

ABOUT MARBELLA

magazine



LAROC NEW YEAR'S EVE GALA

31.12.23

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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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**ABOUT
MARBELLA**



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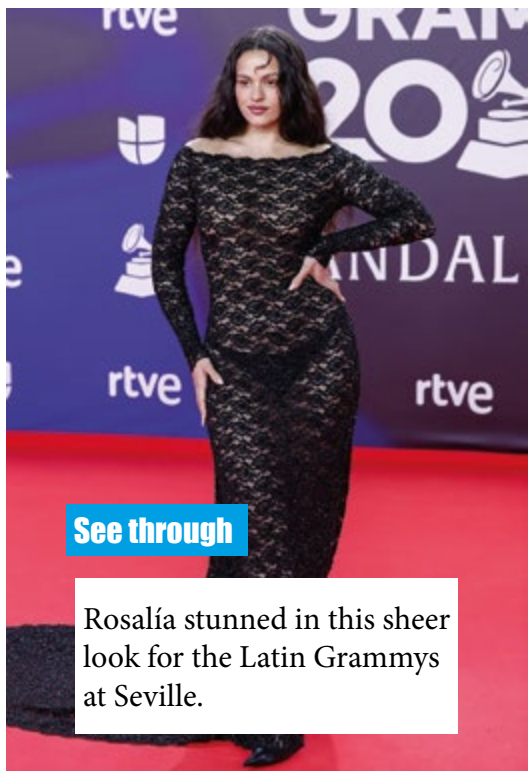
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See through

Rosalía stunned in this sheer look for the Latin Grammys at Seville.



