

# ABOUT magazine MARBELLA



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**ABOUT  
MARBELLA**



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# ANÚNCIATE CON NOSOTROS

DESDE TAN SÓLO:

150€



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# New Year's Eve Celebration

## Menu

Canapes

Chefs Amuse Bouche

Cured Salmon  
Pickled Vegetable & Wasabi Mayonnaise

Caramelized Onion, Spinach & Goats Cheese Tart

Champagne Sorbet

Pan-Fried Scallops  
Served on a Bed of Chorizo  
Lemon Rissotto

Fillet of Beef Wellington  
Broccoli & Chili with a Red Wine Jus

Mulled Wine Sorbet

Choc Choc Choc  
Fruits of The Forest Coulis

Chestnut Baked Alaska  
with a Quince & Ginger Gel

House Liquor

340€ p/p

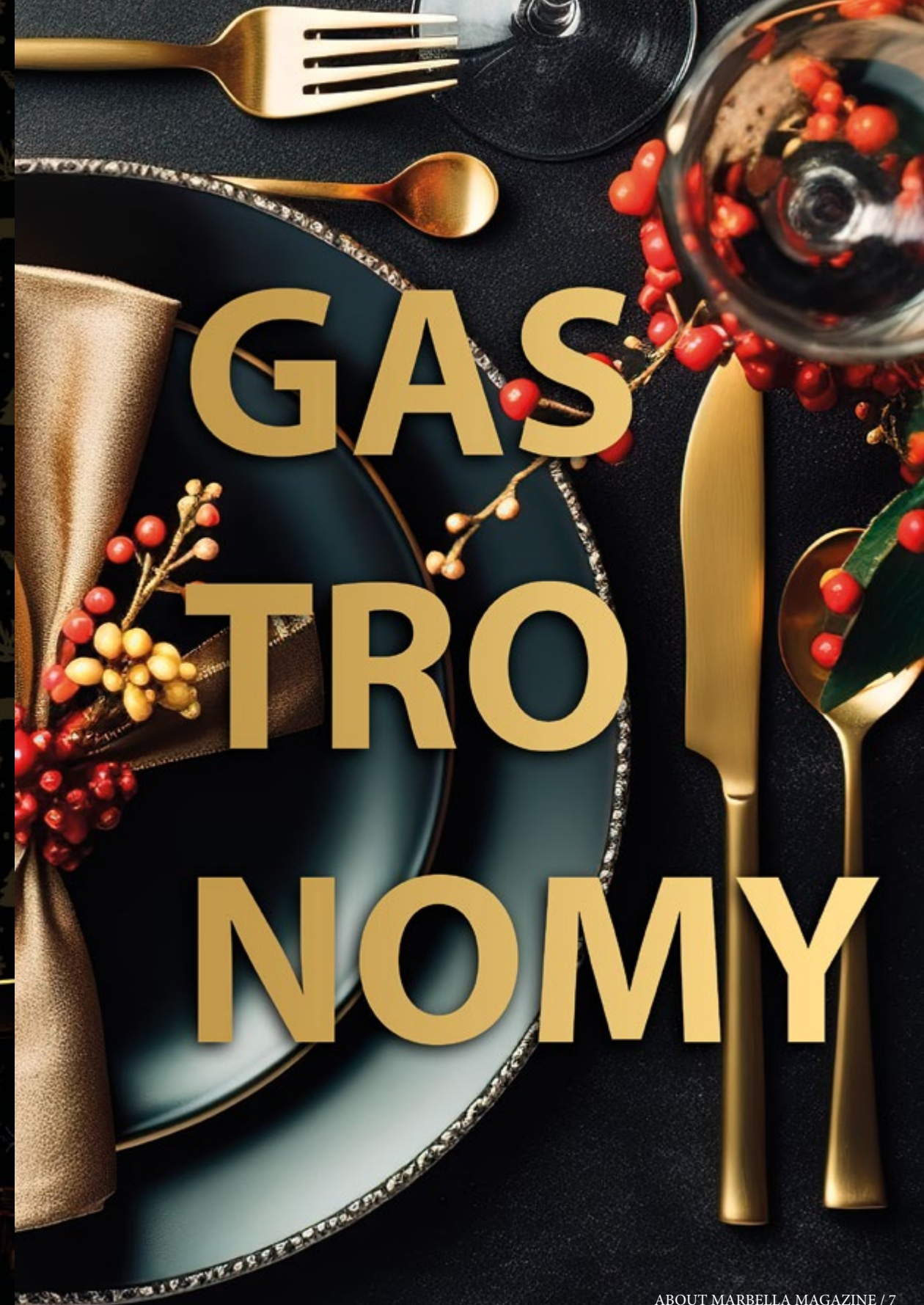
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**GROUP  
MENUS**

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# Group Menus



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# Group Menus



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MUELLE DE HONOR 10-11, PUERTO BANÚS, 29660 MARBELLA  
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## 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 Coín goat cheese sauce.

### SUCKLING PIG

Suckling pig ingot in oyster sauce, pineapple with thyme and herb polenta.

