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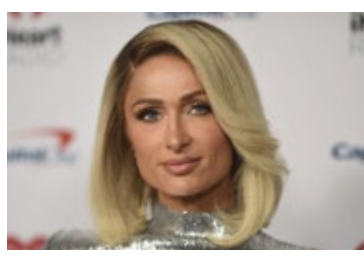
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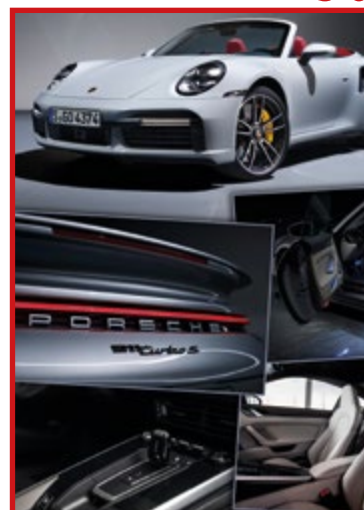


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Who's In Who's Out
As usual, ABSOLUT MAGAZINE attended the hottest parties and events on the coast. Where you there?
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More is more

Singer Natti Natasha opted for extra large hoops for the Latin AMAs.



Classic B&W

Jennifer Lopez was all classy and elegant at this year's MET Gala red carpet.



Following her dream

Kim Kardashian recently revealed that she is taking her studies to be a lawyer more seriously and since she wouldn't mind having that job full time. This is no surprise after years of her studying but with failed attempts to pass the mandatory tests needed to become a lawyer in the US.

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A dark wooden cutting board with a hole at the top, featuring a stack of three salmon fillets and a fork with a wooden handle. The text 'GAS TRO NOM' is overlaid in large white letters, with the 'Y' extending to the right.

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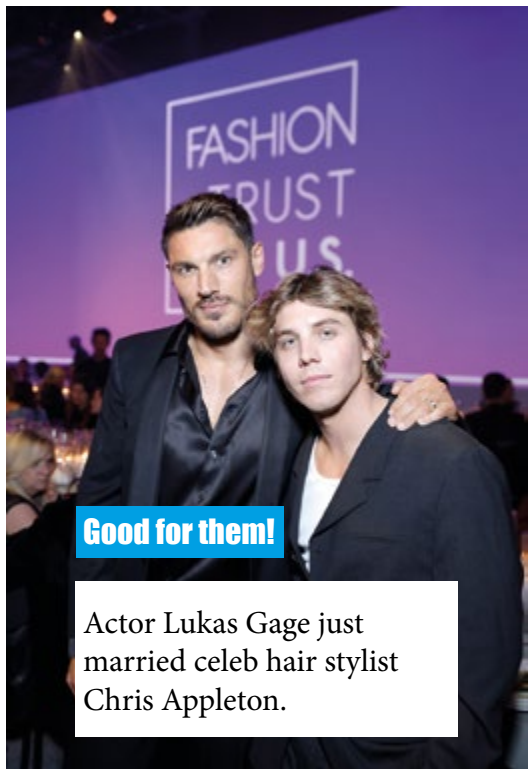


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Good for them!

Actor Lukas Gage just married celeb hair stylist Chris Appleton.



