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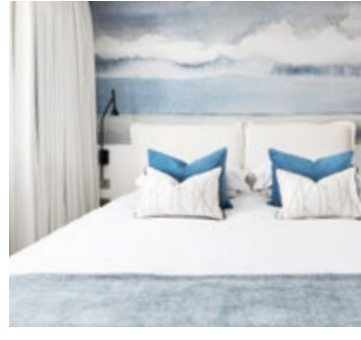
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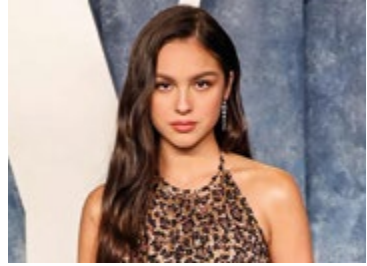


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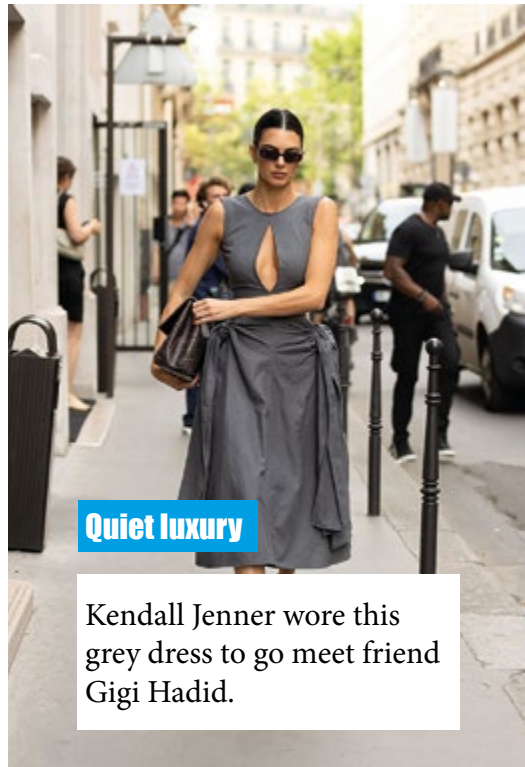
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Red carpet style

Lee Pace wore this Prada suit for the 'Foundation' season 2 premiere.



Quiet luxury

Kendall Jenner wore this grey dress to go meet friend Gigi Hadid.



A new era starts

Singer Olivia Rodrigo just released the first single of her upcoming record 'Guts', called 'Vampire'. The Asian-American musician has many eyes on her due to the huge success of her debut album 'Sour'. We hope this new LP is as acclaimed as the previous one.