### DESSERTS TO CHOOSE

"TIERRAMISU"

CHOCOLATE CAKE & RED BERRIES IN TEXTURES

PLUS LIVE MUSIC FROM 3PM WITH TABITHA

# NEW YEAR'S EVE 2023

NYE PARTY, 31ST DEC 2023 8:00PM – 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 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 Niguiiri-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

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## NEW YEAR'S DAY 2024

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

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**Eye of the hurricane**

Justin Timberlake is mid controversy due to Britney's statements about him.



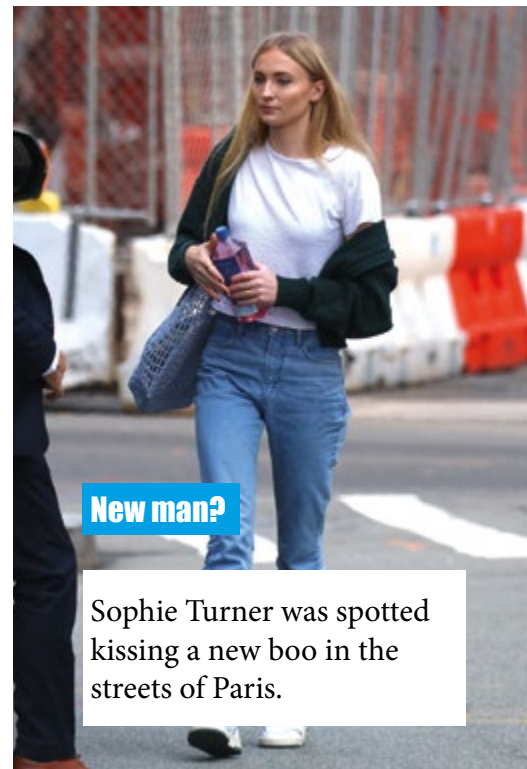
**Couple party**

Couple Megan Fox and MGK dressed up as Kill Bill characters this Halloween.



**Family party**

Kim K and her daughter dressed up as Clueless characters this Halloween.



**New man?**

Sophie Turner was spotted kissing a new boo in the streets of Paris.



**Strong bond**

Out of the Avengers cast, five of the six individuals from the center cast chose to get a gathering tattoo after the arrival of their last movie. The film was one of the last ones that they generally showed up in together, and the tattoo celebrates their bond.



**Closed chapter**

Jennifer Lawrence will not likely come back to the Hunger Games saga. Nina Jacobson gave a straightforward justification for why Katniss, and hence Jennifer's, story was apparently finished: They'd run out of source material from creator Suzanne Collins. "On the off chance that Suzanne has a remark, she'll compose a book about it," she said.



## MENÚS DE GRUPOS Y CENAS DE EMPRESA

*Asador el Repique*

### MENÚ 01

#### PRIMEROS

A compartir entre 4 personas

Piquillos gratinados  
 rellenos de marisco

Croquetas caseras  
 variadas

Chorizo y morcilla  
 a la parrilla

Ensalada César

#### SEGUNDOS A ELEGIR

Rosada al horno en salsa  
 de espárragos

Pollo piri piri a la parrilla  
 con patata provenzal

#### POSTRES

Surtido postres caseros  
 Café o licor de la casa

**35€**

### MENÚ 02

#### PRIMEROS

A compartir entre 4 personas

Surtido ibérico

Ensaladilla rusa

Hojaldres de salmón,  
 queso y calabacín

Ensalada de burrata  
 con tomate rosa

#### SEGUNDOS A ELEGIR

Atún rojo a la plancha  
 con parmentier  
 y cebolla caramelizada

Entrecot a la parrilla  
 con guarnición  
 de patatas panaderas

#### POSTRES

Crepes variados  
 Café o licor de la casa

**45€**

### MENÚ 03

#### PRIMEROS

A compartir entre 4 personas

Tartar de atún de Almadraba

Gambas al Pill Pill

Tabla de quesos, surtidos

Ensalada de brotes  
 con queso de cabra  
 y vinagreta de miel

#### SEGUNDOS A ELEGIR

Bacalao confitado  
 con verduras de raíz

Lomo alto a la parrilla  
 con puré trufado

#### POSTRES

Surtido postres caseros  
 Café o licor de la casa

**50€**



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# LOUNGE LA HABANA

## MENÚS DE EMPRESA

CELEBRA CON NOSOTROS TUS COMIDAS DE NAVIDAD

### MENÚ 1

~ENTRANTES PARA COMPARTIR~

Ensalada de Tomate  
Gambas Pil-Pil  
Boquerones Fritos al Limón  
Croquetas de Marisco

~PLATO PRINCIPAL A ELEGIR~

Paella del Señorito o de Pollo  
Pollo al Curry Thai  
Salmón al Horno

~POSTRES VARIADOS~

~BEBIDAS~

Agua, Refrescos, Cerveza  
Vinos Azpilicueta: Crianza y Blanco

40€ p/p

### MENÚ 2

~ENTRANTES PARA COMPARTIR~

Ensalada de Tomate Completa  
Gambas Pil-Pil  
Calamares Fritos  
Tartar de Salmón

~PLATO PRINCIPAL A ELEGIR~

Suprema de Lubina  
Entrecot Gallego  
Spaguetti Marinera

~POSTRES VARIADOS~

~BEBIDAS~

Agua, Refrescos, Cerveza  
Vinos Azpilicueta: Crianza y Blanco

50€ p/p

### MENÚ 3

~ENTRANTES PARA COMPARTIR~

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

~PLATO PRINCIPAL A ELEGIR~

Filet Mignon  
Paletilla de Cordero  
Pata de Pulpo

~POSTRES VARIADOS~

~BEBIDAS~

Agua, Refrescos, Cerveza  
Vinos Azpilicueta: Crianza y Blanco

60€ p/p



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**Hallo-queen**

Camila Cabello was glam and campy for her latest costume.



