella

INFO & BOOKING +34 684 41 53 91

C/CC. RIVISA-TINO, 29660,
PUERTO BANUS, MARBELLA (MÁLAGA)





LA HABANA DE HEMINGWAY



DEFENDER RALLY SERIES BY BOWLER 2023 UK CHAMPIONSHIP LAUNCH



Following a hugely successful first season of exciting and close fought competition, off-road performance specialists Bowler have just announced the Defender Rally Series for 2023.

The Defender has proven to be an incredibly tough, durable and capable platform from which to grow the series in the UK and beyond. Designed for novices and competition veterans alike, the Defender Rally Series by Bowler consists of 12 teams taking part in nine events, including seven competitive rounds in identical Defender rally cars. After the first private round, fully supported teams participate in six rounds of public events in which they will develop both the driving and organisational skills required of open competitive motorsport.

Building on the popularity of the Tata Elxsi Bowler Defender Challenge for 2022, the Defender Rally Series by Bowler has been specifically designed to offer entrants the chance to gain rally motorsport experience and know-how, facilitating progression to rally-raid events. Bowler can offer the necessary support and training enabling entrants to achieve the correct licencing in order to compete in the UK and internationally.

CALUM MCKECHNIE BOWLER GENERAL MANAGER

By: Guillermo Fernández de Ateca Barber.

- Unique Defender production-based championship from off-road performance specialists Bowler
- Both RHD and LHD vehicles available for the first time due to international demand
- UK Championship is based over seven rounds incorporating both Gravel and Hill Rallies throughout Scotland, England and Wales
- Drivers receive dedicated race support and infrastructure from highly experienced Bowler Works crew
- 2023 rally specification enables progression to international competitions
- Applications now open for 2023 season of competition – visit bowlermotors.com for more details



The UK Championship provides an inclusive team atmosphere with full technical support on hand at every event. The professional presence of the team, with comprehensive on-event spares support and team hospitality area creates a true paddock within the paddock and underlines Bowler's unique proposition and commitment to the sport. As a result, the camaraderie among current teams has been exceptional while still remaining highly competitive, with demand continuing to grow within the UK and overseas.

Packages for the 2023 UK Championship will start at £108,334 (plus VAT). This includes purchase and full ownership of a brand-new, fully converted rally car, based upon the latest road registered model year Defender 90 P300, management through nine events, including seven competitive championship rounds with full works support consisting of a dedicated team of race technicians, event hospitality, professional guidance, access to a fully stocked spares container and support unit, plus training. Competition organiser race entry fees are additional to the Bowler package.

A number of additional support options are available, these include Arrive and Drive whereby the rally car is entirely managed by Bowler for the duration of the 2023 UK Championship; cars are professionally managed, cleaned, inspected, repaired where required, stored between competitions and delivered to each round ready to race. Rounds take place in remote areas around the UK so this option is particularly attractive for time poor or international drivers. Further options include licence development and bespoke training delivered by a professional rally driver.

“The 2022 Defender Bowler Championship has exceeded expectations on all fronts. As we anticipated, the latest generation Defender has proven to be a highly capable and extremely tough rally car which continues to surprise and thrill anyone who has experienced it. It has delivered incredibly close competition amongst the teams whilst still competing aggressively against the competition in the open rounds. Above all, the team camaraderie and relationships formed around the Championship have been a highlight which has attracted many new interested customers.”

By: Guillermo Fernández de Ateca Barber.



Hyundai Motors embarked on a project in 2012 with the project code RM (Racing Midship), which was initiated to create new high-performance technologies for the future. Upon reaching the advanced research stage, vehicles underwent road tests to validate newly developed technologies, observe their effects on performance, and improve them for later application in N models.

- Connecting Motorsports Technology to N Models:
The RM models are not just one-off displays of exterior design, but represent true concept cars that demonstrate the evolution of high-performance technologies that will expand to the N models.
- Embodiment of Stability and Power:
The lowered front with an extended hood, slim headlamps, and wide air intakes give the RM a more aggressive look. At the same time, the rear spoiler, with optimized aerodynamics and extended air intakes, displays the characteristics of a powerful midship model.
- Custom Fit Sport Seats with Variable Boosters
- The RM16 features various new technologies that are currently being tested to capture the optimal driving emotion and enhanced performance for all N models. One of these featured technologies is the electronic supercharger that increases the performance of the high-output RM16 engine. When compared to its forerunner, the performance increased by 14% from 60 to 100 km/h, and by 17% from 80 to 120 km/h.