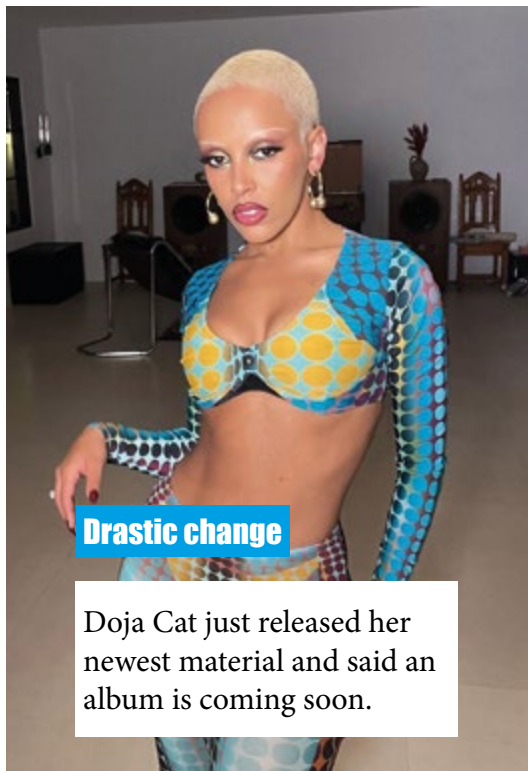


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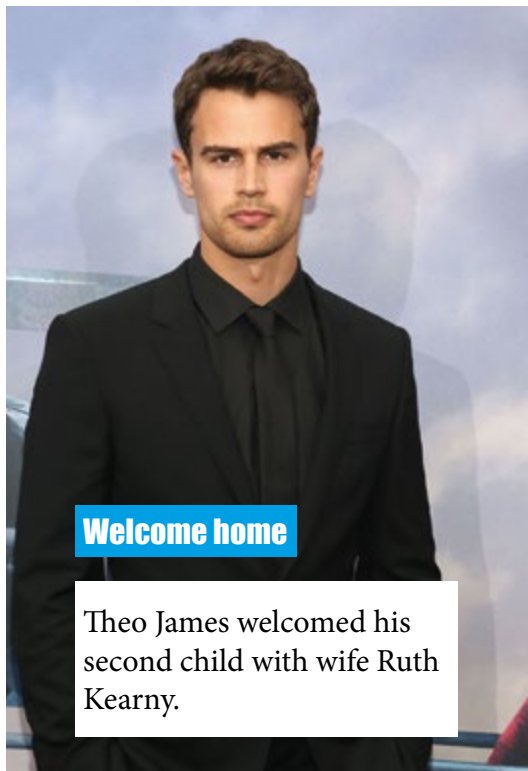
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Drastic change

Doja Cat just released her newest material and said an album is coming soon.



Welcome home

Theo James welcomed his second child with wife Ruth Kearny.



I'm a barbie girl

Australian actress Margot Robbie was a literal real life Barbie doll when she dressed up as the infamous Mattel character for the press tour of the upcoming movie. As expected, her wardrobe for this tour contains lots of pink and the hype she has created for this project is quite big amongst fans.

An advertisement for Niche restaurant. The top half shows a dining table set for a meal with white plates, silverware, and glasses on a wooden table, surrounded by lush greenery. The Niche logo, consisting of concentric circles, is at the top. The text 'NICHE' is written in large white letters, with 'AL FRESCO CULINARY EXPERIENCE' below it. At the bottom, the text 'Live Entertainment Every Friday' is written in a white cursive font. Contact information is provided at the very bottom.



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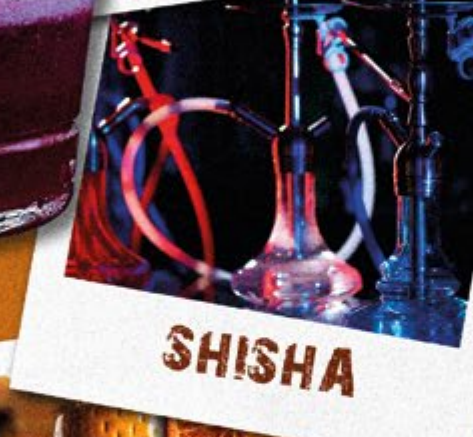
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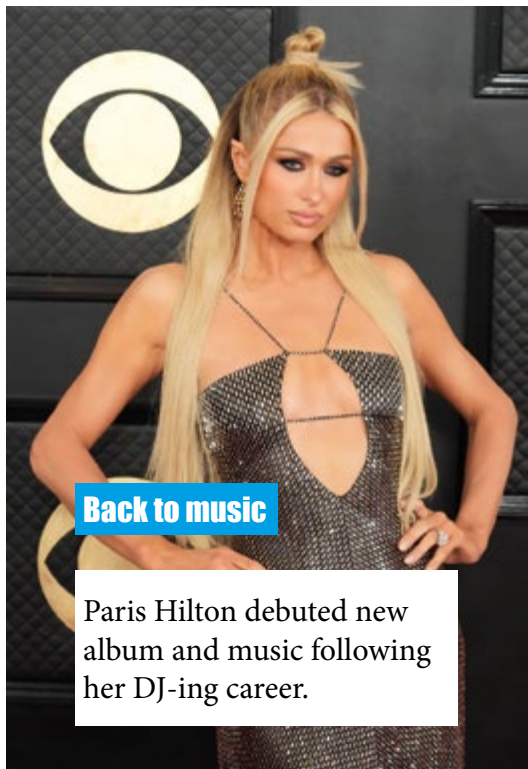
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Back to music

Paris Hilton debuted new album and music following her DJ-ing career.



Success continues

Tom Cruise attended the premiere for the latest 'Mission Impossible' film.



Health scare

Singer Madonna alarmed family and friends a few weeks ago when she had to be rushed to the hospital due to a serious infection. While it was a huge scare for everyone, the superstar was reportedly back home in a few days to recover. Sources close to the artist say that her health is quite strong and she is doing much better now.



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Top Dog - Scandi Series Sensation

Over the past few years, Scandinavian shows have been taking over our screens with fast-paced TV crime thrillers that the Scandis have become internationally famous for. Top Dog is the latest scintillating, Swedish series that exemplifies exactly why Scandinavian TV is taking off.

The first series was a huge hit in Sweden, with a second season already screening on national television.

Swedish-born, local actor, Ricky Carlson, who attends the Marbella Film School, is already turning heads with his performance on the show.