**In preparation**

Usher has been revealed to be the guest at the upcoming Superbowl half time show.



**Chic in black**

Kendall Jenner looked chic in this leather coat around L.A.



**Fab airlines**

Paris Hilton dressed up as Britney Spears for this year's Halloween.



**Speaking her truth**

Britney released her journal *The Woman in Me* last month, and it contained so many sensation disclosures about her vocation, conservatorship and associations with any semblance of Justin Timberlake and Kevin Federline. Weeks after its delivery, the marketing projections are in, showing exactly the way that intrigued the world was in perusing Britney's story.



**Rest in Peace**

Matthew Perry's sudden death stunned fans when it was uncovered that the star had out of nowhere passed at 54 years old. Presently, the Los Angeles District Clinical Inspector's Office has delivered a couple of insights regarding the examination concerning his reason for death. May he rest in peace.





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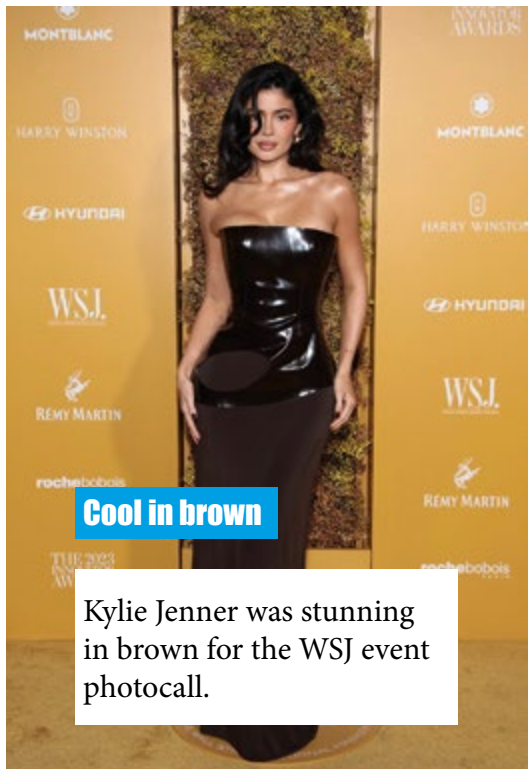






**New couple**

Gigi Hadid and Bradley Cooper were spotted during a date in NYC.



**Cool in brown**

Kylie Jenner was stunning in brown for the WSJ event photocall.



**Legal actions**

Scarlett Johansson's group has made a legitimate move against the artificial intelligence application Lisa computer based intelligence: 90s Yearbook and Symbol. A commercial sprung up via web-based entertainment this week in which Scarlett's resemblance was utilized. The promotion has since been scoured from the web and her attorney is standing up.

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The exclusive model limited to 2,500 units globally demonstrates that the concept of the Porsche 911 knows almost no boundaries. It harks back to the first overall Porsche victory at the 1984 Paris-Dakar Rally – which also represents the first use of the all-wheel drive system in a Porsche 911. To commemorate this achievement, the new 911 Dakar will be offered with an optional Rallye Design Package inspired by the iconic winning car of 1984.

### *Standing tall, sliding sideways*

The first thing that immediately stands out on the Porsche 911 Dakar is its ride height: It is 50 millimeters higher than on a 911 Carrera model equipped with Sport Suspension. In addition to this, the standard lift system can raise the front and rear of the car by an additional 30 mm – achieving a level of ride height and ramp-over angles similar to conventional SUVs. The lift system is not only designed to help clear obstacles at low speeds, but is also an integral component of the newly calibrated suspension. The “High Level” setting is usable at up to approximately 105 mph for spirited off-road driving. Above this speed, the car returns to its normal ride height.



Specially developed Pirelli Scorpion All Terrain Plus tires, measuring 245/45 ZR 19 in front and 295/40 ZR 20 at the rear complement the especially sporty off-road appearance of the new model.

By: Guillermo Fernández de Ateca Barber.



## Powerful engine for all surfaces

The 3.0-liter twin-turbo Boxer engine makes 473 hp and 420 lb.-ft. of torque and delivers commanding performance accompanied by the unmistakable Boxer engine sound. The new 911 Dakar accelerates from 0 to 60 mph in 3.2 seconds, the top track speed is limited to 150 mph due to the cross section height of the tires for this model.

The engine is paired with an eight-speed-PDK and Porsche Traction Management (PTM) all-wheel drive. Rear-axle steering, engine mounts adopted from the 911 GT3 and the body roll reducing Porsche Dynamic Chassis Control (PDCC) system are also standard equipment. Two new drive modes – Rallye Mode and Off-Road Mode – offer the excellent off-road performance that can be activated using the mode switch on the steering wheel. Rallye Mode is programmed for loose, uneven surfaces and biases power to the rear axle.