Additionally, the MR (a midship engine and rear-drive system) was utilized to enable advanced research into vehicle movement with different weight distributions between the front and rear. This testing is essential for high-performance cars and helps to better understand the effects of a weighed-down and high-strength body frame on the vehicle's performance. Finally, the research resulted in a midship design, with the engine mounted in the middle of the car instead of the front.

FC

FRANK'S CORNER

M A R B E L L A

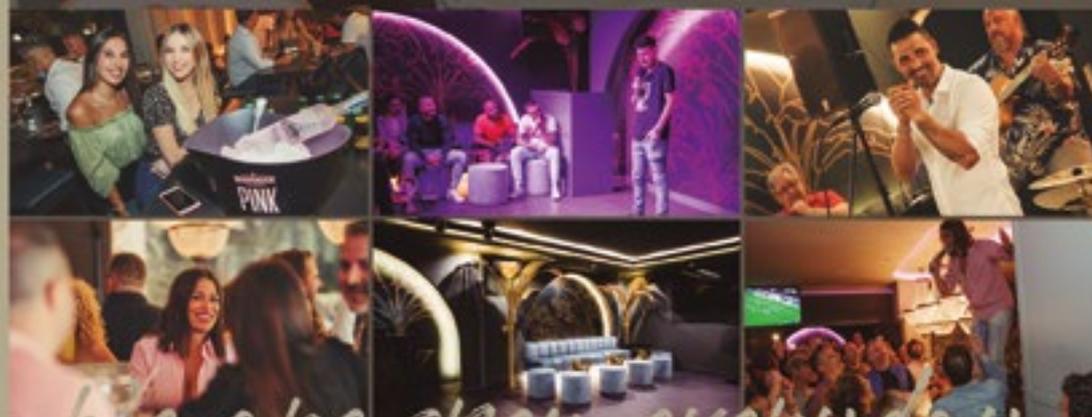
FC

FRANK'S CORNER

M A R B E L L A

DESCUBRE FRANKS CORNER

MONÓLOGOS · MÚSICA EN DIRECTO · DJS



We are open everyday

DISFRUTA DE UN CONCEPTO ÚNICO
CON EL MEJOR AMBIENTE
EN PLENO CORAZÓN DE MARBELLA

LIVE · LOVE · FRANK'S



WWW.FRANKSCORNER.ES



TAOK

TAOK
TAOK
TAOK
TAOK
TAOK

Exclusive nights

ABRIMOS DE MIÉRCOLES A DOMINGO

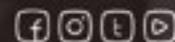
malecón
BY LA REDERA

Mentiroso
FRIDAYS

FINESSE
FRIDAYS

RUMOURS
FRIDAYS

STAFF
PARTY



@TAOKMARBELLA

INFORMACION & RESERVAS: +34 956 186 182

WWW.TAOKMARBELLA.COM / AVENIDA DEL MAR 2, MARBELLA



DJ MANDUCO
DJ Residente

ABRIMOS DE JUEVES A DOMINGOS

LIVING DISCO

Salsa



[Facebook](#) livingsalsamarbella [Instagram](#) @livingsalsa.marbella
Calle Camilo Jose Cela 12 Marbella



Queen of Halloween

Heidi Klum didn't disappoint this Halloween dressed as a... worm!!



Historical figure

Emilia Clarke will bring Oscar Wilde's wife to the screen in upcoming film.



Pushing boundaries

Julia Fox turned heads at the latest Fashion Week with this mermaid outfit.



Iconic moment

Naomi Campbell was a vision in gray for the latest Boss Fashion Show.



Welcome home!

Actors couple Tom Hiddleston & Fiancée Zawe Ashton have just become parents by welcoming their first baby together. The couple met working in 2019 and it seems like they were ready to take the next step in their relationship.



Weird times

Singer Shakira is going through difficult times lately, with her tax situation with the Spanish government and now the split with soccer player Piqué. Regarding this last one, he seems to have found a new partner already, which is making the situation harder.

La jungla



KATRE

LOUNGE BAR



Instagram icon [elkatreloungebar](#)

Plaza De La Libertad, San Pedro De Alcántara 29670

LE CLUB

NIGHT ROOM



Book Now

722 49 35 66 C. Jacinto Benavente, 4, 29601 Marbella, Málaga



leclub_marbella

M P

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





Shakers

URBAN BAR
& FOOD

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