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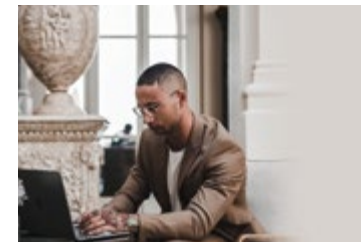
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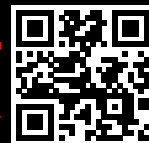
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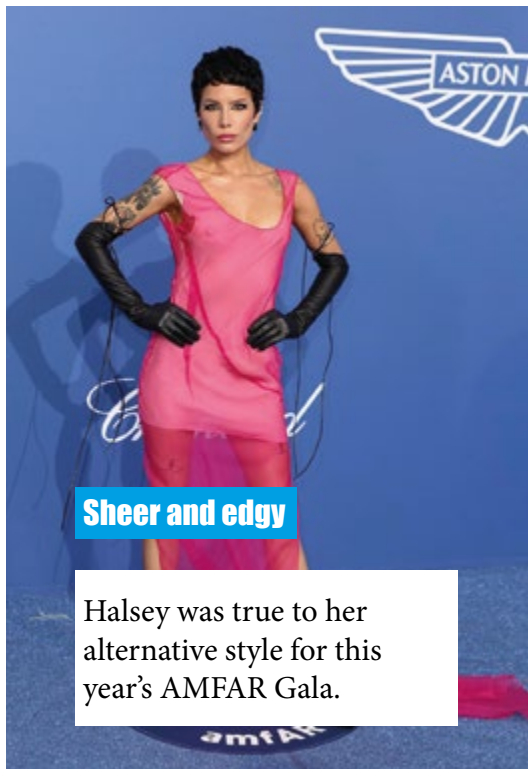
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GAS TRO NOMY



Summer holiday

Kendall Jenner was spotted enjoying her holidays wearing this sheer dress.



Sheer and edgy

Halsey was true to her alternative style for this year's AMFAR Gala.



Happy and single

As More Pictures Come Out, Gisele Bündchen Responds to Romance Rumors About Joaquim Valente, her Jiu Jitsu teacher. The model has denied all the rumors and has stated that they're just long time friends and nothing more.

A graphic design for 'Thera Marbella' featuring a stylized archway in white and blue against a teal background with palm fronds. The text 'MARBELLA THERA' is prominently displayed in white, with 'By Domar' in a script font below it. At the bottom, there is contact information and a website link.

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B&W forever

Jennifer Lopez was all minimal during a day off in NYC.



Radiant gown

Eva Longoria looked stunning in vibrant red for Cannes' red carpet.



Upcoming LP


Australian singer Kylie Minogue just released the first single of her upcoming album, set to be released later this year. This single, called 'Padam Padam' hints on what we can expect from the LP, full of disco, synth and house beats.

A large advertisement for Niche restaurant. At the top is a white spiral logo. Below it, the word 'NICHE' is written in large, white, serif capital letters. Underneath, 'AL FRESCO CULINARY EXPERIENCE' is written in smaller, white, sans-serif capital letters. The background shows several plates of food, including what looks like a lobster tail and other seafood dishes, arranged on a wooden table. The text 'Live Entertainment Every Friday' is written in a white, cursive font at the bottom. At the very bottom, contact information is provided: 'TEL. +34 682 313 533 @f NICHESECRETGARDEN CC. EL ZOCO, CALE DE LOS ADARVES, 91-SITIO DE CALAHONDA (MÁLAGA)'.

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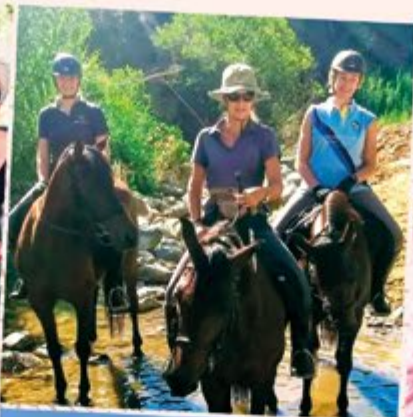
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Ostrich feathers

Heidi Klum opted for luxurious pistachio feathers for the AMFAR Gala.