## Optional roof basket and tent

The 911 Dakar also features a fixed rear spoiler, and a hood made of CFRP, of which the latter is taken from the 911 GT3, with large openings designed to extract air. Red front and rear tow hooks made of forged aluminum, flared fender arches and rocker panels contribute to the off-road appearance as do stainless steel body elements on the front and rear fascia and side skirts.



The roof of the 911 Dakar is equipped with a 12-volt-socket for the headlights of the optional roof basket. A roof tent is available for the 911 Dakar as well.

The interior of the 911 Dakar underscores the performance-oriented nature of the car with standard Full Bucket Seats and deleted rear seats. Another Dakar-specific detail is the standard Race-Tex upholstery with decorative stitching in Shade Green, which is exclusive to the 911 Dakar as an exterior paint color.

## Rallye Design Package harks back to Dakar winner of 1984



The optional Rallye Design Package starts with a two-tone paint consisting of White and Gentian Blue Metallic. Customers can opt for a start number on the side of the car between “0” and “999.”

The Porsche 911 Dakar is expected to begin arriving in U.S. dealers in Spring 2023, with a starting MSRP of \$222,000 excluding \$1,450 for delivery, processing and handling.

BY: GUILLERMO FERNÁNDEZ DE ATECA BARBER.





# 2022 JAGUAR F-TYPE

LINEUP DOUBLES DOWN ON THE THRILL OF THE SUPERCHARGED V8

## Introducing F-TYPE P450

Joining the lineup in the United States for the 2022 model year, F-TYPE P450 is the new entry point to the iconic Jaguar sports car roadster.



- The sports car par excellence: For the 2022 model year, F-TYPE lineup evolves to focus exclusively on supercharged V8 power, with core F-TYPE P450 and flagship F-TYPE R
- Introduction of F-TYPE P450: New 444hp supercharged V8 P450 coupe and convertible models introduced: rear- and all-wheel drive, with dynamics tuned for exploitable performance and driver engagement and 0-to-60 in 4.4 seconds<sup>1</sup>
- Repositioned pricing: F-TYPE P450 RWD starts at \$71,300<sup>2</sup>

Unique to F-TYPE, its supercharged, 444hp V8 has been developed to offer exploitable, rewarding performance – its maximum torque of 428 lb-ft. being generated from just 2,500rpm. A standard electronic active differential further optimizes traction. In either configuration, RWD or AWD, F-TYPE P450 bolts from 0 to 60mph in just 4.4 seconds, with a maximum speed of 177 mph.

Like F-TYPE R, F-TYPE P450 offers Quiet Start as a standard feature, which ensures a more subtle, refined sound upon startup. The electrically actuated bypass valves in the rear silencer remain closed until they automatically open up under load, releasing the signature roar fundamental to the F-TYPE driving experience. Quiet Start can be overridden by selecting Dynamic Mode or by pressing the switchable exhaust button before starting the engine, if desired. Further enhancing the value proposition of F-TYPE P450 are standard Configurable Dynamics, 20-inch wheels, larger brakes (380mm front, 376mm rear), and switchable active exhaust.



F-TYPE is offered in two distinct configurations with more standard luxury and convenience features than before: the 444hp F-TYPE P450 and 575hp

F-TYPE R. The newest member of the F-TYPE family can be ordered as a coupe or convertible in P450 RWD or P450 R-DYNAMIC AWD trims.



By: Guillermo Fernández de Ateca Barber.





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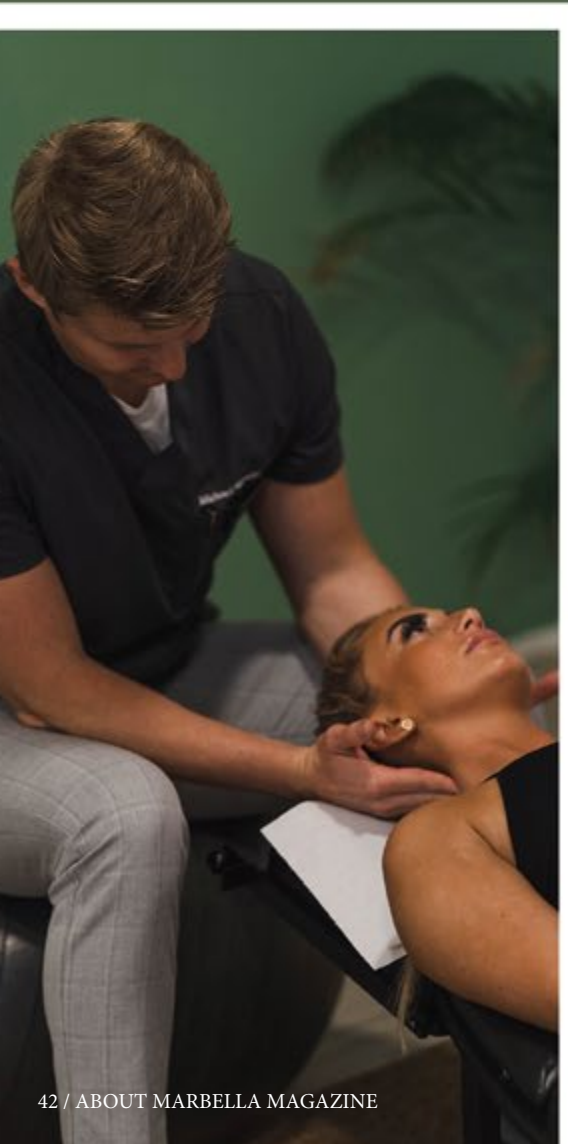
KASIKAO



# Optimizing Athletic Performance: The Synergy of Chiropractic and Sports Massage

In the pursuit of peak physical performance, athletes are increasingly turning to alternative therapies to gain an edge. Combining chiropractic care with sports massage has emerged as a winning strategy for athletes and fitness enthusiasts. Here, we delve into the key benefits of this powerful synergy.