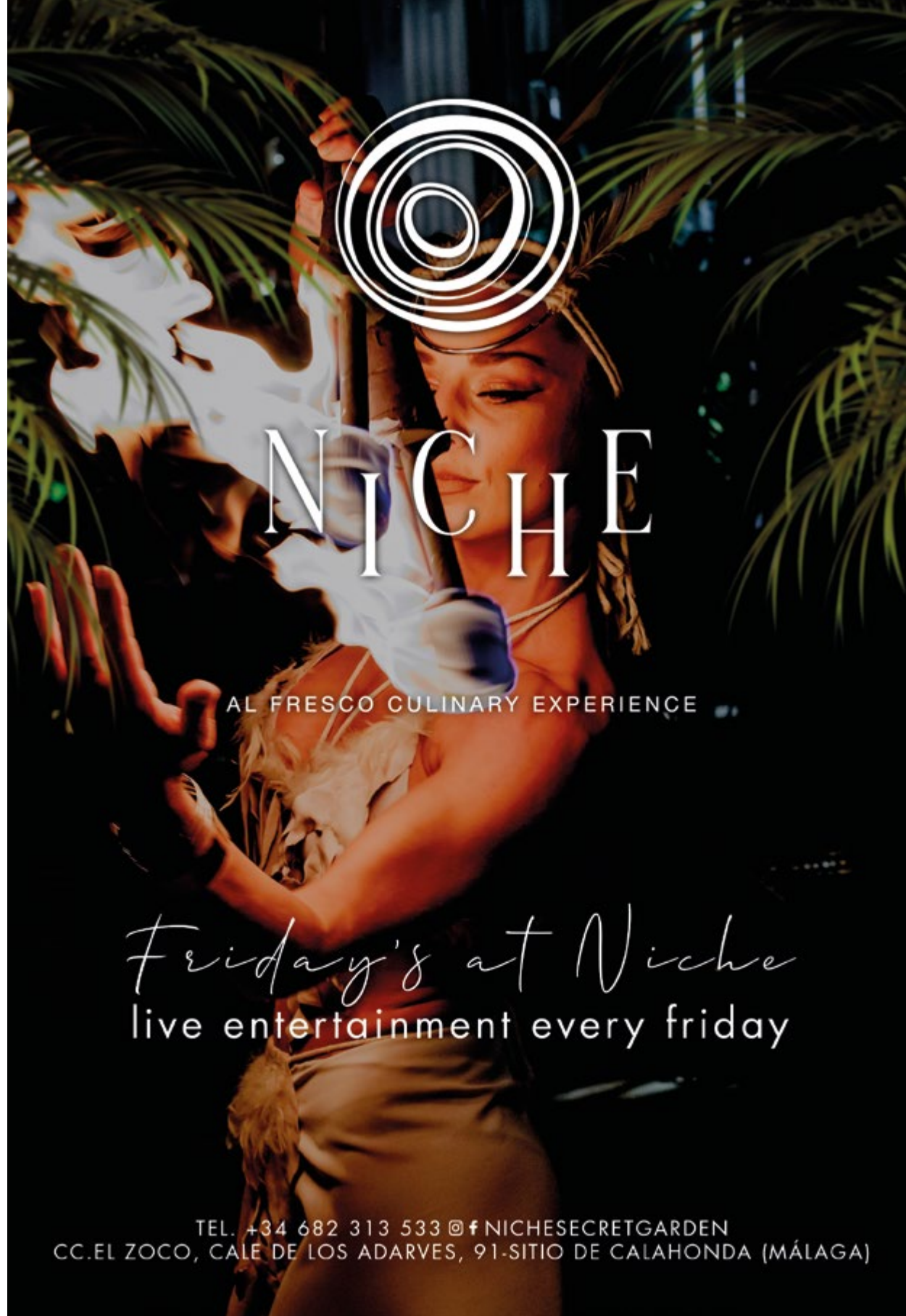
Mix and match

Danna Paola wore this textured jean and metal dress for the Latin AMAs.



Every detail

Anna Wintour held a more laid-back dinner prior to the MET Gala in New York City, with numerous famous attendees, like Dua Lipa or Penélope Cruz. Being the icon of fashion that she is, she wanted the gala experience to be flawless from start to finish.



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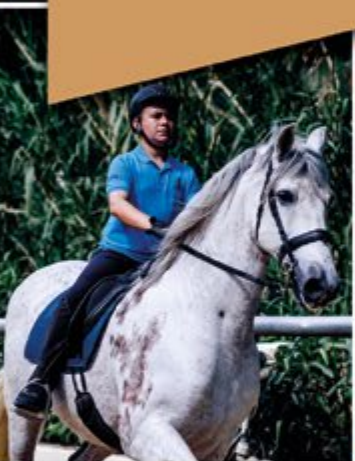
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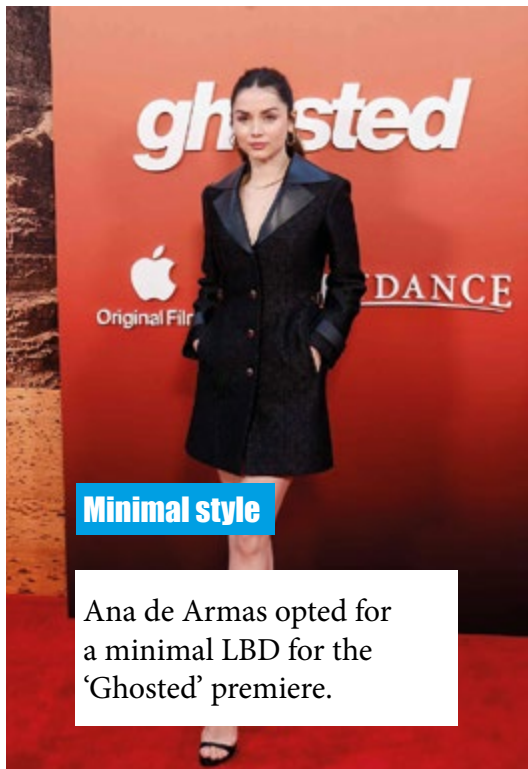
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Minimal style

Ana de Armas opted for a minimal LBD for the 'Ghosted' premiere.