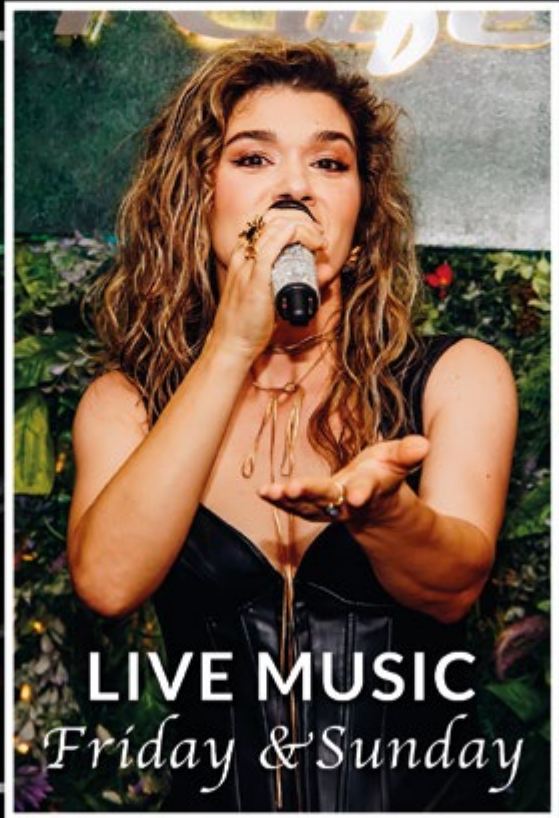
Pastel hues

Kate Middleton wore this pink suit for her latest royal schedule.



Global phenomenon

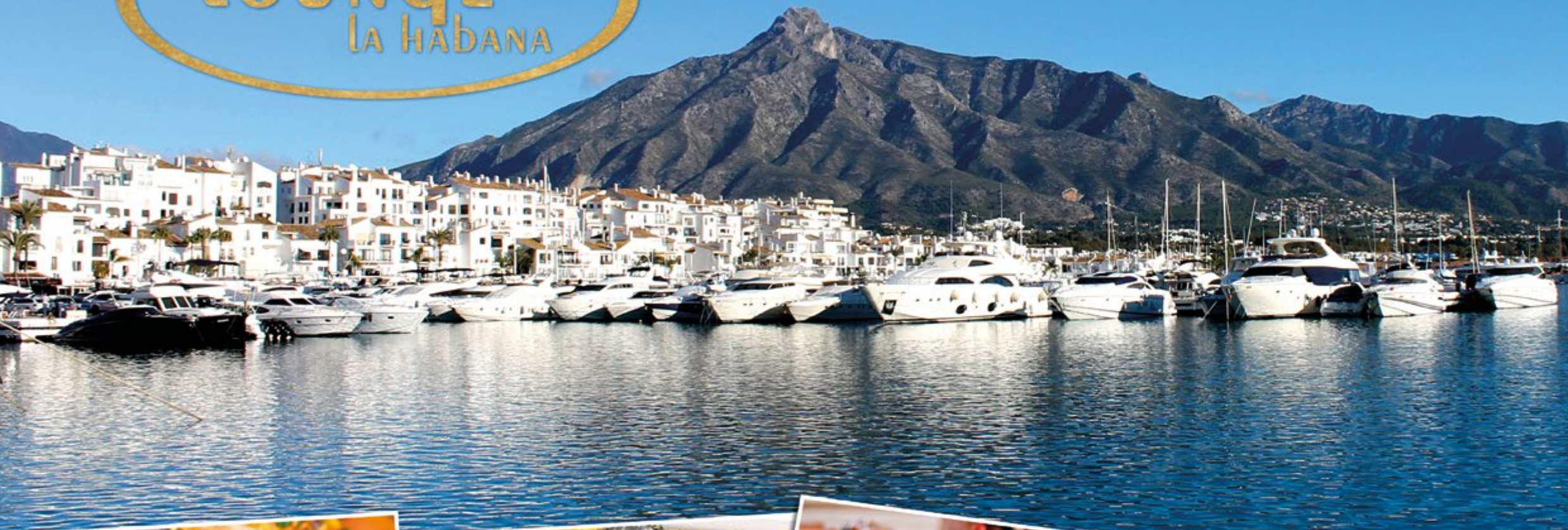
Beyoncé seems to be having an absolutely succesful moment with her 'Renaissance' world tour. Starting, and still touring, in many cities around Europe, a lot of celebs have been seen attending this muscial highlight, such as Selena Gomez or Kylie Jenner.