1. **Enhanced Mobility:** Chiropractic adjustments improve joint mobility, while sports massage targets muscle tension. Together, they unlock an athlete's full range of motion, reducing the risk of injuries and enhancing performance.



2. **Quicker Recovery:** Sports massage boosts circulation and reduces muscle soreness. Paired with chiropractic care, which optimizes the body's natural healing processes, it accelerates recovery, allowing athletes to train harder and more consistently.

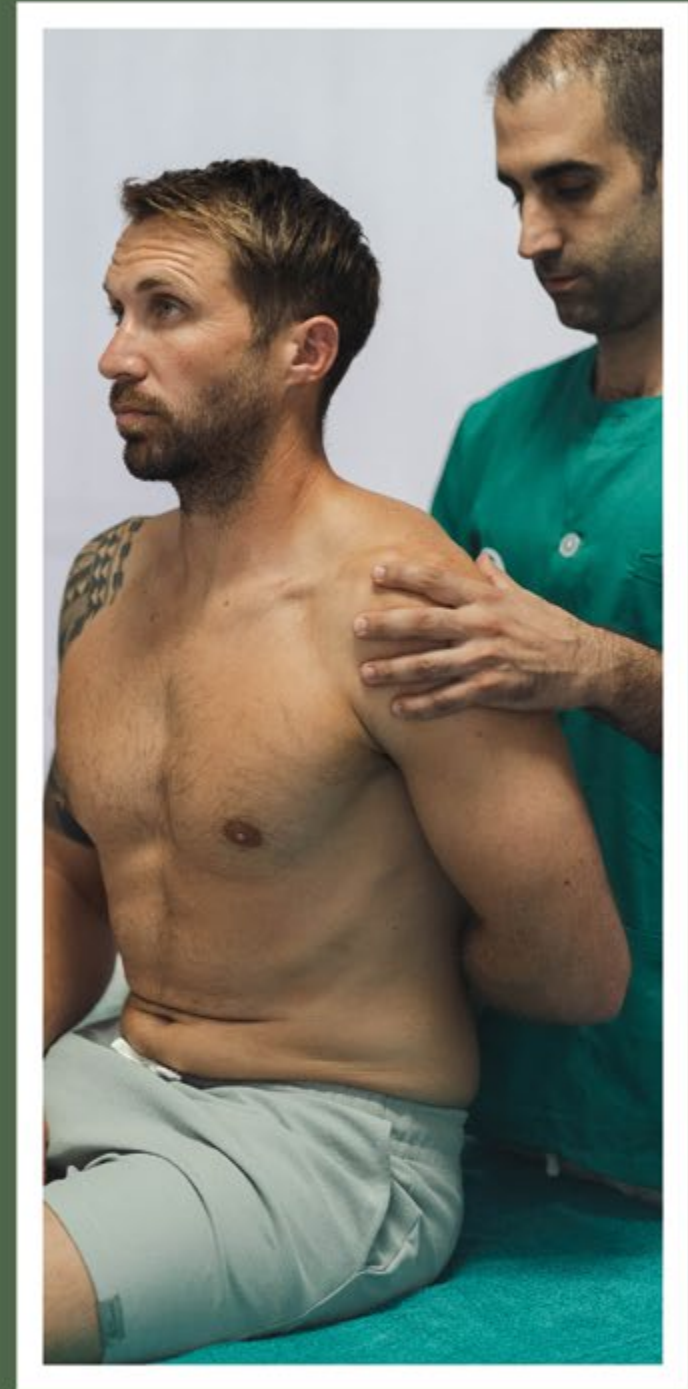
3. **Injury Prevention:** Chiropractors identify and address musculoskeletal imbalances, complemented by sports massage's muscle maintenance. This duo minimizes injury risks, keeping athletes in top form.



4. **Pain Management:** Chiropractic adjustments relieve joint and nerve pressure, while sports massage targets pain points directly. Athletes find relief from various types of discomfort, from joint issues to tension headaches.

5. **Stress Reduction:** Physical exertion and competition induce stress. Chiropractic care and sports massage alleviate both physical and mental stress, enhancing focus and resilience.

In conclusion, the combination of chiropractic care and sports massage offers a holistic approach to athletic excellence. By improving mobility, expediting recovery, preventing injuries, managing pain, and reducing stress, this synergy empowers athletes to reach their full potential. If you're an athlete or active individual, consider incorporating these therapies into your wellness routine to unlock your peak performance.



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Javier Sanchez Calderón  
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# Transformation Minutes: The Lasting Power of Micro Workouts

In the daily hustle, finding time to exercise might seem like a monumental task. But what if I told

you that you only need minutes a day to transform your health? Discover the incredible benefits of

micro workouts and how these small moments can have a lasting impact on your overall wellbeing.