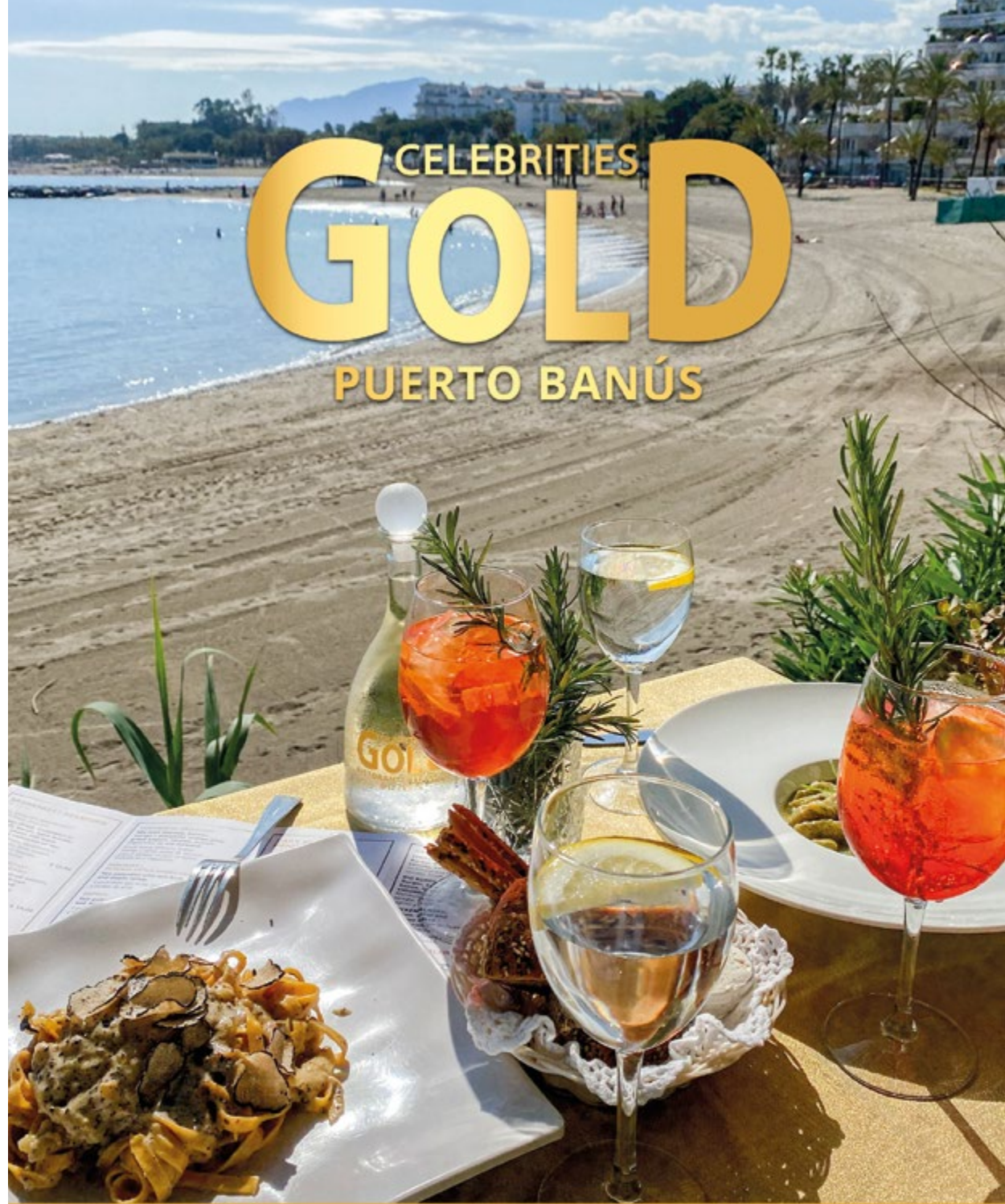
Spanish heritage

Penélope Cruz wore an archive bridal Chanel for the MET Gala.




Learning process

Halle Bailey revealed that she has learned so much from her 'Little Mermaid' co-star Melissa McCarthy. She went on by saying that on top of being funny she is very professional and confident. That inspired her to speak up and not settle.



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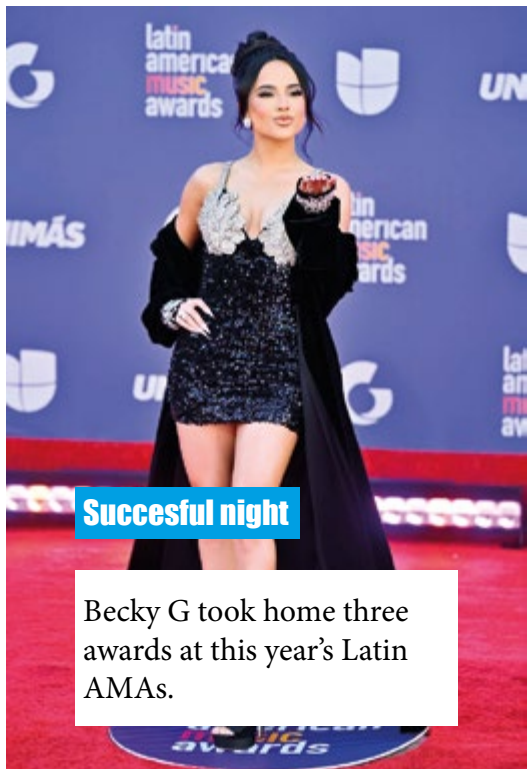
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Successful night

Becky G took home three awards at this year's Latin AMAs.



Elegant shade

Priyanka Chopra looked beautiful in red for the 'Citadel' premiere.