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Los Naranjos: оформленный в традиционном андалузском стиле в виде шведского стола и вдохновленный средиземноморской кухней, этот ресторан специализирован в основном на завтраке. Также ресторан славится своими сезонными продуктами.



Loop & pool: расположенный рядом с бассейном, где коктейли и закуски являются главным ассортиментом. В меню также имеется паэлья, свежая рыба и легкие салаты.

Пляжный клуб Don Carlos: в пляжном клубе преобладают самые подлинные вкусы андалузской кухни. Кроме того, в меню также есть широкий выбор коктейлей и закусок.

Отвú: здесь можно отведать культовый блюда тайской кухни в экзотической обстановке тропического сада, и при этом насладиться волшебным и незабываемым закатом у моря.

Bahía: основанный на классических рецептах испанской кухни, к которым добавлены изысканные и легкие нотки. Bahía акцентирует внимание на качественных продуктах, предлагая своим клиентам удивительные кулинарные создания в окружении сада на берегу самого моря.



2. Теннисный клуб Don Carlos:

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4. Пляжный клуб Don Carlos:

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PORSCHE 718 SPYDER RS

BECOMES THE PINNACLE OF
THE MID-ENGINE
FAMILY.



Thirty years after the presentation of the Boxster concept car, Porsche is launching the most powerful version yet of the popular mid-engined roadster: the new Porsche 718 Spyder RS. For the first time, the high-revving naturally aspirated engine from the 911 GT3 is being deployed in an open-topped mid-engined sports car.

Porsche crowns the 718 mid-engined model line with a sports car designed for maximum driving pleasure: the new 718 Spyder RS is the open-top counterpart to the 718 Cayman GT4 RS. For the first time, the 368 kW (500 PS; 718 Spyder RS: Fuel consumption* combined (WLTP) 13.0l/100 km, CO₂ emissions* combined (WLTP) 294 g/km, 911 GT3: Fuel consumption* combined (WLTP) 13.0 – 12.9 l/100 km, CO₂ emissions* combined (WLTP) 294 – 293 g/km) naturally aspirated six-cylinder boxer from the 911 GT3 features in an open-topped mid-engined sports car. The same lightweight power unit with its high-revving design also powers the Porsche 911 GT3 Cup racing car. The exceptionally lightweight and purist-pleasing manual soft-top roof of the 718 Spyder RS makes the highly evocative sound of the engine an even more compelling experience. The effect is further heightened by the standard lightweight stainless steel sports exhaust system and the distinctive process air inlets on the sides behind the headrests.



High-revving naturally aspirated engine and resolutely lightweight construction

The powertrain of the new 718 Spyder RS is identical to that of the 718 Cayman GT4 RS coupe. The six-cylinder boxer engine, with its cylinder displacement of 4.0 litres, revs up to 9,000 rpm and generates an output of 368 kW (500 PS) and maximum torque of 450 Newton metres. Combined with a short-ratio seven-speed PDK transmission, the six-cylinder engine catapults the two-seater roadster from 0-100 km/h in 3.4 seconds. The car hits the 200-km/h mark in just 10.9 seconds. Compared to the 718 Spyder without the 'RS' designation, the new range-topper not only benefits from an additional 59 kW (80 PS), but also accelerates to 100 km/h half a second faster. The top speed is now 308 km/h instead of 300 km/h.

Like every modern RS model, the new 718 Spyder RS is available exclusively with the Porsche dual clutch transmission (PDK). This gearbox shifts through its seven gears at lightning speed and guarantees maximum performance. The gearshift paddles allow drivers to keep their hands on the steering wheel even when shifting gears manually. Alternatively, the driver can use the ergonomically designed selector lever on the centre console. In addition to the more powerful engine, the new model's lower weight also contributes to better performance: at 1,410 kilograms, the Spyder RS weighs 40 kg less than the 718 Spyder with PDK and is actually five kilograms lighter than the closed 718 Cayman GT4 RS. The Spyder RS represents the latest high-water mark of the model line started in 2016.

Balanced aerodynamics

The front end of the new Porsche 718 Spyder RS is almost identical to the front end of the 718 Cayman GT4 RS.

Purist soft-top design

The new 718 Spyder RS comes with a manually operated single-layer lightweight soft-top.