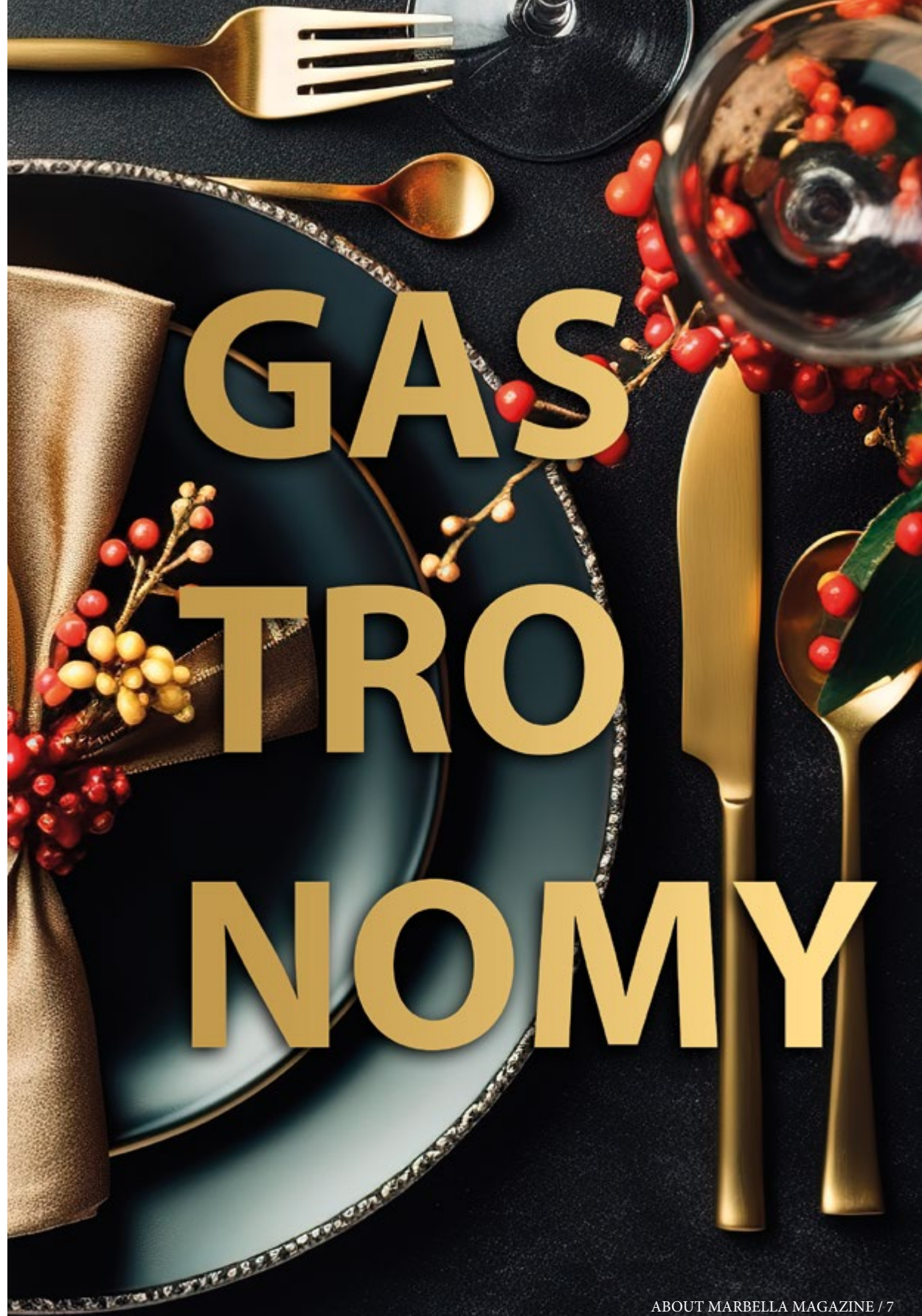
Fantasy day

Singer Brandy was a pink cotton candy dream for the NYC Thanksgiving Parade.



Close and personal

Lana del Rey offered in depth interviews with several magazines regarding work, personal life and art. These topics covered her production adventures in a Taylor Swift album and her relationship status after her latest breakup.





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

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Argentinian Grill



Argentinian Grill

El Gaucho de Banús es un prestigioso Restaurante Argentino situado en Primera línea de Puerto Banús... Nuestro Restaurante, presenta una cocina tradicional argentina pero con tintes internacionales y de seafood. Aunque su fuerte es la carne, El Gaucho se especializa en

comida étnica criolla argentina, con platos como sus empanadas al estilo norteño, o la manera tradicional de asar la carne por nuestros expertos parrilleros, ya se sabe no hay mejor asador que un gaucho argentino...



New Year eve
2024

Una noche llena de sabores
y música inigualables



lalala

Puerto Banús



lalala

Puerto Banús

Una terraza en el corazón de Puerto Banús (Marbella)

Ubicado en la Muelle Levante, LaLaLa ofrece una experiencia encantadora en primera línea del puerto! Prepárate para ser cautivado por atardeceres épicos, deleitarte con champagne y saborear un exquisito menú de clásicos mediterráneos que llevarán tus papilas gustativas a un viaje a través de los sabores de la región.



Fresco, sano,
hecho con amor

NEW YEAR EVE
2024

Celebra con nosotros
una noche inolvidable





Una nueva experiencia gastronómica en Puerto Banús

Creemos en la comida real. Creemos en los alimentos frescos traídos a nuestras cocinas desde el área local. Nuestros chefs de clase mundial lo llevarán a un viaje culinario.



*Sabores reales.
ingredientes locales*

2024
NEW YEAR EVE

Vive la magia de una noche inolvidable



HELADOS DE VENECIA

Frescos y sabrosos

Somos una heladería artesanal donde cada día se elaboran no sólo helados, también producimos nuestros crepes y gofres...

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Ofrecemos productos de alta calidad con elaboración diaria. Nuestra misión es superar las expectativas de todos los clientes. Estamos seguros de que esta es una de las razones por las que todos nuestros clientes vuelven a nosotros.



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
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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

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WWW.ALLIN1CAFE.COM



Live performance

Enrique Iglesias was involved in controversy following his latest live tour.



Artsy looks

Hunter Schafer wore Schiaparelli for 'The Ballad of Songbirds & Snakes' premiere.



Family business

Billie Eilish and her brother Phineas just opened their new restaurant in LA.



Extreme femme

Shakira chose this futuristic corseted black look for the Latin Grammys.



Royal meetings

The members of Blackpink joined the South Korean president and his wife to their visit to the Buckingham Palace, where they were greeted by the royal family with an exquisite celebration and dinner.



His priorities

Matt Bomer revealed that he turned down an offer to play Ken for the popular 'Barbie' movie. The reason behind this decision was mainly that he didn't want to spend a long period of time away from his family in the States, since the filming was made mainly in the UK.