The it couple

Rihanna still reins supreme as the queen of the MET Gala, this time joined by ASAP Rocky. The couple made an statement with their over the top outfits and accessories, still quite close to this year's theme, Karl Lagerfeld. It was definitely worth the wait.



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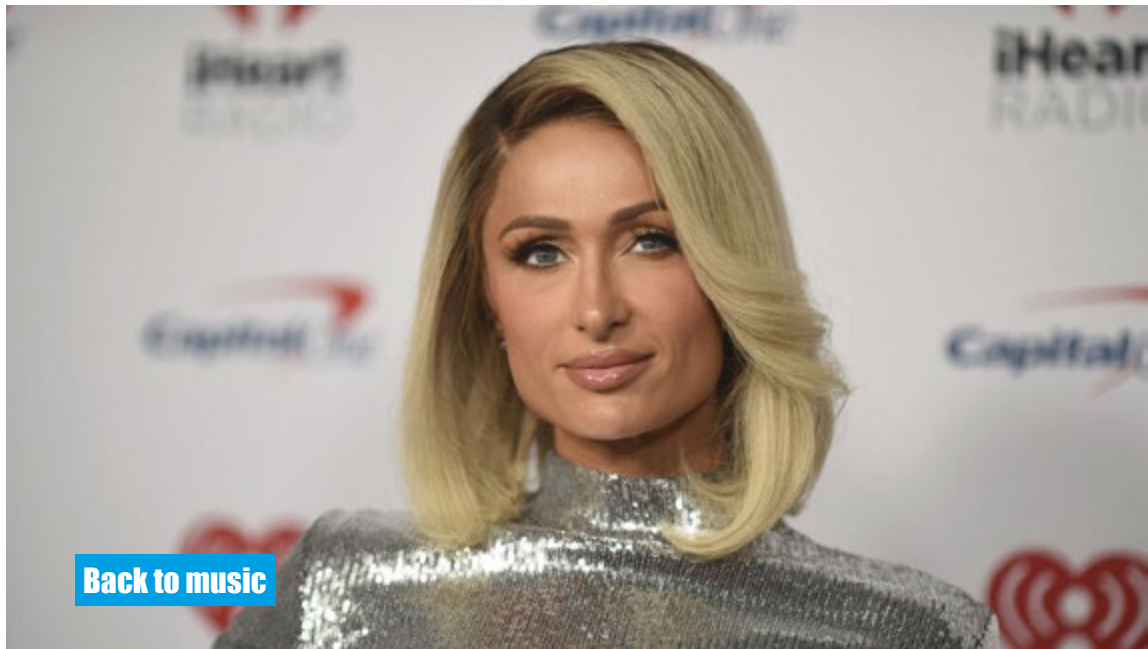
Explosive color

Rihanna flaunted her pregnant belly at NYC earlier this week.



Lovey dovey

Couple Taika Waititi and Rita Ora posed together at the MET Gala.



Back to music

Paris Hilton is celebrating the launch of her own musical division by releasing and performing music herself after years on a hiatus in this department. Paris will perform a live collection of her hit songs, including “Stars are Blind,” for the first time ever in a big venue with many musical guests.



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- Don Carlos Beach Club: en el club de playa priman los sabores más auténticos de la gastronomía andaluza. Además, la carta cuenta también con una interesante selección de cocktails y de aperitivos.



- Ombú: en él se pueden encontrar platos icónicos de la gastronomía tailandesa en un ambiente exótico que conforma un jardín tropical y disfrutar de un atardecer mágico e inolvidable. bañado por el mar.
- Bahía: basado en las recetas clásicas de la gastronomía española, a las que se les ha añadido toques de sofisticación y ligereza. Bahía pone el foco en la materia prima de calidad, ofreciendo a sus clientes sorprendentes propuestas culinarias frente a un jardín bañado por el mar.



2. Don Carlos Tennis Club: sin duda, uno de sus puntos fuertes. Se trata de unas instalaciones exclusivas con las mejores pistas de tierra batida de la Costa del Sol, donde entrenan profesionales como Alejandro Davidovich, la promesa malagueña del tenis internacional. Equipado con 9 pistas ofrece servicios de escuela para niños, clases para adultos, reserva de pistas y reparación y venta de raquetas.



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4. Don Carlos Beach Club: exclusivo club de rodeado de vegetación tropical, con hamacas, camas balinesas, una gran piscina y la suave música deep tropical house para pasar una tarde relajada.



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NEW 911 TURBO S



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Porsche Active Aerodynamics (PAA) in detail: Extended control strategy and additional functions

More powerful, dynamic and comfortable than ever before: the new 911 Turbo S sets new standards in many areas. That is also true for the adaptive aerodynamics, which Porsche has further enhanced for its flagship 911 model. Porsche Active Aerodynamics (PAA) adapts the aerodynamic characteristics of the vehicle even more precisely to the specific driving situation, speed and selected driving mode. PAA celebrated its world premiere in the previous generation of the 911 Turbo launched in 2014. All model lines from the 718 through to the Panamera and Taycan now feature active aerodynamic elements.