Sports suspension of the highest precision and agility

The chassis of the 718 Spyder RS uses components from the 718 Cayman GT4 RS and the 718 Spyder and is designed for maximum driving pleasure on winding roads. It comes standard with Porsche Active Suspension Management (PASM) with sports tuning and has been lowered by 30 millimetres



By: Guillermo Fernández de Ateca Barber.

CAYENNE TURBO GT

The Cayenne Turbo GT introduced in 2021 immediately set standards in its segment with its uncompromising set-up for maximum longitudinal and lateral performance. Like no other vehicle, the Cayenne Turbo GT combines the spaciousness and practicality of an SUV with track-worthy handling. The new Cayenne Turbo GT is now even more powerful, faster and more dynamic than its predecessor. Due to current emission regulations, it is not offered in the markets of Europe, Japan, Hong Kong, India, Taiwan and Singapore, among others.

With the model change, Porsche has enhanced the performance of the Cayenne Turbo GT: its 4.0-litre V8 biturbo engine now boasts an output of 485 kW (659 PS) – 14 kW (19 PS) more than before. With this performance boost, it sprints to 100 km/h in 3.3 seconds and posts a top speed of 305 km/h. Modifications to the pistons, connecting rods, crankshaft and timing chain drive equip the high-performance engine for heavy loads on and off the track. An exclusive sports exhaust system made of titanium with centrally positioned tailpipes creates an exhilarating engine sound that sets the Turbo GT apart from the other Cayenne models.



A widened track and an increased camber on the front axle of the Cayenne Turbo GT deliver particularly dynamic cornering performance. The standard adaptive two-chamber air suspension including PASM with two-valve technology, sports tuning and a 15-millimetre-lower body lowers the centre of gravity of what is currently the most powerful Porsche Cayenne. The Porsche Ceramic Composite Brake (PCCB), Porsche Dynamic Chassis Control (PDCC), Porsche Torque Vectoring Plus (PTV Plus) and rear-axle steering are also part of the model's standard equipment.

The new Cayenne Turbo GT has a particularly confident and dynamic look. Its exclusive 22-inch GT Design wheels come painted in Neodyme as standard. The model-specific front end with enlarged cooling air intakes, on the other hand, comes in matt Black.



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Knowledge is Power

Here are 14 facts about the human spine that you may be aware of or that you may not be aware of, but I think it is crucial all of us need to know.

- As babies, we have 33 vertebrae but as adults we end up with 26. What happens to the remaining nine bones? Four of them will fuse to make our tailbone and five fuse to make the back of the pelvis.
- The spinal column has 3 very important functions:
 1. It supports the body's weight, provides flexibility for movement
 2. Protects nerve roots and fibres and forms a protective surrounding for the spinal cord
 3. The main pathway of communication between the brain and the rest of the body.
- The first set of vertebrae (the cervical vertebrae found in the neck) is also called the Atlas. Atlas is a character from Greek mythology, who after losing a fight, was turned to stone and had to carry the weight of the Earth and the Heavens on his shoulders. The cervical vertebrae were also given this name as they carry the weight of the head.
- The biggest cause of disability in the working population is attributed to spinal disorders.

