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Nº 128 | YEAR XI APRIL '23

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Dear readers,

After enjoying the Easter break, and about to welcome what could be one of the best summer seasons yet, we'd like to introduce you to a recent opening in the Aloha area. Nomad Restaurant is a venue with a decoration that is true to its name, inspired by the nomadic Arabic world, evoking the desert, and with 2 levels to enjoy an amazing dinner whether on the terrace or their indoor dining area, followed by a spectacular cocktail on the upper level to the rhythm of the best Chill-out House music. Nomad Restaurant will definitely lead this summer season. Its extensive gastronomic offer is also worth discovering. We cannot recommend this venue enough, especially for all those who love discovering new spots!

Estimados lectores,

Recién terminada la Semana Santa, y a las puertas de lo que parece ser una de las mejores temporadas de verano, hemos querido mostraros una reciente apertura en Aloha. Restaurante Nomad es un local con una decoración como su propio nombre indica, ambientada en el mundo árabe-nómada, ambiente que evoca el desierto, y con 2 pisos para disfrutar de una espectacular cena en su terraza o bien en su salón interior, y posteriormente disfrutar de un magnífico cóctel en la parte superior al ritmo de la mejor música Chill-out House. Nomad promete ser uno de los más punteros para esta temporada de verano. Su amplia oferta gastronómica es un plus añadido al magnífico restaurante que compone Nomad. Sin lugar a dudas, este es un restaurante recomendadísimo para todos los amantes de las novedades.

Xavi Márquez
CEO X Magazine



OSTRAS
A elegir Mignoletta de algas y chile / Hojas de shiso al ponzu / natural



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Bizcocho de aceite de oliva servida con helado de vainilla



ANDRÁS VINCZE

Who is András Vincze?

I would describe myself as a detailed and focused international hotelier / restaurateur who excels at developing individuals and teams to succeed whilst build brand and reputation.

I am a senior leader with nearly 20 years of experience as a hospitality professional, work experience including Four Seasons Buenos Aires, Four Seasons Dublin, Merrion Hotel Dublin, One Aldwych London, Danaï Beach Resort Halkidiki and many more (all different hotel management positions)

Where have you beginnings in the hospitality industry?

I have chosen a career in hospitality because I enjoy interacting with other people and I enjoy the challenges that come with the role. Over the years, I have held several management positions where the need to act as a positive role model for my employer has been crucial.

First restaurant position was as a Commis Restaurant Waiter in Italy / Artemino (close to Florence) and after my 1st hotel job was in Buenos Aires Four Seasons as a food and beverage trainee.

Tell us about Nomad

When I met the investors and they showed me and explained me about the project, I fell in love with it. I'm with Nomad since November 2022, so I pretty much took a part in building every single element of it. This area needed something like Nomad. We are proud of it and building it more stronger and professional day by day.

What do you love most about your profession?

The people and the product

Most important inspiration: Surround myself with good people. You should also know your weaknesses. Communication is 24/7. You need to know that you can do nothing by yourself. The guest is the inspiration. No guest - no job.

My wife Reka taught me to be more thorough. You should never ask someone to do a job that you wouldn't do yourself.

How do you like to spend your time off work?

I'm a family man. I'm spending as much time as possible with my family. I have a 16 months baby boy. Without my wife support would be very difficult. Discovering Marbella and the surrounding, like restaurants and hotels.

What do you think about X Magazine?

It is a great magazine and like to thank you for the interview.

Xavi Márquez
CEO X Magazine

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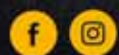
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INGREDIENTS

- 2 Aubergines
- 2 Fresh Mozzarellas
- 80gr Grated Parmesan Cheese
- 400 gr Homemade Tomato Sauce
- Salt
- Dried Basil
- Olive Oil

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- 2 Aubergines
- 2 Fresh Mozzarellas
- 80gr Grated Parmesan Cheese
- 400 gr Homemade Tomato Sauce
- Salt
- Dried Basil
- Olive Oil

AUBERGINE PARMEGIANA

Directions

Wash and cut the aubergines in slices of approximately 1/2 cm, and place them in an oven dish previously lined with greaseproof paper. Add salt, dried basil, and a dash of olive oil. Cook in the oven for 20min at 200°C.