MENÚS DE GRUPOS Y CENAS DE EMPRESA

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

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FOIE DE CANARD CON MERMELADA DE MANGO

PRINCIPAL

MERLUZA DE PINCHO EN SALSA VERDE CON ARROZ
Y PASAS CONFITADAS

PALETILLA DE CORDERO LECHAL CON JULIANA
DE VERDURAS, SÉSAMO Y PATATAS BABY AL TOMILLO

FILET MIGNON CON PATATA ASADA GRATINADA
Y TOMATE PROVENZAL

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NEW YEAR'S EVE MENU

STARTERS

BELLOT IBERIAN HAM FROM SALAMANCA
WHITE SHRIMPS FROM HUELVA
MARINATED SALMON WITH DILL SAUCE
CANARD FOIE WITH MANGO JAM

MAIN COURSE

HAKE IN GREEN SAUCE WITH RICE
AND CANDIED RAISINS

SHOULDER OF ROASTED LAMB, JULIENNE VEGETABLES,
SESAME AND BABY POTATOES WITH THYME

FILET MIGNON WITH BAKED POTATOES AU GRATIN
AND TOMATO WITH PROVENZAL SAUCE

DESSERT

CRUSHED CHOCOLATE

DRINKS

RED WINE: MUGA CRIANZA
ROSE WINE: LUSH BLUSH
WHITE WINES: MARQUÉS DE RISCAL VERDEJO
Y SAUVIGNON BLANC

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Toned down hue

Olivia Rodrigo was minimal and chic at the 'The Ballad of Songbirds & Snakes' premiere.



Couple time

Ed Sheeran was spotted enjoying a rare night out with his wife in London.



A married girl

Adele might have recently revealed her status by confirming she has tied the knot with her current partner Rich Paul, during the Alan Carr's seasonal comedy special in Los Angeles.

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- Power increase to 900 hp and 1,050 Nm
- Performance: Vmax 340 km/h and 0-100 km/h in 2.5s
- Limited to 10 units



The front bonnet of the "P9LM EVO 900" is completely finished in visible carbon and finds its visual continuation in the upper part of the apron (also finished in visible carbon). Ventilation outlets for the wheel arches integrated into the top of the wings and body extensions on the wheel arches all around, also manufactured in visible carbon.

On request, the "P9LM EVO 900" can also be delivered without body extensions and then remains identical in width as the standard vehicle.

The air intakes in the rear side panel are framed by large air inlets made of visible carbon and, in conjunction with the additional intake scoop on the rear window (only on the Coupé), ensure that sufficient fresh air flows to the engine in every driving condition.

The newly developed diffuser and the large retractable rear spoiler generate additional downforce. The rear apron as such is partly painted and partly finished in visible carbon.

A completely new 3-pipe exhaust system (two exhaust pipes of the six-cylinder engine each flow into one tailpipe) rounds off the rear view.



By: Guillermo Fernández de Ateca Barber.

PERFORMANCE

The 3.8-litre biturbo six-cylinder engine of "P9LM EVO 900" produces 900 hp and an impressive 1,050 Nm and enables the car to reach a top speed of 340 km/h and the sprint from zero to 100 km/h is completed in 2.5s.

CO2 emissions (combined): 298 g/km - Fuel consumption (combined): 12.5 l/100km

RIMS | TYRES

One-piece and ultra-light forged rims type "FV.5C" in the dimensions 9.5 x 21 and 12 x 22 are fitted in combination with high-performance tyres in the sizes 255/35 ZR21 (Front) and 335/25 ZR22 (rear) and offer both maximum performance in terms of lateral dynamics and the best possible track stability at high speeds.



INTERIOR

The interior of the "P9LM EVO 900" is also completely redesigned and undergoes many individual upgrades. For example, the steering wheel is clad half in carbon and half in leather, and the lateral steering wheel spokes are painted to match the colour of the leather. In the upper part, the carbon ring of the steering wheel shows a shift light and a digital display for speed and engine revs.

The interior as such is completely reupholstered with high-quality, glove-soft leather down to the last corner.

Carbon applications are preferably used wherever leather is not (or should not be) used. Thanks to the carbon, the interior is stylishly accentuated in detail and the sporty character of the car is perfectly emphasised.

Specially made MANSORY floor mats, colour-matched seat belts with MANSORY logos and countless other precisely embroidered MANSORY logos elegantly round off the fully comprehensive refinement in the interior.



By: Guillermo Fernández de Ateca Barber.

RANGE ROVER



MANSORY



Unmistakably MANSORY

Stylishly modified Range Rover in designer carbon fibre outfit

King on the road as well as in rough terrain. MANSORY introduces the premium SUV with stylishly integrated carbon fibre body components with yet more dynamism,

The MANSORY interior programme

The driving experience comes not only from the engine, but also the interior. That is why we took extra care to fulfill all your wishes - even the unspoken ones. The accessories programme includes the finest of fittings in teak or mahogany, as well as illuminated door sills, floor mats with exclusive stitching and individually-manufactured full leather interior.