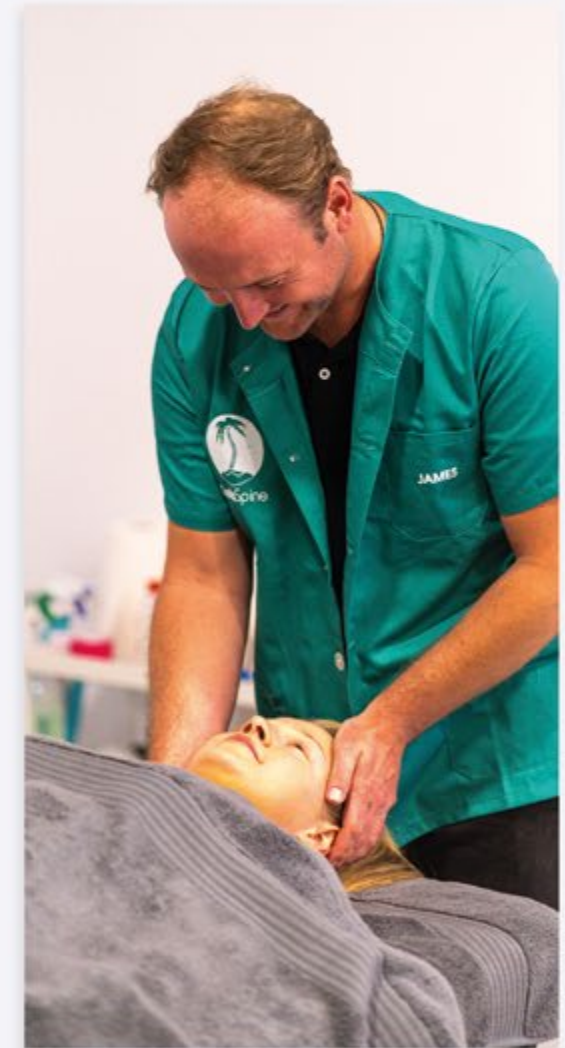




- The spine contains over 120 muscles, 220 ligaments and over 100 joints.
- One quarter of the spine's length is made up from cartilage.
- Since cartilage discs expand in the absence of gravity, astronauts returning from space may be 1.5 to 2 inches taller than when they left. Gravity's effect on cartilage is also the cause of humans shrinking between a quarter of an inch and five inches every decade after the age of 40. It also means we are generally taller in the morning than at night because of the daily effect of gravity on the body.
- Four out of five adults will experience some type of back pain during their lifetime. Back pain is considered the second most common location of pain experienced – headaches are considered the first.
- The spine is so flexible it can bend far enough to form two thirds of a circle.
- Most common cause of spinal cord injuries is vehicle accidents.
- Lower back pain is the most common type of back pain experienced. This is because the lower back twists and bends more than any other part of the back and it also bears the weight of the upper body.
- Sometimes back pain can be caused by other ailments in the body. Pain experienced in the middle of the back, which becomes worse after eating, may

be a sign you have a stomach ulcer. And if you experience an intermittent back pain that reaches your groin, it could indicate you have kidney stones.

- The spine is extremely strong – it can bear the pressure of hundreds of kilograms.

Regular check-ups with your chiropractor at CostaSpine (along with exercise) helps your spine to be at its very best. It is quite obvious to see the spine plays a critical role in your quality of life, don't neglect it!!



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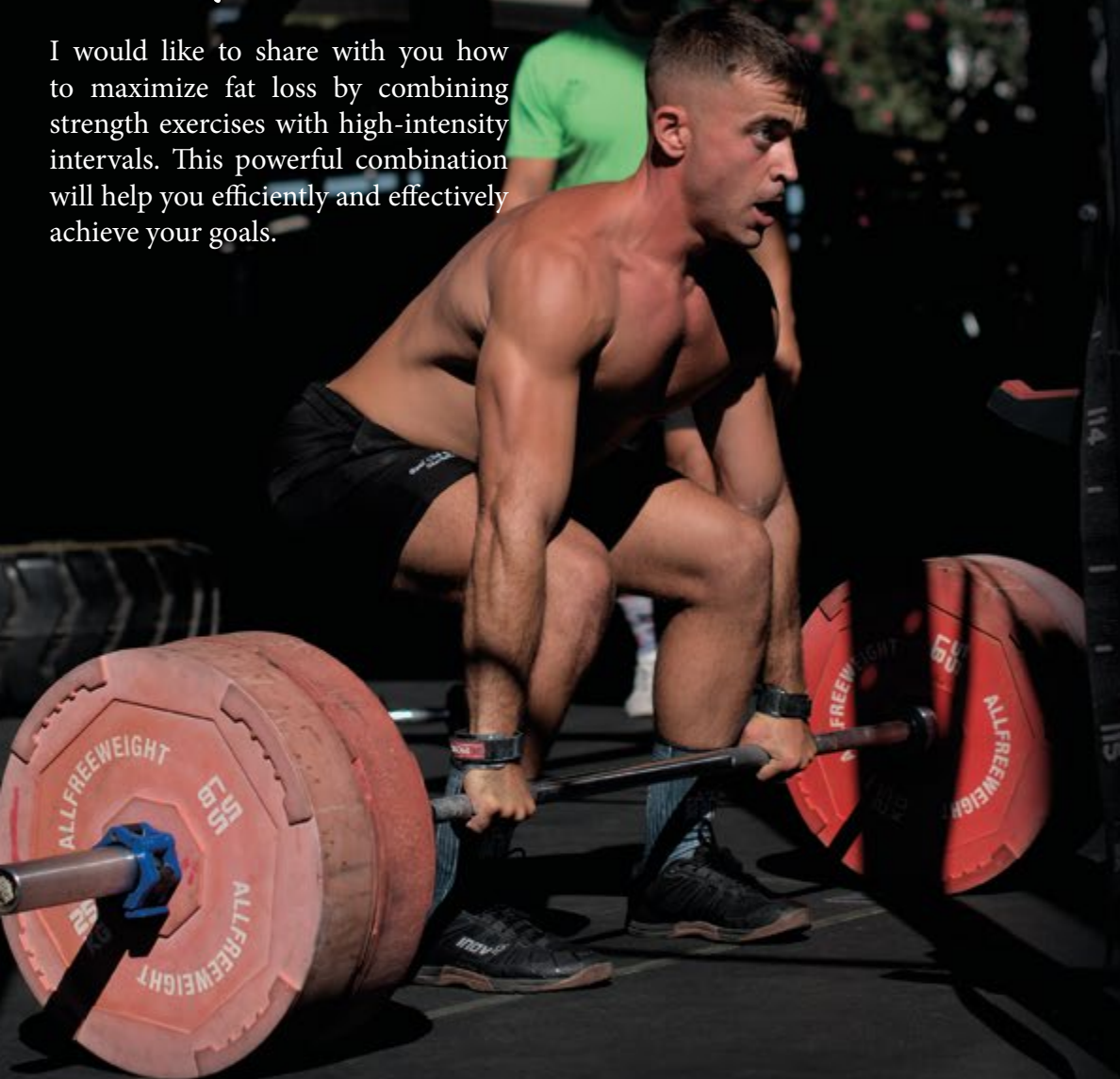
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Combine Strength and Intensity: The Dynamic Duo for Fat Loss