Natalie Rose Kern talks with Top Dog's award-winning producer, Teresa Allden Willey, about the series, the success of Scandinavian shows... and the Costa del Sol.

N: Firstly, congratulations on the success of

Top Dog - I hear that the second season is already a big hit in Sweden. Marbella has a vast Scandinavian ex-pat community who will no doubt already be familiar with the show, but could you tell our readers what it's about?

T: Top Dog focuses primarily on the clash between Stockholm business attorney Emily Jansson and recently released convict Teddy Maksumic. Emily wants to make her way up in the legal world. Teddy wants to get out of the mafia. It's a crime thriller in which two completely different worlds collide.

N: The series is based on the 'Teddy and Emily' novels by Jens Lapidus - he has written a trilogy. Is it too early to ask if Top Dog 3 is in your sights?

T: To make a third season is the goal. It is the most 'measurable' proof that you have

made something that people actually think is worth watching. But it always depends on how the viewing figures turn out. Of course, we have thoughts of a grand finale of Top Dog, perhaps even on the Costa del Sol, which would be awesome! And it wouldn't be too far-fetched because of the large Swedish community there.

N: What was it about this project that appealed to you?

T: I am obsessed with class differences and polarised communities as central themes or arenas, or rather how class and upbringing affect us. This is often the essence of Jens Lapidus's IP that attracted me when optioning the books back in 2016. Maybe also because I was born with a foot in both worlds.

N: You have a fantastic cast and a sharp script - is there anything in particular that you think has made the show so successful?

T: The cast is phenomenal, two strong stars that are becoming more and more comfortable in their characters, but also the directing. And the talented composer, Vittorio Grasso, has made a soundtrack that really sets the tone.

N: Which aspects of the whole creation process do you enjoy the most?

T: Definitely the editing - that's where you see how it all turns out. All the decisions are in front of you and it's time to make the best out of it, "Kill your darlings" as they say...

In the editing, you see the mistakes that you ignored in the script stage - and surprise, surprise - they are still there!

As a producer, it is important to keep the helicopter perspective on the whole story

and not just the details. Pace is also an important factor. Sometimes you'll have a brilliant day on set where everyone is blown away with how awesome a scene was, so you make it longer and shoot takes out of pure joy. But then you sit in the editing room and throw it all away because the pace is too slow. It's taken me a couple of projects to see just how important it is to see the whole picture.

N: Jens has created characters that are fascinating, flawed, and multidimensional, which truly engages his readers and offers so much richness and depth. The casting process must have been critical to translate these protagonists from page to screen. Talk us through this process





scripts. For example, we were informed that he had singing skills, so the director, Ahmed Abdullahi, thought it would make an unusual and fun characteristic for a classic 'gangster' to sing.

...But I'm not giving you any more spoilers than that!

N: We are seeing more and more Scandinavian shows and Nordic Noir gaining an international presence. What do you attribute this to and how do you see this trend progressing?

T: I really hope this golden age will continue! I guess people have broadened their tastes thanks to the heavy quantity of series booming over the past ten years.

We are a part of this revolution.

I would also recommend JJ&E, which is a film I produced directly for Netflix (available globally) with the same director as Top Dog, Alexis Almstrom. It centers around a young couple and their first love. The theme resembles Top Dog - Sweden, known as a very equal country, is now facing heavy polarisation, and these two characters represent that.

N: The Swedish community is thriving on the Costa del Sol - I know you also have family ties here. What do you enjoy about our part of the world?

T: Yes, our family home is in Mijas Pueblo, but I have a lot of friends in Marbella, and I am there at least three or four times a year. I love the climate, the people, the international vibe, and the food - especially Andalusian Gazpacho!

My dream is to settle on the Costa del Sol with my kids and make it home for a while.

N: With our stunning landscapes, charming town, and around 350 days of sunshine a year, Marbella is a gorgeous backdrop for the screen and a superb location for shooting. Plus, with Marbella Film School turning out sensational home-grown and local talent, can we hope to see you filming something here soon?

T: Definitely! The Costa del Sol is a real treasure of locations that is exotic for us Swedes and thrilling to see on screen. I know that there are also new initiatives to attract foreign filmmakers and tax incentives that are appealing - so I am definitely keeping the Costa del Sol and Marbella in mind when scouting new ideas!

N: Finally, any ideas if we will be seeing Top Dog on our screens here?

T: I really hope it will be available soon. We are currently working on it with the sales agent - so watch this space...



For your chance to get involved in the world of film and screen and commence your own acting career, The Marbella Film School is hosting two summer camps to fully immerse yourself in the acting process with professionals who are passionate about inspiring new talent and broadening skills and horizons.