The MANSORY wheel collection

First-class driving conditions delivered by the 23-inch Y5/1 light alloy wheels. The one-piece, forged wheel impresses with a high load capacity at low dead weight. This means the British luxury SUV reacts with even greater agility and executes every steering command precisely, even under the highest levels of stress.

The MANSORY performance programme

We care about power and speed as well. Enjoy a custom performance boost for all standard Range Rover engines. After fine-tuning, the combination of optimised control electronics and a stainless-steel sports exhaust unit results in a beefy increase in power of up to 600 bhp and torque of 750 Nm.



By: Guillermo Fernández de Ateca Barber.

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Demystifying Chiropractic Adjustments:

What You Need to Know

Chiropractic adjustments are a common treatment in the world of alternative medicine, but what exactly do they involve, and how do they work? Let's break it down in simple terms.

1. What is a Chiropractic Adjustment?

A chiropractic adjustment, also known as spinal manipulation, is a hands-on procedure performed by a chiropractor. It's all about improving the alignment and mobility of your spine, which is the central support structure for your entire body. At CostaSpine our practitioners are well educated and trained on the latest procedures.

2. Why Do People Get Adjustments?

People seek chiropractic care for various reasons, but most commonly, it's to relieve pain, especially in the back, neck, or shoulders. The idea is that by adjusting the spine, the body's natural ability to heal itself can be optimized.

3. How Does It Work?

Chiropractors use their hands or special instruments to apply controlled, sudden force to specific joints or vertebrae in your spine. This may produce a popping or cracking sound, which is simply gas being released from the joint. The goal is to restore proper alignment and range of motion.



4. Is It Safe?

Chiropractic adjustments are generally safe when performed by a trained and licensed chiropractor. However, like any medical procedure, there are risks, including the possibility of injury. It's crucial to choose a qualified practitioner and discuss any concerns with them, all of our Chiropractors at CostaSpine are affiliated with the AEQ (Asociación Española de Quiropráctica).

5. What to Expect During a Session?

During a chiropractic session, you'll usually lie on a treatment table while the chiropractor assesses your spine and discusses your concerns. They'll then apply the necessary adjustments, which may involve gentle or more forceful techniques, depending on your condition.

6. Does It Hurt?

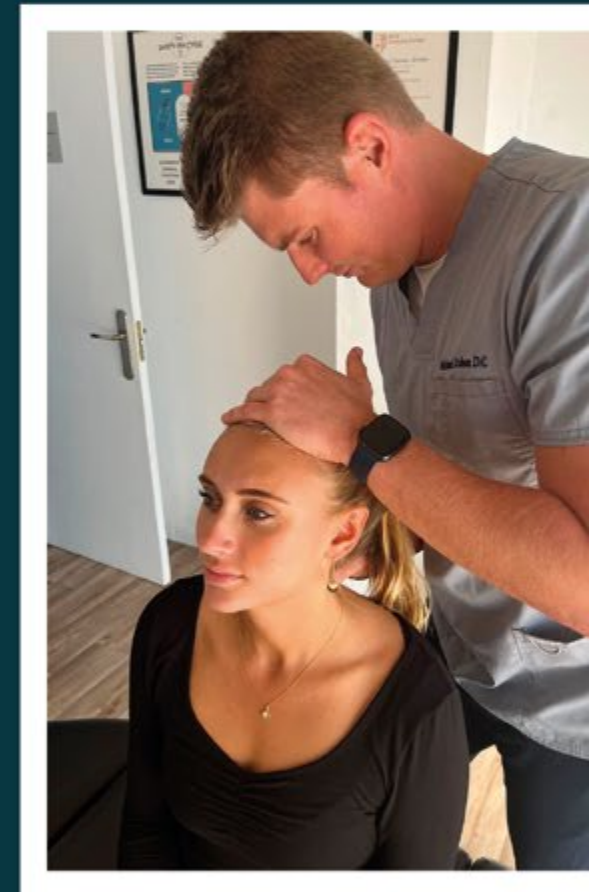
Chiropractic adjustments are not typically painful, though you may feel some discomfort or mild soreness afterward. The sensation is often compared to the feeling of cracking your knuckles.

7. Does It Work for Everyone?

Chiropractic care can provide relief for many people, especially for issues related to the musculoskeletal system. However, it's not a one-size-fits-all solution, and results may vary from person to person.