I would like to share with you how to maximize fat loss by combining strength exercises with high-intensity intervals. This powerful combination will help you efficiently and effectively achieve your goals.



Fat loss and performance are the key points today. When you combine strength exercises with high-intensity intervals, you create an optimal environment for fat burning. Strength exercises increase muscle mass, which in turn accelerates your metabolism, allowing you to burn more calories even at rest (something incredibly interesting). I like to use the example of cars to illustrate this point. Imagine a Fiat 500 and a Ferrari. Which engine is bigger? And then, which one would consume more fuel? Well, something similar happens with fat loss. A trained individual with a certain amount of muscle mass will not respond the same way as someone who has just started at the gym and wants to shed those extra kilos for the typical summer photo. On the other hand, high-intensity intervals increase fat burning during and after exercise by elevating your heart rate and keeping it elevated for short periods of time.

This combination is particularly interesting because although there are different ways to lose fat, for a large part of the population, the combination of both types of training proves highly beneficial.

The state of caloric deficit, as the foundation of the pyramid, means consuming fewer calories than you burn. Without this, you can forget about that “six-pack” photo. In fact, all the benefits of different protocols such as intermittent fasting, the keto diet, the blood type diet, among others, are derived from the initial caloric deficit.

It’s important to consider how a caloric deficit affects gym performance. Maintaining a caloric deficit can impact your energy and strength during workouts. Therefore, it’s essential to ensure an adequate intake of nutrients and adjust the volume and intensity of your training accordingly to avoid a significant decrease in performance, especially in the long term when the deficit becomes stronger.

In practical terms, I would recommend incorporating strength training sessions focused on lever machines or free-weight exercises such as bench press, squats, or deadlifts. However, don’t worry if you don’t feel skilled enough to perform these exercises. Lever machines or free weights with dumbbells can be equally effective. You can then incorporate high-intensity intervals such as sprints, burpees, or jumps into your training program to enhance fat burning.

Remember, finding the balance between strength and intensity is key. Listen to your body, adjust your training plan according to your needs, and don’t forget to rest and recover adequately. With the right combination of strength exercises and high-intensity intervals, you’ll be on the right track to fat loss and optimal performance at the gym.



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Revival Interior Design

It is not a secret that fashion is cyclical. Since we were children, our elders have warned us that “everything comes back around”, and that is a great truth that you end up understanding once you experience it over the years.