## Benefits of Small Doses of Daily Training:

- **Instant Energy:** Although brief, daily physical activity awakens your body and mind, providing you with sustainable energy throughout the day. If you're tired, get moving.
- **Sustainable Consistency:** Micro workouts are the key to maintaining a consistent exercise routine. They are practical, accessible, and easily integrated into your day.
- **Mental Well-being:** Even a few minutes of exercise release endorphins, improving your mood and reducing stress, contributing to lasting mental balance.

## Improving Daily Movement:

- **Mobility in Minutes:** Incorporating short mobility sessions improves joint health, vital for preventing injuries and enhancing performance in other sports.
- **Strength for Everyday Life:** Brief strength training sessions strengthen muscles, making daily tasks easier and improving posture.
- **Long-term Health:** Consistency in these small habits not only improves day-to-day life but also establishes the foundation for long-term health.

Micro workouts are the key to sustainable transformation. Don't underestimate the power of those daily minutes; they make the difference between a sedentary and an active life.

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2021-2022

# Lord Designs Director, Sophie Lord



The Award winning Interior Design company, Lord Designs Interiors talks to us about the importance of first impressions in our homes....

## WELCOME HOME!

They say you only get one chance for a first impression. Therefore, one of the things that we think is super important and that will make your life a lot easier is to pay a little more attention to your entrance at home.

After the holidays and the return to routine, it's time to catch up and reorganise a bit, to start the "new year" with more strength than ever.



The entrance, is a key place for our daily tidiness, so that we don't end up leaving our handbag or jacket in places in the house where we shouldn't, thus contributing to visual noise.

It's a very versatile space, which we love to design and where multiple different elements can be added to create a very interesting, layered look. As spaces are generally smaller and you must fit pieces together, it becomes a challenge for interior designers and that is always motivating. That's why today, we want to dedicate a little time to this part of the house and tell you some of the secrets we use when decorating for maximum functionality and aesthetic appeal.



# Furniture

When designing a hall, we always try to opt for wardrobes instead of coat racks, if possible, in order to leave everything tidier and cleaner.

With wardrobes, you can play around a lot depending on the aesthetics you want to achieve. From a more classic aesthetic with mouldings, to much more contemporary options using pallet racking or wallpaper to hide the wardrobe and make it part of the decor.

Remember that they must be designs that go in harmony with the decoration of the whole house, so that the whole set has a unity of style.



Entrance hall design by Lord Designs  
in Doncella Beach, Estepona

Inspiration for hidden door,  
Ana Milán's house,  
Interior styling: Pete Bermejo  
Photography: Pablo Zamora



With organic, unexpected lines  
and natural materials,  
we love this entrance hall  
by Nicole Hollis in El Dorado.

When there are cupboards in this space, we see the opportunity to integrate a more decorative hallway furniture, without necessarily containing storage.



Interior design  
by Lord Designs  
in Alzambra Hill Club.



Design by Lord Designs at Quercus, La Quinta,

Benahavis. Photograph by Javier Bravo



Another element that is more than a protagonist in the entrance, are benches or poufs.

In today's market we can find all kinds of furniture to make the most of the entrance hall. They are usually narrower pieces designed to be functional, but there is also the option of making something personalized, obtaining unique results.

A brilliant idea is to make made-to-measure furniture that already incorporates several elements, covering all the furniture we need, thus completely dressing our entrance.



Design by Valentina Bagnoli.

## Accessories

In entrances, something that we think is also essential is to add a beautiful mirror. It can be decorative or with simpler lines, but the important thing is that it is large, in order to add dimension to this space, which is usually smaller and narrower.

Lighting should also be considered. These are places in the house that sometimes even lack natural light, so it is important that they are properly lit. In addition, wall lights can be added to add a decorative touch.

Design by interior designer

Sedova Elena



Interior design by Lord Designs in Alzambra Hill Club project.



Interior design by Pion Studio

Once you have taken all the most important elements into account, the most fun part comes, and that is DECORATING. A big vase with dried leaves, or a sculpture.

What about you? Do you dare to give a new look to your entrance?

[www.lorddesigns.com](http://www.lorddesigns.com) f Lord Designs Interiors

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

Design by Lord Designs in Cortijo Blanco.

Photograph by Javier Bravo





# *Cultivating Success: Workplace Well-being as a Strategy for Performance Enhancement*

In the dynamic business world, the pursuit of excellence extends beyond daily tasks. A culture that nurtures workplace well-being is not only a sign of progressiveness but also a smart strategy to boost employee performance. Let's delve into how well-being can be the key to unlocking your team's potential.

## **Building a Well-being Culture:**

The first step towards performance improvement is establishing a culture that prioritises wellbeing. Fostering an environment where employees feel supported, valued, and motivated lays the groundwork for success

## **Work-Life Balance:**

Well-being doesn't only happen in the office. Providing flexibility and options for a healthy worklife balance increases satisfaction and reduces burnout, thereby driving productivity.

## **Investments in Personal Development:**

Continuous training and personal development not only benefit individual employees but also enhance the skills and competencies of the entire company. Workplace well-being is not just a trend; it's a valuable strategy to improve business performance. By investing in the happiness and development of employees, companies build stronger and more sustainable teams.