8. Conclusion

In simple terms, a chiropractic adjustment is a procedure performed by a chiropractor to improve the alignment and mobility of your spine, aiming to relieve pain and enhance your body's natural healing abilities. While it can be beneficial for many, it's important to choose a qualified practitioner and discuss any concerns before getting an adjustment.



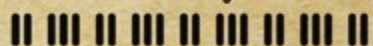
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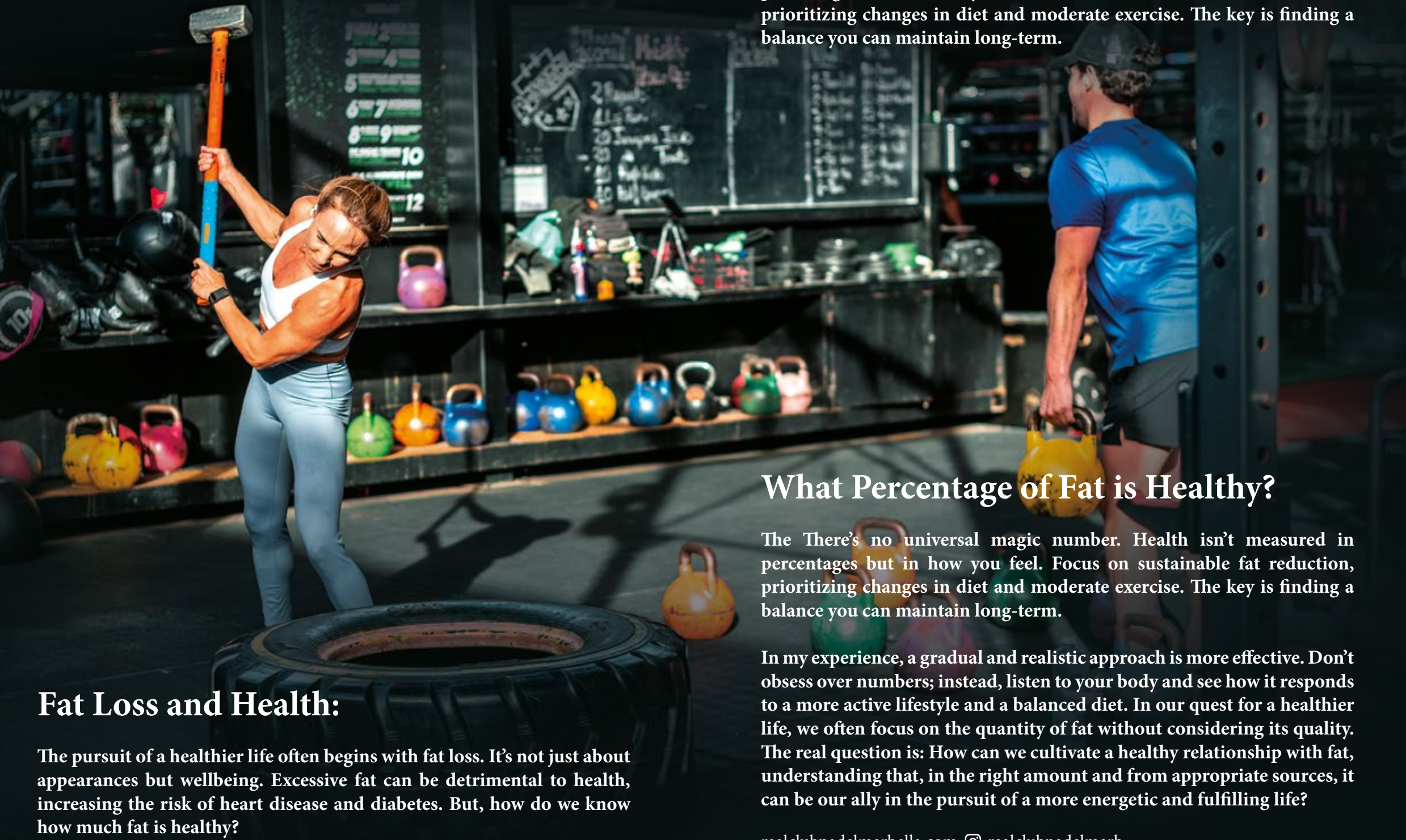
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Saturday

ADVANCED - 9 am to 10:30 am
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Healthy Fat: The Secret Behind an Energetic Life



Fat Loss and Health:

The pursuit of a healthier life often begins with fat loss. It's not just about appearances but wellbeing. Excessive fat can be detrimental to health, increasing the risk of heart disease and diabetes. But, how do we know how much fat is healthy?

What Percentage of Fat is Healthy?