This can be extrapolated to the world of art, music and of course interior design. In the information age and with the Internet as the main protagonist, everything happens at a faster pace and, for this reason, fashions say goodbye early and then soon appear again. What comes back, does so in a reinvented, improved way and in our opinion the result of mixing something from another era with a more modern environment can only generate brilliant spaces.

A very clever way to transport us to a Mid-century style, is through wall coverings generating contrast with more modern pieces of furniture. And although we tend to see it most often on walls, many designers are also daring to use it on ceilings with surprising results.



Cordonné wallpaper, available from Lord Designs

Incredible interior photographed by Nuria Serrano

“Tres tintas” wallpaper with this vibrant combination of pink and green, available to order directly through Lord Designs.



James Malone makes this wallpaper proposal in a Farm House style bathroom. Available to order directly from Lord Designs



Unique tiles by Mambo Unlimited Design.



Another recurrent way to give a nostalgic and chic touch to a room is through furniture and accessories.

Another recurrent way to give a nostalgic and chic touch to a room is through furniture and accessories.



We love this display cabinet by Vical, the arch shaped body in gold tones and the marble shelves take us back to those wonderful years.



Warm bedroom designed
by Heidi Caillier.



Methacrylate magazine
rack by Themasie

This type of furniture, with simpler finishes, without many details, but with a high functionality, is characterised by its curved lines and geometric shapes and the contrast of warm fabrics with colder materials. It is still used today with a modern avant-garde touch.



Chair by NV Gallery.



Design by interior designer
Emmanuelle Simon.



Entrance from Único Benahavis,
designed by Lord Designs.

Mushroom style table lamp, Themasié.

What we have no doubt about, is that this addition to the designs, makes an impact on the viewer from the very first moment. It always finds a way to stand out as it has that touch of nostalgic originality that attracts our attention and connects with our most emotional part. Adapted to every style, at Lord Designs we love to add these key pieces that will elevate your design to another level.

www.lorddesigns.com f Lord Designs Interiors

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The Strength of the Safety Circle: Human Value in the Company

As our friend Simon Sinek once said, “The ability of a group to achieve remarkable things depends on the level of cohesion within the team.”

The connection between business success and exceptional human qualities is indeed strong, as there is nothing more powerful than the strength of a team working towards a specific goal.

We all remember the Titanic, that majestic ocean liner turned into a disaster by an external force, where the egos of the higher-ups played a significant role. Well, comparing an organization to the Titanic is not as far-fetched as it may seem. Let me explain it to you with a simple example I call the “Safety Circle.”

Safety Circle

A lion was constantly, constantly, constantly stalking a group of oxen day after day until, after long periods of hunger, it decided to attack. To its surprise, each ox positioned themselves in a circle, making it impossible for the desperate lion to attack.

One day, the oxen fought among themselves, abandoning the group, and each decided to graze freely. The lion witnessed the discord and attacked them one by one, quickly devouring all.

Danger!



Danger!

Similar to the Titanic, the group of oxen broke apart from within due to the ego of each responsible individual. And here lies the importance of creating a Circle where

employees feel safe within the organization, giving each one a role in the group’s security. As we have seen, external forces that are difficult to control always push us to break the team’s cohesion. We must be able to truly create a united force so that our employees, as a family, can repel those external forces. Without a safety circle, people are forced to protect themselves from each other (internal forces).

A strong safety circle also has an impact on talent retention. Employees who feel secure and valued are less likely to seek opportunities elsewhere. Moreover, a safe and positive work environment attracts new talent, contributing to the company’s growth.

The Feeling of Security

The feeling of security affects the productivity and performance of employees. When employees feel secure, they experience less stress and anxiety, enabling them to focus better on their tasks and be more efficient. Additionally, a secure environment fosters trust among team members, facilitating the delegation of responsibilities and collaboration on important projects.

In conclusion, cultivating a safety circle is essential for success in a company. It not only enhances cohesion within the team but also improves talent retention and boosts productivity. As leaders, we must create an environment where employees feel safe, valued, and motivated to achieve collective success. Let’s build that safety circle and witness how our company’s performance reaches new heights.