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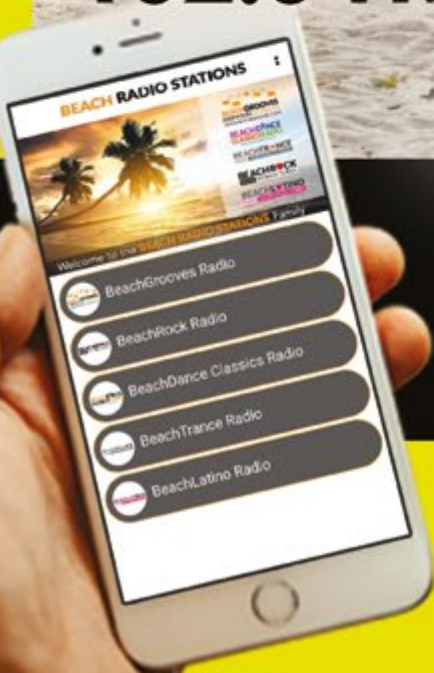
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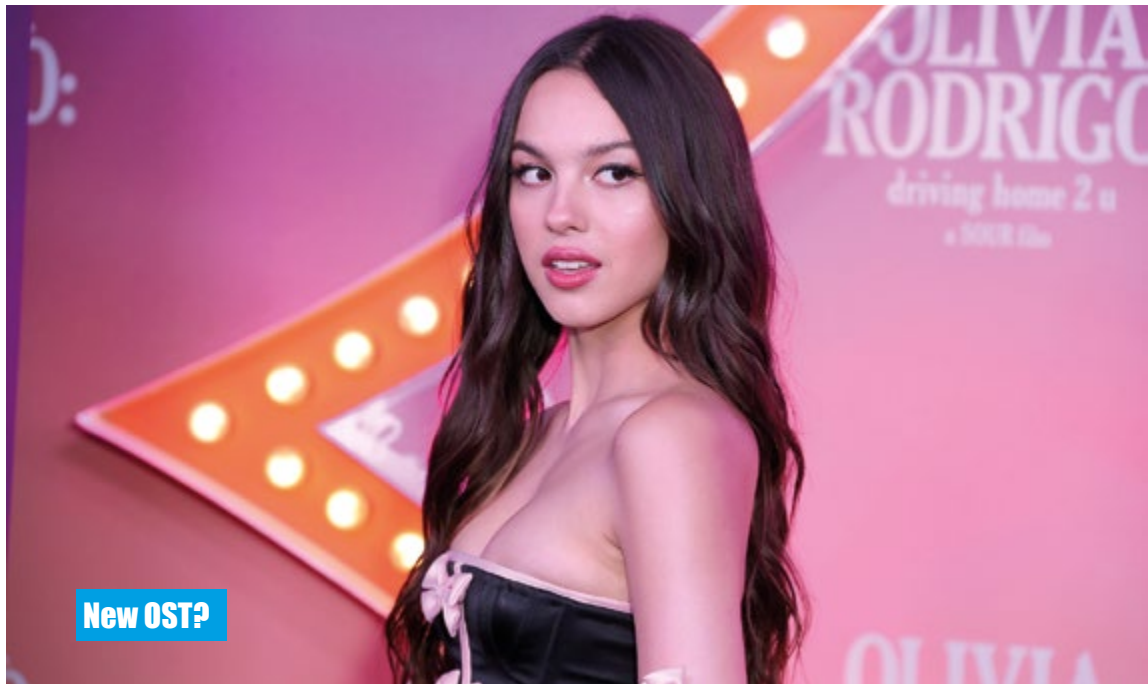
**First appearance**

Ashley Olsen was seen out and about for the first time since giving birth.



**Chic in stripes**

Pace Lee looked chic at the Thom Browne 20s anniversary.



**New OST?**

It seems to be Olivia Rodrigo will be on the soundtrack for the upcoming Hunger Games movie. The 20-year-old “vampire” vocalist’s fan page tweeted out a phone emoticon, while another fan page tweeted the number to her hotline, which when you call, it plays a bit of a guitar playing an unreleased melody.