There's no universal magic number. Health isn't measured in percentages but in how you feel. Focus on sustainable fat reduction, prioritizing changes in diet and moderate exercise. The key is finding a balance you can maintain long-term.

What Percentage of Fat is Healthy?

There's no universal magic number. Health isn't measured in percentages but in how you feel. Focus on sustainable fat reduction, prioritizing changes in diet and moderate exercise. The key is finding a balance you can maintain long-term.

In my experience, a gradual and realistic approach is more effective. Don't obsess over numbers; instead, listen to your body and see how it responds to a more active lifestyle and a balanced diet. In our quest for a healthier life, we often focus on the quantity of fat without considering its quality. The real question is: How can we cultivate a healthy relationship with fat, understanding that, in the right amount and from appropriate sources, it can be our ally in the pursuit of a more energetic and fulfilling life?

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A natural Christmas

Christmas is here; lights, glitter, garlands, plants ... Yet again, we are flooding the space around us and our home with the essence of Christmas, and nothing less.

The time to dress up our homes for Christmas has come. We would dare to say that almost all of us like our homes to look cosy, warm and full of light in this special season. If, like many, you are lazy when it comes to putting up the Christmas tree, we propose some ideas to make your home look festive using the resources that Nature gives us at this time of the year.

The Award winning Interior Design company, Lord Designs Interiors talks to us about a Natural Christmas 2023

Take advantage of Nature's gifts

Green is the king par excellence during the festive season. We can use it alone or combine it with red, white, or different shades of greens such as moss, fur, eucalyptus or pine ... No doubt they will create unique spaces that you will want to hold onto, even after the holidays are over.

This time of the year gives way to colors and textures that bring decorative elements such as pine cones, nuts, branches... and all this is welcome to the natural decoration of our home.



Interior design by Lord Designs in Alzambra Hill Club, Marbella.

Alternatives to the Christmas tree

There are countless versions of Christmas trees. If you want to bring originality to your decoration, you can use vases with branches that you can illuminate with subtle garlands.

Vertical decoration, such as hanging garlands and dressing cornices is another decorative option to make your home welcoming & festive. Let yourself be carried away by the Christmas spirit and resort to "Do It Yourself" creations that also bring an endearing homey touch, being also a great plan for the little ones in the house. Create all kinds of ornaments, place them on handles, coat racks, over the fireplace, in the entrance, in the kitchen... There are no limits.

You cannot disappoint with good lighting to get that special atmosphere in our homes during the festive period. Light up with candles, garlands, lanterns, glass jars with lights... Place them on tables, leaning on the fireplace, at the foot of the tree, windows, entrance, corners, stairs, even outside: don't forget to decorate your terrace and garden. If you have trees or large plants, add garlands with lights to give that magical touch to the outside as well.



Hart&Co Photograph by Mikkel Vang

Textiles for finishing

Don't forget textiles. Your natural decoration should be accompanied by textiles such as blankets, throws, cushions, tablecloths & placemats.

When setting the table for the Christmas celebrations, you should be guided by the decorative style of your home, the ornaments and their colors will help you when choosing the textiles and elements of your Christmas table. You should know that any style admits accents, finishing touches that make it more personal. You can always rely on candles and floral decoration to bring an essence of joy to the interior. The table and the tableware should be in tune with the time of year and the menu that will be served.



Design by Lord Designs
at Cortijo Blanco.
Photograph by Javier Bravo



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Design by Lord Designs
at Private Villa Nagüeles, Marbella.
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Spaces for the whole family

We work to achieve the functionality, comfort, and harmony that our clients' homes need. We always seek to optimize the resources and spaces we have. Spaces where each family can find everything they need and also be comfortable and cosy.

We create spaces to be enjoyed and shared, and what better time for this than the festive season, where laughter, chats, illusion, music, and food flood our homes.

From our home to yours, we would like to wish all of our clients & friends a Very Merry Christmas!



Design by Lord Designs
at Private Villa, Nágüeles, Marbella.
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Conquering Stars:

Practical Strategies for Attracting Top Talent

As a Human Resources manager, I know that the true essence of any company lies in the people who comprise it. Attracting and retaining talent is akin to building constellations within our team and here I share some practical strategies to illuminate the sky of your company.

Talent Attraction Processes:

The key is to simplify and humanize. Forget about endless procedures. An interview in a relaxed environment? It works! Simplifying processes attracts talent who value authenticity and efficiency.

Transparency and Corporate Culture:

Show your company as it is. Talents look beyond bright logos. A transparent and authentic corporate culture is like a magnet for those who identify with your values.