“No other sports car reacts to different situations with such aerodynamic flexibility as the new 911 Turbo S. We aerodynamic engineers are normally faced with a dilemma: a low drag coefficient is desirable to achieve a higher top track speed and lower fuel consumption, while a high amount of downforce is advantageous for driving dynamics. However, the two characteristics contradict each other,” explains Dr Thomas Wiegand, Head of Aerodynamics Development at Porsche. “PAA resolves the conflicts between these different aerodynamic goals. The comprehensive expansion of the intelligent system in the 911 Turbo S makes it possible to achieve a much larger spread between the aerodynamic configurations for optimum driving dynamics and minimum drag. What is more, there is increased potential for the aerodynamic components to support specific driving dynamics demands in many driving situations.”

The active cooling air flaps are new. Together with the variable front spoiler lip as well as the extending and tilting rear wing, the new top-of-the-range model features three active aerodynamic components. On top of the basic aerodynamic configurations of the 911 Turbo, namely PAA Speed and PAA Performance, this now permits realization of an Eco configuration.





PAA has also been extended to include a Wet mode function, which moves the aerodynamic balance towards the rear axle for greater driving stability in wet road conditions, as well as the airbrake function, which produces higher drag and greater downforce in the event of full braking at high speed and contributes to a shorter braking distance and greater driving stability. PAA is also used for adaptation to the changed air flow around the vehicle when the sliding roof or convertible top is open. This means that there are a total of eight different aerodynamic configurations, which are each described by a specific combination of the active aerodynamic components.

The newly designed active front spoiler and rear wing have increased the downforce by 15 percent to guarantee enhanced driving stability and dynamics at higher speeds. The maximum downforce in the Performance position (Sport Plus mode activated) is now around 375 lbs.

The drag coefficient (cd) of the 911 Turbo S varies depending on the aerodynamic setting. The most efficient configuration with the minimum cd value of 0.33 is achieved with closed flaps and retracted front and rear spoilers.

The new functions: Wet mode and airbrake

With the new Wet mode, the focus is on driving stability in wet conditions. If the sensors equipped as standard in the front wheel housings detect a significantly wet road surface due to spray that is swirled up, a corresponding message is displayed to the driver in the instrument cluster. The driver can then manually activate Wet mode by means of a rotary switch on the steering wheel. In addition to the above-described adaptation of the aerodynamic components, all relevant control systems are also set to maximum driving stability.

The new airbrake function is activated automatically in the event of full braking at high speeds. The front spoiler and rear wing are then moved to the Performance position. The higher drag and increased downforce can reduce the braking distance. Driving stability is also improved during braking.



By: Guillermo Fernández de Ateca Barber.

LEXUS LC500



Since its inception, the LC 500 family has represented a harmonious blend of emotional design and top tier driving performance. Through a process of continuous improvement, or kaizen, Lexus engineers consistently refine the flagship sports coupe. Building upon last year's updates to wheels, suspension and vehicle stability control, the LC 500 and LC 500h return for 2023 with additional suspension enhancements based on the Lexus Driving Signature philosophy.

Lexus Driving Signature

For 2023, the LC 500 embraces Lexus Driving Signature through the vehicle's dynamic handling characteristics. Front and rear suspension settings have been optimized to enhance ground contact feel, linear steering response, and steering effectiveness in the high cornering G range. With nimbler vehicle handling, Lexus Driving Signature creates a sharper connection between driver and vehicle.

The available LC 500 sport package includes numerous performance elements, including Torsen limited-slip rear differential with Yamaha performance damper, performance brake pads, and Alcantara-trimmed seats. For 2023, the sport package with glass roof adds 21-inch forged alloy wheels with polish finish and Gloss Black accents.

By: Guillermo Fernández de Ateca Barber.

No-Compromise Design

The Lexus LC 500 represents the most passionate expression of the Lexus brand. The eye-catching coupe displays a unique mesh grille that spreads across the front of the car. It has a large glass panel and blacked-out rear pillars that creates a floating roof appearance. Chrome-plated moldings along the edges echo the lines of a traditional Japanese sword.

One of the most stunning aspects of the LC 500 is its unique light signature at night. The taillamps were inspired by the glow of a jet's afterburners, and the ultra-compact, triple-projector LED headlamps are not only striking – they're lighter and half the size of conventional headlamps.

Distinctive Craftmanship

The 2023 LC 500 receives a more focused color palette featuring nine exterior colors: Caviar, Cloudburst Gray*, Atomic Silver, Ultra White*, Infrared**, Nightfall Mica, Flare Yellow**, Nori Green Pearl and Cadmium Orange**.



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Barefoot running

Until recently, most of us considered athletic shoes an important and essential part of our athletic training gear. This belief was fortified by the advent of the modern running shoe in the mid-1970s. Every year since then, the big running shoe companies have introduced new product lines based on shoes with increased cushion and support.

Today, however, there has been an uprising among subgroups of runners, cross-fitness enthusiasts, and weight lifters: less shoe is better, and no shoe is best. The topic of barefoot running is gaining traction.