[in](#) Javier Gómez. [@](#) Javiergomezpt



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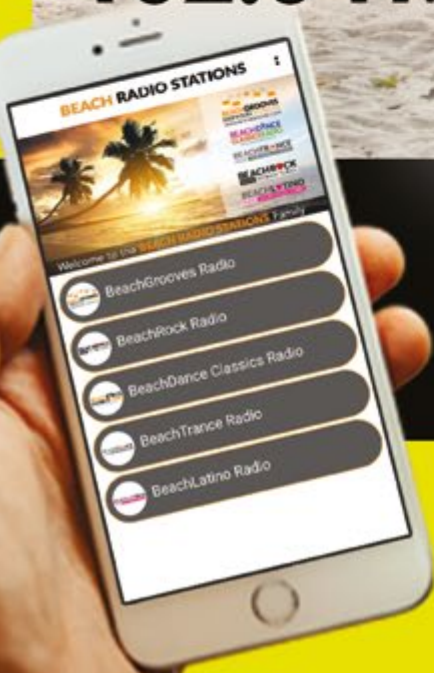
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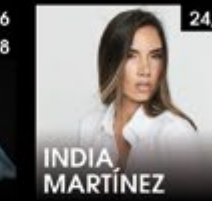



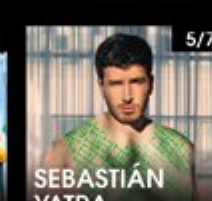






















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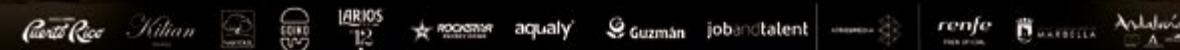
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Couture net

Shay Mitchell was all dolled up with this see-through dress at the AMFAR Gala.



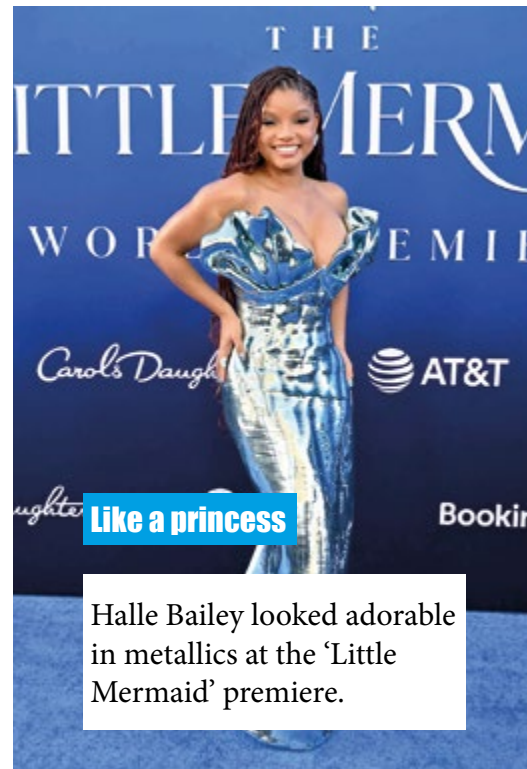
Comfortable shoes

Jennifer Lawrence paired up glamour with comfort by wearing flip-flops to Cannes.



Glamorous pregnancy

Karlie Kloss flaunted her pregnant belly at Cannes' red carpet.



Like a princess

Halle Bailey looked adorable in metallics at the 'Little Mermaid' premiere.



Taking care

After her latest appearance, actress Kate Beckinsale has been accused of having plastic surgery. Kate was quick to respond to those claims by denying it and saying that she only does facials with PRP to boost collagen and micro current for skin tightening and oxygen.

Joined forces for fashion

Donatella Versace presented her latest Resort collection in Cannes and it was co-designed by no other than the singer Dua Lipa. This project, that was well received, marks the first big fashion gig for the musical artists and she definitely made her touch visible in the clothing. Full of butterflies, dots and pailletes, the collection will be available soon.



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Different silhouette

Kylie Jenner wore this hooded mini dress for a night out with friends at L.A.



Gorgeous Rebel

Rebel Wilson paired this stunning dress with chunky jewelry for the AMFAR gala.



Health comes first

Singer Celine Dion has officially cancelled her tour, that was previously post-poned to later this year. This sad news for fans are due to the health problems of the Canadian artist, who unfortunately doesn't seem to fully overcome her illnesses.

A vibrant poster for the 'Living Disco Salsa' event. The top half features the event title in large, stylized letters over a background of a disco club with people dancing. Below the title is a collage of photos showing groups of people socializing and dancing. At the bottom, there is social media information and event details.

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