Social Media and Testimonials:

Today, social media is the shop window for companies. Share real stories of employees and let your team be your best ambassador. Personal connections are irresistible.

Ask yourself: How are we building a place where stars want to shine? The answer could be the key to the next great addition to your team.



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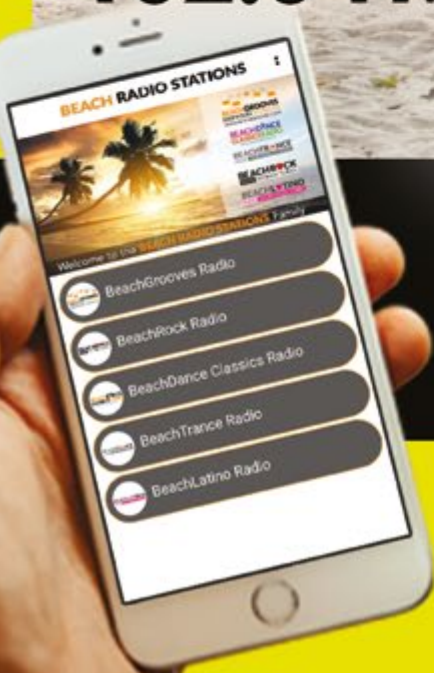
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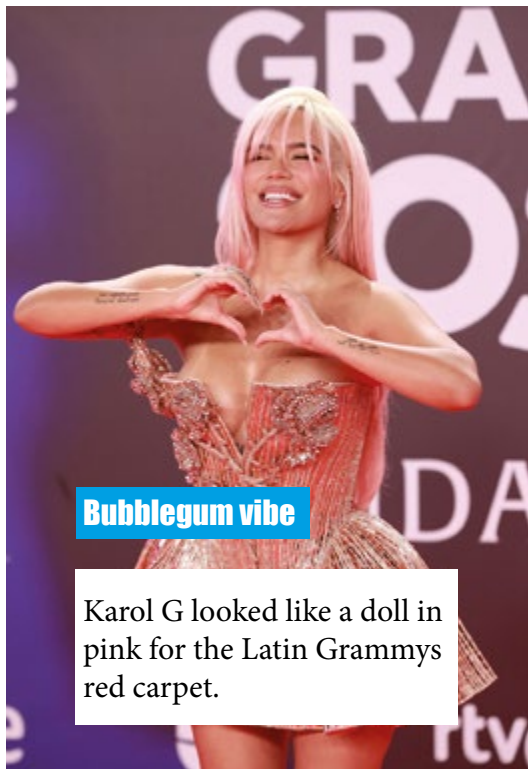
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Bubblegum vibe

Karol G looked like a doll in pink for the Latin Grammys red carpet.



Separated ways

Antoni Porowski broke up with his fiancé after four years of dating.



Tying the knot

Actor Logan Lerman will be marrying his longtime lover Ana Corrigan after several years of dating. The couple decided to go the extra mile and get engaged this past month so their wedding must be just around the corner.



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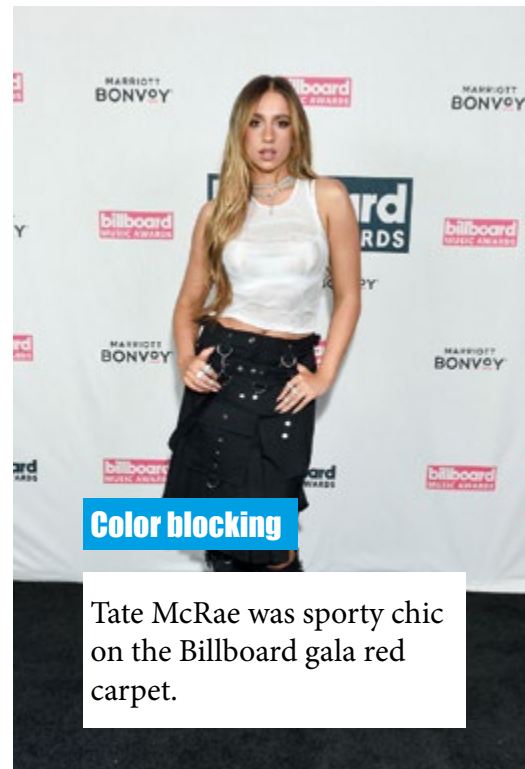
Minimal chic

Tom Blyth suited up for 'The Ballad of Songbirds & Snakes' premiere in London.