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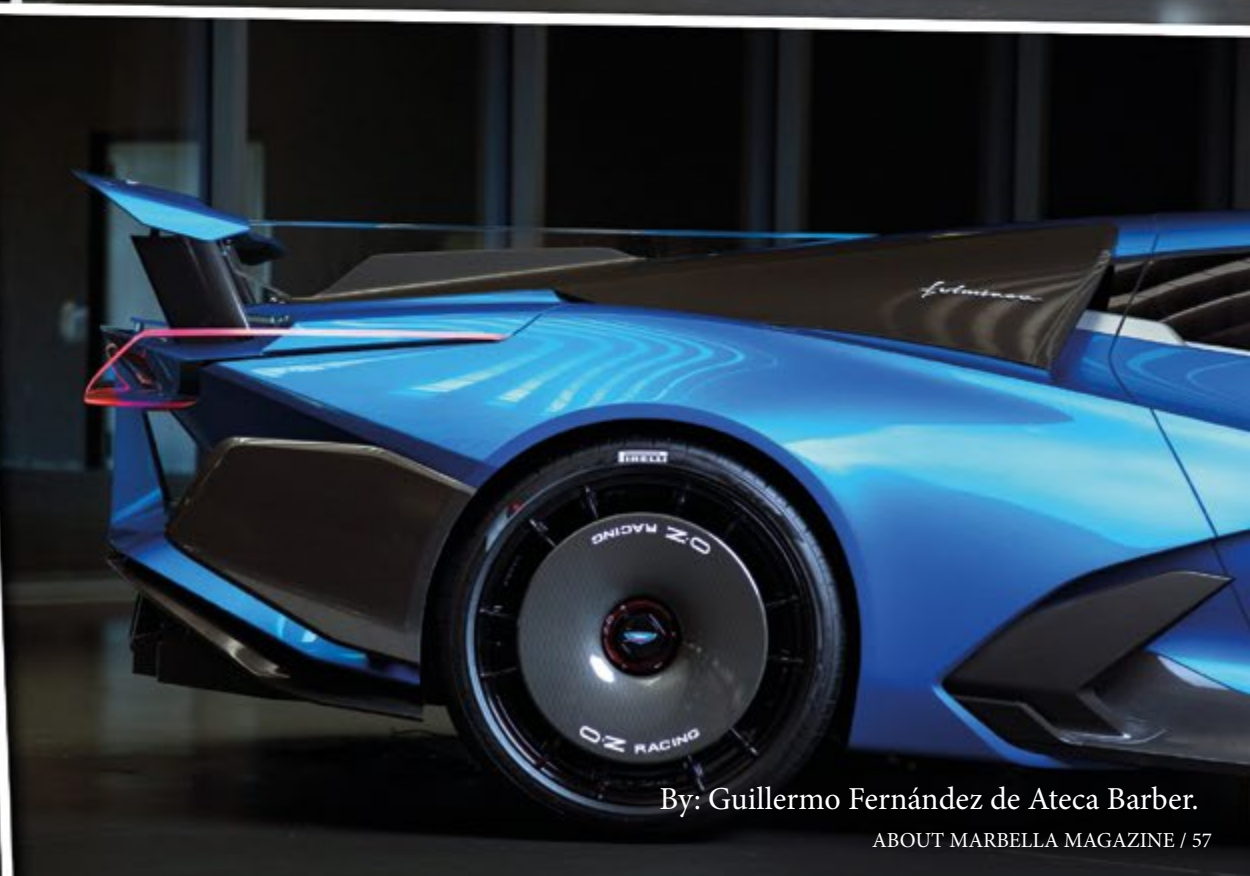
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By: Guillermo Fernández de Ateca Barber.

Research, cutting-edge technology, bold and functional solutions, and extreme customisation are the distinctive traits characterising the work carried out by the Automobili Estrema team, whose mission is to create a new Italian car brand to compete on the world stage of electric supercars and hypercars. The Fulminea marks the beginning of a new generation of electric cars: a car that has all the characteristics of a racing car, i.e. high performances, cutting-edge technology and premium materials such as latest-generation carbon fibre, but with the exception that instead of a combustion engine it features a full-electric powertrain with innovative solutions, a world first. The Fulminea is capable of delivering 1.5 MW of power, equal to 2,040 hp, and contains two important technological innovations: it is the first car in the world to use a “hybrid” battery pack that uses solid state cells produced by ABEE (Avesta Battery Energy Engineering) and ultra-capacitors, elements that provide the energy boost needed to unleash the power of the four electric motors. The battery pack is designed and produced in collaboration with IMECAR Elektronik.