Why Go Barefoot?

The premise behind barefoot running is essentially that the intrinsic muscles, joints, ligaments and mechanoreceptors of the feet require stimulation to function properly. And this optimal function is inhibited by highly supportive and cushioned shoes. Intrinsic foot muscle atrophy and mechanoreceptor activity combine to cause injury and reduced performance. Also, the thickly padded heels

of running shoes have produced a world of runners who now strike heavily on their heels, producing a gait that is (reportedly) quite different from those who run without shoes.

Whether or not barefoot running is better for humans has yet to be determined scientifically, but advocates have made some very compelling arguments in favor of it.



Injury Risks

Bunions, neuromas, plantar fasciitis, and stress fractures can all be the result of inappropriate shoes. Yet, barefoot running can also produce its share of injuries—from frostbite to tendinitis, metatarsal stress fractures, lacerations, puncture wounds, abrasions, and stone bruising.

Advice for Running Barefoot

While running barefoot is most certainly what our ancestors did and our aboriginal cousins still do, we currently lack the knowledge to say irrefutably that it is healthier than running with shoes. If you're interested in trying out barefoot running, consider this advice before you begin.

Start with walking barefoot or in minimalist shoes, and gradually work into running. Progress to short runs. Begin running only five minutes per run, and gradually increase. Rather than going totally barefoot, use a minimalist shoe to protect your feet from thorns, glass, nails, stones, and other debris. Stop barefoot running at the earliest sign of pain. Avoid running barefoot in freezing temperatures. Shoes protect us from frostbite if nothing else. Be prepared for blisters and calluses to form as you transition to barefoot running.

Red Flag

If you switch from shoes to bare feet, you must allow time for your bones and soft tissue to adapt to the new stresses that barefoot running will place on the lower extremities. Achilles' tendons are particularly susceptible to injury if there is a sudden change in their position of function. Most conventional running shoes place the Achilles' tendon in shortened

position. So by suddenly switching to barefoot running, you will place an unaccustomed strain on the Achilles' tendon, making it more susceptible to rupture and strain. Use discretion and prudence in transitioning from supportive shoes to barefoot or minimalist shoe wear.

For the most part, our bare feet would work great if we stayed on soft, loamy soil or a sandy beach. People with the gift of optimal biomechanics will thrive with barefoot running regardless of where they run. But other people's foot biomechanics will require shoes to prevent injury, and still others will require additional supportive or corrective shoes to function near normally. As further research uncovers the effects of shoes on our feet, alterations and modifications in shoe design will continue



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Strength for a Healthy Life: How to Improve Your Overall Health with Strength Training

As a personal trainer specializing in performance improvement through strength training and health, I want to emphasize the great importance of strength training for enhancing your day-to-day life. It starts with being able to carry grocery bags without arm pain, holding your child without feeling exhausted, or not having to buy a beer for a friend after losing a race due to injury during the start.

It's not just about lifting weights, but how this form of exercise can have a significant impact on your life.

The three magic words: Health, aesthetics, and performance.

Strength training not only helps you develop strong muscles, but also has benefits for your cardiovascular, skeletal, and metabolic systems. By regularly engaging in strength exercises, you are gradually transforming from a FIAT 500 (with all due respect to those who own a FIAT) to a real Ferrari, improving your metabolic flexibility, strengthening your muscles and bones, and achieving the desired aesthetics that make you the center of attention in photos. Importantly, it helps prevent diseases like osteoporosis, which is particularly relevant for women, and maintain a healthy cardiovascular system.

Keys to avoiding boredom at the gym.

In two words: Variety and progression. You can use different types of exercises that suit you to improve your performance in them and in your overall program, and track this progress over time to make corrections. Believe me when I say that it is tremendously satisfying to look back and see how you have improved in the exercises you have chosen, and how they have helped you improve your health and aesthetics, because although they may not seem related in certain contexts, in general, we can say they go hand in hand.

Interpret it as a game where you level up and earn rewards that make you a better player. Moreover, you have unlimited lives in this game, as you have endless opportunities to make mistakes and learn from them.

Set long, medium, and short-term goals that challenge your strength and endurance limits, which allow you to maintain constant motivation as you see yourself achieving those small victories.

Speaking of health, strength training also has long-term benefits. A proper strength training program, as mentioned earlier, can help improve your mental health and emotional well-being on a daily basis.

Exercise is the best medicine when you're feeling sad and a bit lost.

So, if you're looking to improve your overall health, strength training is a powerful tool. It's not only beneficial for your muscles, but also has a significant impact on your emotional health. Keep strength training in your life, lift heavy, and keep leveling up in this infinite game, and both your brain and body will thank you.

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With the arrival of the good weather, our interest in filling our spaces with life with one of our favourite elements is awakened even more strongly: WALLPAPER.

And the versatility and ease with which we can generate sensations with them is innumerable.

However, we realize that the idea that wallpaper is something “old-fashioned” or that it is something you can easily get tired of is quite widespread. What you may not know is that wallpaper has already been reinvented a thousand times, that it is also framed in the wake of new decoration trends and that you do not have to violate the hegemony of minimalist interior design, but can also coexist with it, elevating the space to something more elaborate, artistic and with a feeling of more attention to detail.