The coolest duo

Zoe Kravitz and Channing Tatum enjoyed a romantic dinner in LA.



Color blocking

Tate McRae was sporty chic on the Billboard gala red carpet.



Sleek and chic

Jennifer Lawrence was a class act at the Dior event at Fifth Avenue.

New challenges in his acting career

Actor Chris Pine was introduced into voice acting for Disney's latest animated movie 'Wish', where he plays the character of the antagonist 'King Magnifico'. This role not only includes regular acting but quite a lot of singing as the usual Disney movies that are full of musical numbers.



Closing chapters

Singer Shakira settled down her tax fraud issues with the Spanish Government that involved millions of dollars to be paid. During the court she decided to pay all the fines and close this chapter in order to move on and come clean.



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A man with curly hair and sunglasses is playing a saxophone. He is wearing a dark t-shirt and a necklace. The background is dark with blue and purple light streaks and falling gold confetti. To the right, there are several lit sparklers. The overall atmosphere is festive and celebratory.

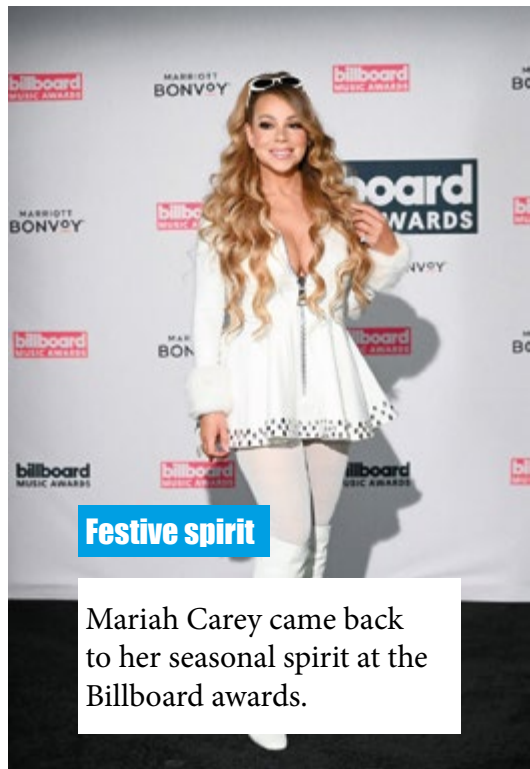
LA HABANA de
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**NEW
YEAR
PARTY
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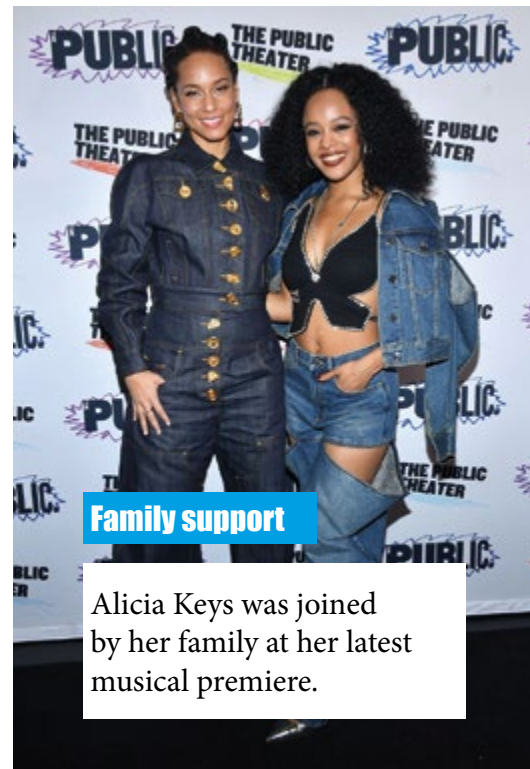
All black look

Actress Nina Dobrev attended the Dior event at Fifth Avenue.



Festive spirit

Mariah Carey came back to her seasonal spirit at the Billboard awards.



Family support

Alicia Keys was joined by her family at her latest musical premiere.



Pastel extremes

Timothée Chalamet wore lilac latex for the 'Wonka' premiere.



Reuniting

The Girls Aloud members are celebrating the exciting news that they are doing a reunion tour next year all around the UK. Nadine Coyle, Nicola Roberts, Kimberley Walsh, and Cheryl will be remembering and honoring their fifth member, Sarah, who passed away last year.



Happy couple

Actor Robert Pattinson and singer Suki Waterhouse are expecting their first child together! The news was recently confirmed by the couple via social media and they seem as happy as they could be.

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