The power is distributed to the wheels by 4 electric motors that allow the Fulminea to accelerate from 0 to 320 km/h in less than 10 seconds. The battery pack has a capacity of 100 kWh with an expected range – according to the WLTP cycle – of 520 km. Thanks to the use of prismatic solid-state cells, the hybrid battery can make use of cell-to-pack technology, achieving a record energy density of 500 Wh/kg, equivalent to 1.2 kWh/l, with a battery weight of just 300 kg and a total weight in running order of 1,500 kg. In addition, thanks to collaboration with Electra Vehicle, the BMS (Battery Management System) is supported by a software called “EVE-Ai” which constantly and actively optimises the power demand between the two energy systems to maximise the efficiency and performance of the car by customising the control strategy according to the operating environment, battery conditions and driving style.



HENNESSEY VENOM F5 REVOLUTION



Mirroring all other Venom F5 models, mid-mounted in the carbon-fiber monocoque chassis is Hennessey's celebrated twin-turbocharged, 6.6-liter, 'Fury' V8 engine rated at an astonishing 1,817 bhp. Power is sent to the rear wheels through a robust automated single-clutch gearbox calibrated for competitive use. With such low mass, the Venom F5[®] Revolution Coupe promises phenomenal acceleration. Carbon-ceramic brakes are fitted as standard and feature multi-piston calipers, ensuring fade-free stopping power on the road or circuit.

Most visible to passers-by is the Revolution Coupe's full-width rear-mounted carbon fiber wing. The adjustable appendage (that allows the owner to adjust the angle of attack through a range of degrees) is fitted with end plates that stop the high-pressure air on top of the wing from spilling underneath – increasing downforce without extending the width of the wing. The end plates also generate vortices that guide airflow and improve aerodynamics and stability. As a result, the rear wing delivers more than 800 pounds of downforce at 186 mph (300 km/h) and over 1,400 pounds of downforce at 249 mph (400 km/h).



Hennessey, the Texas-based hypercar manufacturer, and high-performance vehicle creator, has unveiled a new, lighter-weight, track-focused version of the Hennessey Venom F5[®] that has been comprehensively re-engineered for increased agility, uncompromised handling, and high downforce. The new Venom F5 Revolution Coupe is an apex predator on a racing circuit – it is the most powerful and visceral pure-combustion hypercar in the world.

The Venom F5 Revolution Coupe is based on the Hennessey Venom F5 Coupe – the two share nearly identical DNA – yet distinguishing the Revolution Coupe from its sibling are its comprehensively reworked aerodynamics, suspension, engine cooling, and digital telemetry. The engineering team also focused on reducing mass. Thanks to a systematic focus on weight reduction, the race-honed model tips the scales below 3,000 pounds – it is the lightest Venom F5 model.



By: Guillermo Fernández de Ateca Barber.

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We are delighted to welcome Marbella Sports and Orthopedics to the CostaSpine family, an esteemed addition that brings a wealth of expertise in sports medicine and orthopedic care. As part of their comprehensive services, Marbella Sports and Orthopedics specializes in infiltrations(injections) a minimally invasive procedure that offers targeted relief for various musculoskeletal conditions and the results are instantaneous. Let's learn together about the different infiltrations they do:

One of the infiltration options provided by Marbella Sports and Orthopedics is cortisone infiltration. This injection effectively reduces inflammation and provides pain relief, with the effects typically felt within a week. Many patients experience relief for weeks or even months, although it is advisable to limit cortisone injections to 3-4 times a year to mitigate potential cartilage damage.


Another valuable infiltration treatment offered is hyaluronic acid infiltration, known as viscosupplementation. Particularly beneficial for knee osteoarthritis and other joint diseases, this procedure aims to alleviate pain and improve joint lubrication. By promoting cartilage regeneration and reducing the production of proinflammatory mediators, hyaluronic acid infiltration can offer relief for 6-8 months.

Marbella Sports and Orthopedics also provides PRP infiltration using Plasma Rich in Growth Factors (PRGF). This advanced autologous Platelet-Rich Plasma system stimulates tissue healing and regeneration, harnessing the patient's own platelets. The effects of PRGF treatment can last for 8-16 months.

For individuals seeking long-lasting results, Marbella Sports and Orthopedics offers N-Stride Autologous Protein Solution (APS). This unique treatment utilizes proteins from the patient's own body to improve knee health. By blocking inflammation-inducing proteins and supporting healthier cartilage cushioning, N-Stride can provide relief for an impressive duration of 24-48 months.