Today at Lord Designs, we want to debunk these myths by showing you how we use wallpaper according to different tastes and interiors.

Neutral tones and soft prints

Project Los Arcos de La Frontera,
Design by Lord Designs.

It is easy to fall into boring designs when you are decorating a space with neutral tones. If you want to keep your design in a sophisticated and relaxed look, and still have character, wallpaper plays a key role here, as it allows you to maintain that monochromatic vibe, but with special touches.

In these designs, we have used wallpaper in neutral tones, contrasted with contemporary pieces.



Vertical lines

Vertical lines are a classic that we use a lot. It gives the appearance of higher ceilings, and with different complements we can achieve an ambience that ranges from more relaxed and beachy to more elegant and sophisticated.



Master Bedroom

Occasionally we notice that clients want to be more themselves in the bedroom area as it is a more intimate environment and are open to the idea of using special wallpapers.



We love the cordonné mural used in interior designer Fabián Níguez's design of Spanish actress Ana Milán's home. We think the hidden door is genius and mixed with the contemporary design of the chair makes a perfect match.

Vibrant colours and fun illustrations, they are ideal for children's rooms and are also a good resource to offer a more refreshing perspective in the bathroom.



Complement your kitchen

The kitchen is the heart of the home. As it's something that doesn't tend to get updated very regularly, clients usually go for timeless, simpler designs. One way to up the look is to add wallpaper to the dining area - it's a great combo!



Teleport to...!

Finally, we cannot forget that wallpaper also has the amazing ability to teleport us to any other environment. From tropical environments to calm skies or architectural murals. It's up to you!



In conclusion, wallpaper is a resource that makes for bright and unique interior designs. At Lord Designs we would be delighted to help you with your personal project, making your space extra special with wallpaper!

www.lorrdesigns.com f Lord Designs Interiors

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The Power of Transformational Leadership.



As a leader of a company, your role goes beyond simply giving orders and supervising your employees. Remember that we are not in the 19th century, and this is where transformational leadership comes into play as a powerful tool that can drive your team's performance and have a positive impact on the entire organization.

Transformational leadership is based on the ability to inspire and motivate people to reach their full potential.

Three keys to transformation:

Vision, empowerment, and purpose creation. It's about nurturing people and helping them grow personally.

When leaders adopt a transformational approach, they create an environment where employees feel valued, motivated, and committed to the company's goals. This improves the effect of transformational leadership on employee performance is remarkable. Inspired and motivated employees are more engaged in their work and strive to achieve higher goals. They feel part of something bigger than themselves and are willing to put in that extra effort to achieve the company's success.

Creativity: Soaring.

It's not utopian, it's real. We must be able to create small situations of conflict where problemsolving and creativity are encouraged. This will add immeasurable value to our leadership and, of course, improve employee performance when things get tough.

Transformational language: The forgotten one.

Have you ever wondered what words you use every day? They say that there is nothing nobler than language, as it has the power to alter, confuse, delight, and create an endless array of situations.

Hand in hand are the words we use in our day-to-day life and our daily performance, and thus the performance of employees.

The language we use as leaders has an impact that you couldn't even imagine on how employees perceive us and how they feel about their work using familiar, simple language without ego creates a balanced environment that can inspire employees to give their best and believe in their ability to achieve challenging goals.



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17/7 RUBÉN BLADES con Roberto Delgado Big Band SALVING TOUR	18/7 LUDOVICO EINAUDI	19/7 2/9 MELENDI	20/7 NATALIA LACUNZA & BELÉN AGUILERA	21/7 ROD STEWART
22/7 ANTONIO OROZCO	24/7 30/8 DAVID BISBAL	25/7 ZZOILO	26/7 MIKA	27/7 NORAH JONES
28/7 MALÚ	29/7 ANDRÉS CALAMARO	31/7 CARLOS RIVERA	1/8 JORGE BLASS	1/8 EMILIA

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y muchos más...