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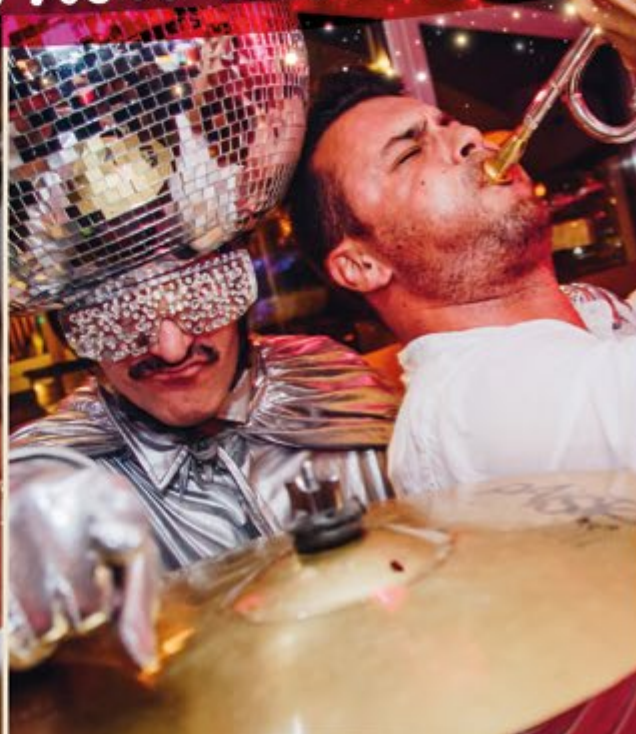
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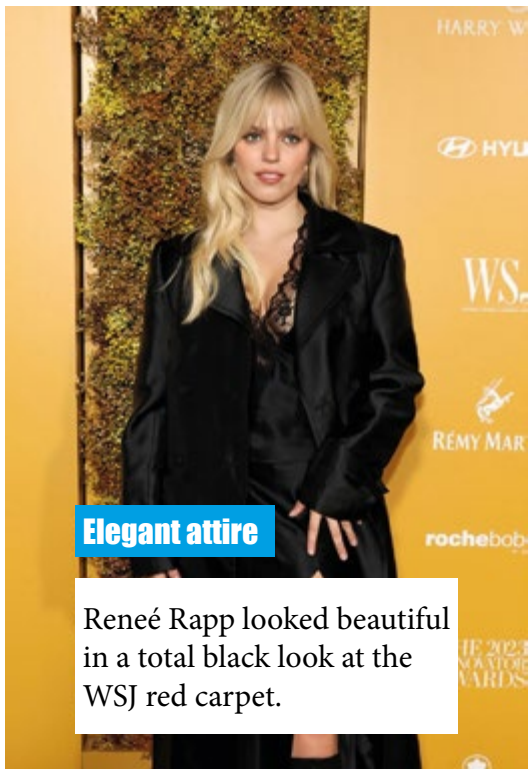


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**Elegant attire**

Reneé Rapp looked beautiful in a total black look at the WSJ red carpet.



**Festive times**

Cher is scheduled to appear at this year's Thanksgiving parades.



**Hard times**

Brooke Shields reveals she had a seizure & Bradley Cooper was by her Side.



**Working out**

Irina Shayk was sleek in her workout attire out and about in L.A.



**Another show**

Yet again heidi Klum has did something extraordinary with her Halloween outfit! The 50-year-old German supermodel showed up at her 2023 Halloween Party on Tuesday night (October 31) held at the Marquee in New York City dressed as a peacock while wearing a radiant blue bodysuit. Heidi was joined by a gathering of artists and gymnastic performers that spruced up as her peacock wings.



**She's back**

After a few prods via online entertainment, the 28-year-old “Don’t Start Now” singer formally affirmed that her new single is called “Houdini,” and it’s coming this month. Only half a month prior, she totally cleaned her Instagram page in front of the declaration. Her last studio collection, Future Nostalgia, was delivered in 2020 in the midst of the pandemic.





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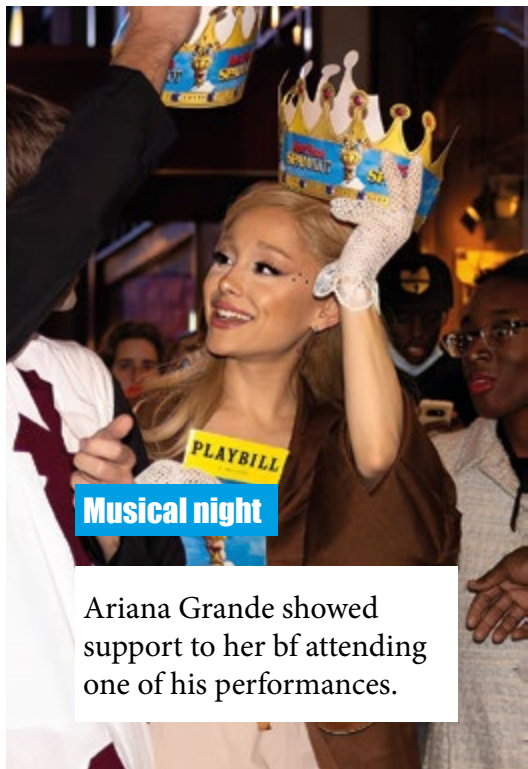
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**Fun times!**

Sofia Vergara and Jessica Alba enjoyed a girls night out in L.A.



**Musical night**

Ariana Grande showed support to her bf attending one of his performances.



**Leather chic**

Rihanna dared to combine leathers out and about in NYC,



**Gorgeous hues**

Dianne Kruger looked gorgeous in red during her latest appearance.

**Various projects**

Presently, we know how Millie Bobby Brown feels about Stranger Things' last season wrapping up. "When you're prepared, you're like, 'Okay, let's get it done. We should handle this last senior year. How about we leave.' This show occupies a ton of time to film and keeping me from making stories I'm energetic about. So I'm prepared to say, "Thank you, and farewell.""



**Happy to see her**

Celine Dion has made her first public appearance since being diagnosed to have an uncommon and serious neurological problem. In 2022, the 55-year-old hotshot artist uncovered she'd been determined to have Firm Individual Condition. "I've been managing issues with my wellbeing for quite a while, and it's been truly hard for me".





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