With the addition of Marbella Sports and Orthopedics, the CostaSpine family expands its capabilities in sports medicine and orthopedic care, ensuring patients receive exceptional treatment and access to cutting-edge infiltration therapies for their musculoskeletal conditions. Want to know more and stop your pain today, get in touch with us at info@costaspine.com or 622 851 648.



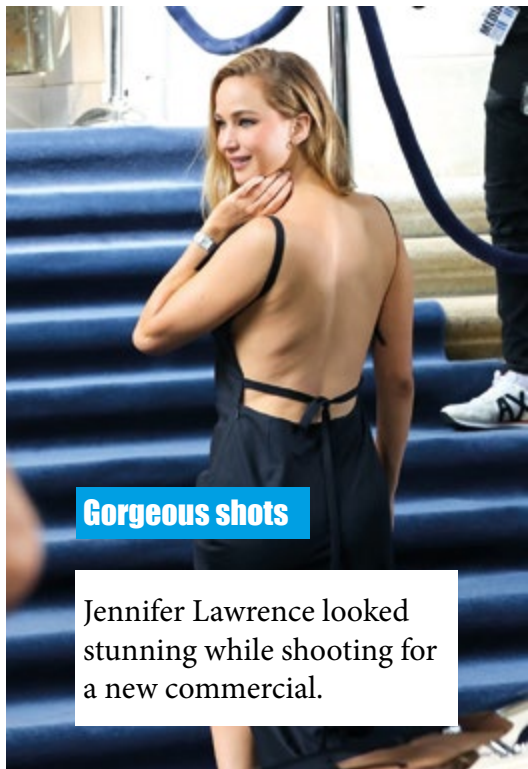
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Family time

Angelina Jolie enjoyed a dinner out in LA alongside her son last week.



Gorgeous shots

Jennifer Lawrence looked stunning while shooting for a new commercial.



Back to her roots

Nicki Minaj surprised fans by announcing that in the 10th anniversary of her debut album 'Pink Friday', she will be releasing 'Pink Friday Pt. 2' as her next record and as a follow up showcasing her music evolution while maintaining a cohesive line.


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Strength Training and Active Aging

Aging is a natural and inevitable process of life, but did you know that strength training can be your greatest ally in enjoying a full and active old age? In this article, we will explore the benefits of incorporating strength training into your daily routine as you age. Get ready to discover how to maintain your vitality and well-being through active aging.

Active Aging: Your Key to a Fulfilling Life

Active aging refers to the pursuit of maintaining a healthy and vibrant life as the years go by. Strength training plays a fundamental role in this process as it strengthens the muscles, bones, and joints, improving the quality of life and autonomy. This is especially crucial for individuals of a certain age, as the frustration of not being able to perform certain actions autonomously can lead to mental problems in the medium term.

Benefits of Strength Training in Older Adults

Improvement in bone density: Strength training stimulates the formation of stronger bones, reducing the risk of osteoporosis and fractures. Many accidents in older adults are caused not by major impacts but by having poor bone density. **Maintenance of muscle mass:** As we age, we tend to lose muscle mass. Strength training counteracts this effect, preserving muscle strength and functionality. In fact, having elevated muscle tone as we age is directly related to a longer life.

Balance and fall prevention: Strengthening the muscles and working on balance reduces the risk of falls, one of the main concerns in old age.

Improvement in cardiovascular health: Strength training also benefits the cardiovascular system, promoting good circulation and reducing the risk of heart diseases.

The search for the magical anti-aging pill or needle is not found in a pharmacy or clinic. It is truly within everyone's reach, and yet, at times, we reject it due to beliefs, customs, or our own environment. We tend to reject the simple because it is just that, simple.

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Holiday home sweet home

It smells of sun cream and salty water in equal parts. Days that you know when they start, but not when they end. Meals in beach bars, remorseless ice creams, dinners with endless after-dinner conversations and reunions. Many reunions. Getting lost, visiting different places and taking a nap without setting the alarm. Disconnecting the WIFI and connecting the mind. Finally, that date we have been waiting for all year: Holidays.

And you might be thinking, what connection do you have with this as an Interior Design Studio? Well, we do have so much! As a studio located on the Costa del Sol, a large percentage of our projects are second homes and it is difficult to express in words how fascinating it is. Yes! We shape the place where you will come to relax, enjoy and disconnect. Places full of sand and beautiful memories, where you will arrive with a tanned skin and a full belly, where you will be you in your most authentic and syntonico version.

So, what is the difference between designing a regular home and a holiday home? Well, we are going to tell you a little about how they mainly differ in our opinion.