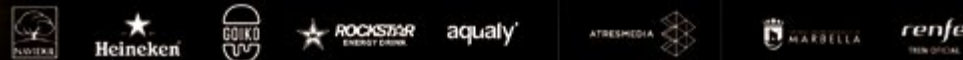
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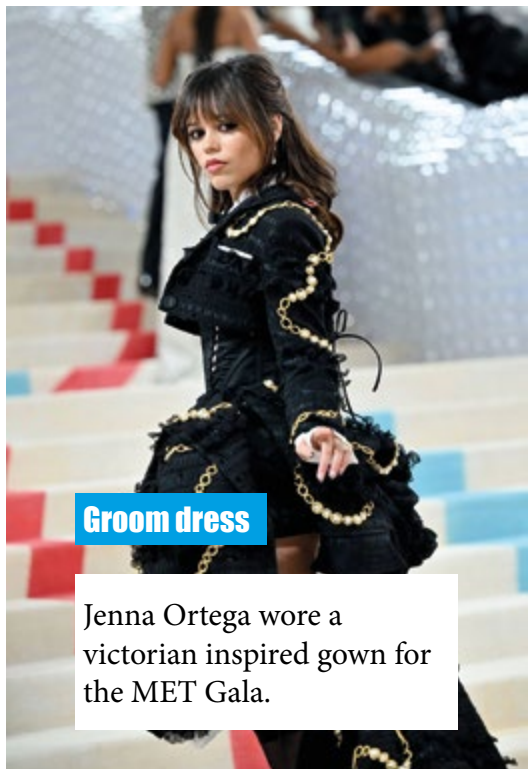
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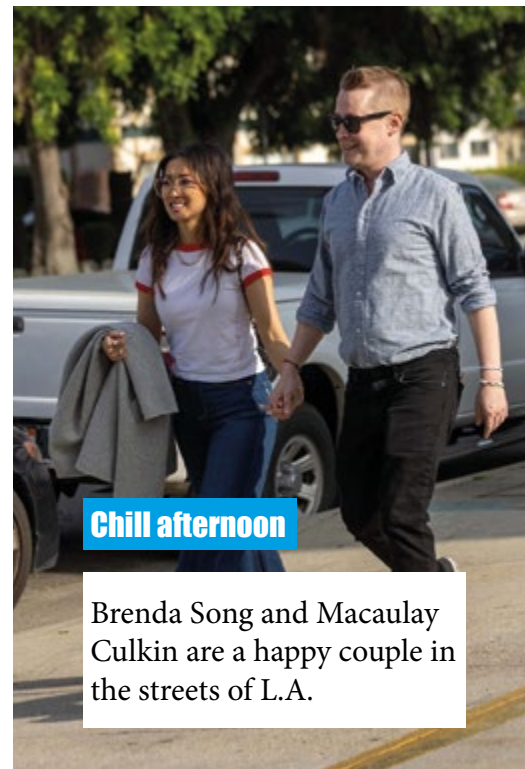
Groom dress

Jenna Ortega wore a victorian inspired gown for the MET Gala.



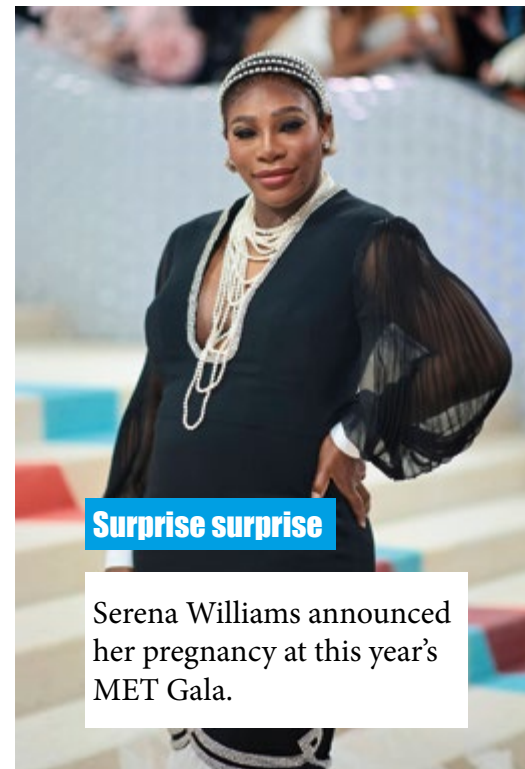
She's expecting

Lindsay Lohan uploaded her first pregnancy picture to her social media.



Chill afternoon

Brenda Song and Macaulay Culkin are a happy couple in the streets of L.A.



Surprise surprise

Serena Williams announced her pregnancy at this year's MET Gala.

Still very much in love

Adele seems to be going strong with her current boyfriend Rich Paul, as we could see them recently together at a basketball play (where they go often as dates). Apart from her love life, during these days, the British singer is still performing at her highly succesful Vegas residency every week with no intention at th moment to release new content for as long as we know.



A new begining?

In the middle of dating rumors from all over the world, Kendall Jenner and Bad Bunny were spotted going for a night out together this past week. The headlines started at this year's Coachella were the two seemed to be really close to each other.

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Going all in

Jared Leto dressed up as one of Lagerfeld's cats for the MET Gala.



Some fresh air

Chris Pine was seen running errands around L.A. earlier this month.

Shining with a new glow

Giselle Bündchen went solo to the MET Gala for the first time since she has been attending. The supermodel recently got divorced and is still working that situation out, but we cannot deny that she looks absolutely fabulous and shining. She wore an archive Chanel piece from the 2006/2007 collection, full of feathers, mesh and shiny details that made her look like a swan queen.

A vibrant poster for the 'Living Disco Salsa' event. The title 'LIVING DISCO Salsa' is written in large, stylized letters at the top. Below the title are several photographs showing people dancing, socializing, and performing. At the bottom, there is a DJ booth with the name 'DJ MANDUCCO' and social media handles for Facebook and Instagram. The address 'Calle Camilo Jose Cela 12 Marbella' is also listed.

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