Living room of the Único Benahavis project. Design by Lord Designs.



Terrace of Project 3 The Quarters, Gibraltar, design by Lord Designs.



Photo Elsa Young/Frank Features, The New Mediterranean, gestalten.

Style

Regarding style, a holiday home, on many occasions, allows itself to be more relaxed. On the Costa del Sol, the Mediterranean style predominates, due to its simplicity, luminosity, freshness, informality and natural essence. Natural fabrics and materials are the protagonists. As a colour palette, white predominates, mixed with splashes of blues and earthy tones.



Terrace in Isla Banús project by Lord Designs.

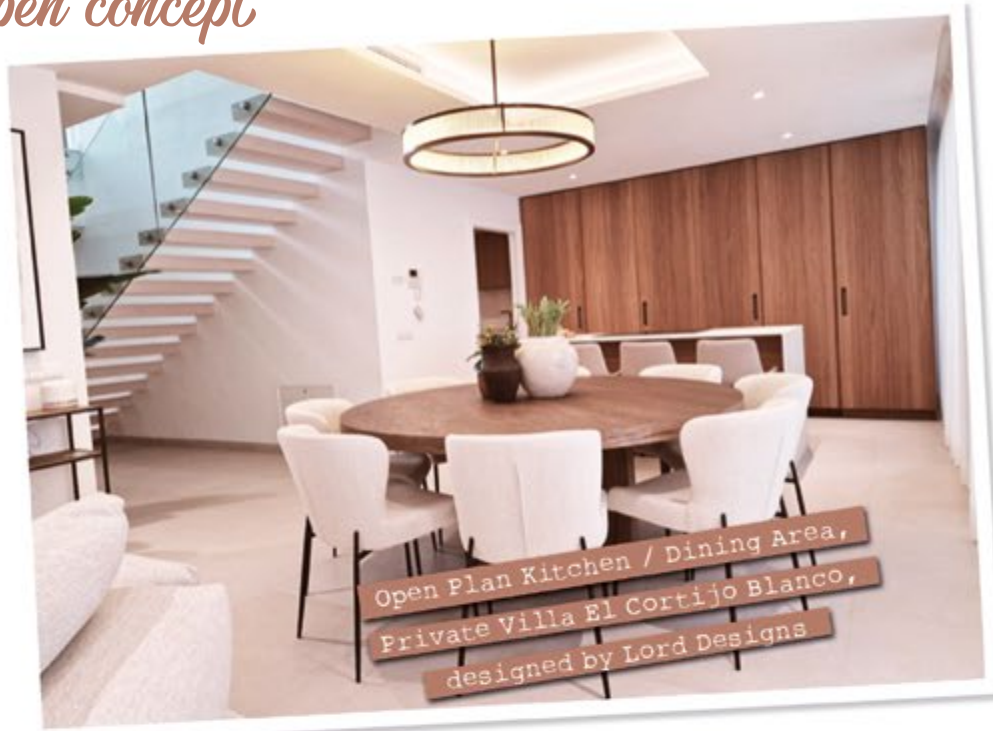


Alhambra Hill, design by Lord Designs.

On the other hand, as a holiday home, some people love to have that feeling of being in a Boutique Hotel. In this case, you can choose to create more sophisticated, elegant and sober spaces.

Upholstered headboards, wallpapers or decorative mouldings and cushions, lots of cushions. It's time to relax!

Open concept



With regard to the distribution of the space, we think it is right to opt for open spaces, as these are homes destined to have guests, and it is essential that the space has fluidity and the maximum possible connection between rooms, while maintaining the privacy of bedrooms and bathrooms.



Flexibility

Flexibility is key, as the space must be prepared to accommodate, on many occasions, extra family members and friends.

When it comes to designing guest bedrooms, we think it is wise to design the rooms in such a way that they are useful for couples, siblings and friends alike. How is this achieved? By choosing individual beds, and a choice of headboard and bedside table design that allows the aesthetics to be maintained in one way or another.

Below, we show you a design by Lord Designs, in our Gibraltar project, where we show in our presentation a totally versatile design:



Confort

Finally, we would like to stress how important it is that a holiday home has to be, above all else, COMFORTABLE. Because the purpose of a well-deserved holiday is to enjoy, disconnect and rest.

Therefore, it seems important to us to choose a good sofa, both for the living room and the terrace, as well as choosing a good mattress and quality bedding.



At Lord Designs we would be more than happy to help you and be part of your beautiful holiday home project.

www.lorddesigns.com f Lord Designs Interiors

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Taking care

Pete Davidson just entered a rehab facility due to PTSD struggles.



New couple alert

Monica Belluci and Tim Burton are officially in a relationship.



Supporting friends

Rihanna was the face of the latest Louis Vuitton campaign that is marked as the first launch of the brand since Pharrell took the position of creative director. The two of them have a good friendship and seem to be supporting each other in their artistic projects.

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Effective Communication: The Pillar of Successful Leadership

In the business world and in life itself, communication is, has been, and will continue to be one of the most natural essences of human beings. The tone of our voice, the ability to pause, and the use of keywords are some of the ingredients to solve the different problems that arise among employees within an organization. Leaders who master the skill of effective communication have the power to inspire, motivate, and guide their teams towards success. In this article, we will explore how to improve vertical and horizontal communication in companies to enhance team leadership, and how this essential skill makes a difference in the results obtained.

Improving Vertical Communication: Strengthening the Bond

Vertical communication, between leaders and team members, is essential for building a relationship of trust and understanding. Leaders must establish open communication channels, foster active listening, and clearly convey expectations and goals. By aligning strategic directions with individual objectives, an environment conducive to motivation, collaboration, and professional growth is created.

Facilitating Horizontal Communication: Creating Synergy

Horizontal communication, among team members and between different teams, is key to effective collaboration and knowledge exchange. Leaders should promote openness and the exchange of ideas, establish clear communication channels, and encourage active participation of all members. By breaking down barriers and facilitating collaboration, creativity, innovation, and superior results are stimulated.

Effective Communication as a Bridge to Better Team Management

Ultimately, effective communication is the pillar on which successful leadership is built. When leaders master this skill, they are able to convey their vision clearly, motivate their teams, build strong relationships, and foster an environment of trust and openness. Improved vertical and horizontal communication drives productivity, team satisfaction, and business results. Are we aware of how we communicate, how we express ourselves, and, furthermore, are we aware of our ability to inspire others through words?



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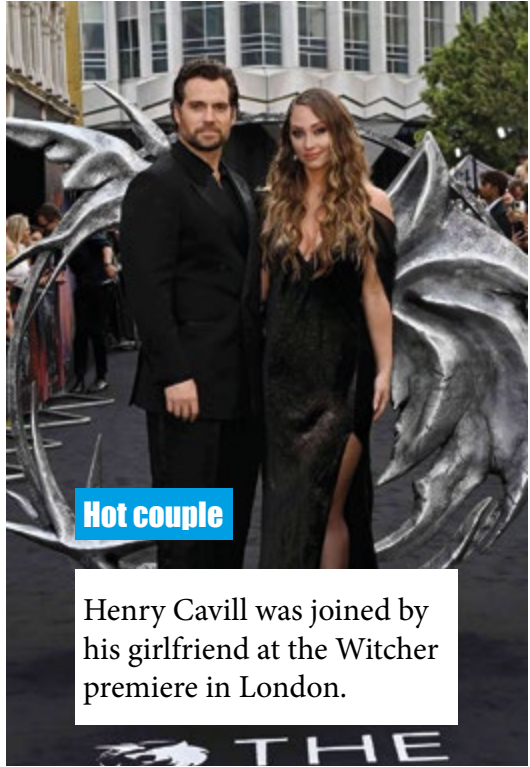
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Fun and lowkey

Orlando Bloom wore this grey ensemble for the Serpentine Summer Party.



Hot couple

Henry Cavill was joined by his girlfriend at the Witcher premiere in London.

Busy month for models

Model Gigi Hadid went sleek with her style in an all-dark troupe for the 2023 ANDAM Design Grants held at Palais Imperial on Thursday in Paris, France. The superstar, who walked numerous shows that week was a special guest said night. In other news, the Hadid sister had been caught in an internet scandal following some confusing Selena Gomez instagram interaction.



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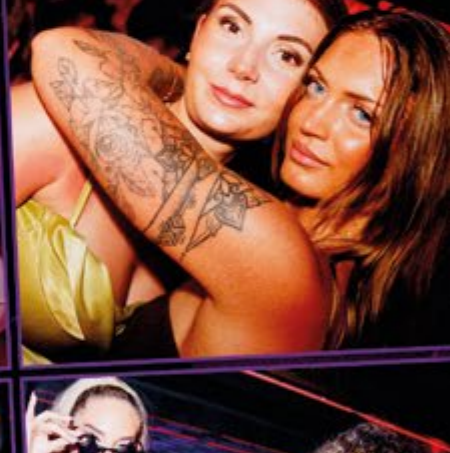
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