For the tomato sauce, we recommend a homemade, following own recipe.

Once the aubergines are cooked, remove from the oven and place on a plate, and do not turn off the oven. In a new oven dish, apply a layer of tomato sauce, then a layer of aubergines, followed by a layer of sliced Mozzarella. Repeat the layers until there is no more aubergines and sauce, leaving the sauce as the last layer. Last, sprinkle the grated Parmesan cheese all over. Leave in the oven for approximately 10min, then for 5 extra minutes to slightly grill the top.



BERENJENAS A LA PARMESANA

Preparación

Lavamos y cortamos las berenjenas en rodajas de aproximadamente 1/2 cm. Las colocamos en una fuente de horno, que habremos forrado con papel vegetal. Añadimos sal, albahaca seca y un chorrito de aceite de oliva. Horneamos 20 minutos a 200°C.

Para la salsa de tomate, se recomienda una preparación casera usando una receta propia.

Una vez horneadas las berenjenas, sacar y poner sobre un plato, mientras dejamos el horno encendido. En otra fuente de horno, ponemos una capa de salsa de tomate, berenjenas y rodajas de mozzarella. Aplicaremos más capas hasta que se terminen las berenjenas y la salsa, dejando como última capa salsa de tomate. Por último, espolvorearemos con queso parmesano rallado. Metemos en el horno durante 10 minutos aproximadamente, seguidos de otros 5 minutos más gratinando.



LA TABERNA DEL PINTXO

TAPEO SELECTO

LA TABERNA DEL PINTXO

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Cayetana



Winery: Cayetana Wines & Paiva

D.O.: Extremadura

Ageing: Grapes first fermented in steel tanks, then 30% in French oak barrels.

Short description: Visually, this wine is clean and bright, of lemon yellow colour with green hints. Its bouquet comes with tropical, white, and citric fruits, harmoniously merged with vegetable aromas to add a refreshing touch. When it comes to the taste, it's powerful and round, with a great refreshing and acidic balance.

Alcohol: 13% Vol

Estimated Price: 7,50€

Wine available at our shop

WINE tasting

Bodega: Cayetana Wines & Paiva

D.O.: DO Extremadura

Envejecimiento: Uvas fermentas depósitos de acero y 30% fermentación en barrica de roble francés.

Breve descripción: En fase visual es limpio y brillante, de color amarillo limón con tonos verdes. En nariz muestra aromas a frutas tropicales, blancas y cítricos en armonía con aromas vegetales que le dan frescura. En boca es potente y redondo con un agradable equilibrio entre frescura y acidez.

Alcohol: 13% Vol

Precio estimado: 7,50€

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Pairing

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¿SABEMOS COMER?

Actualmente encontramos información sobre alimentación saludable, nutrición y dietas en libros, revistas, programas de televisión y hasta en redes sociales. Este fácil acceso puede llegar a ser beneficioso en determinadas ocasiones. Sin embargo, el exceso de información puede ser confuso, especialmente cuando no está contrastado científicamente. Por tanto, ¿sabemos realmente qué es una alimentación saludable?

Confundimos comer bien con seguir una dieta, prescindir de hidratos o consumir alimentos BIO. Nos dejamos influenciar por consejos de conocidos, celebrities e incluso es fácil imitar métodos en tendencia para adelgazar, o seguir consejos de personas que no tienen las competencias para ello.

La alimentación es un traje a medida que no solo debe recabar importancia en cuestiones de peso y composición corporal, como habitualmente sucede, sino como un factor modificable y determinante de nuestra salud, siendo fundamental en la prevención de patologías crónicas como las enfermedades cardiovasculares, diabetes tipo 2, Alzheimer y diferentes tipos de cáncer, entre otras. Pero aún más importante, la alimentación saludable se compone de hábitos.

Se pregunta por el historial clínico familiar para conocer el riesgo de desarrollar determinadas patologías cuando la verdadera herencia genética, la encontramos en los hábitos. ¿Tu hijo no come fruta? Quizás no te vea hacerlo a ti.

Si quieres disfrutar de una adecuada calidad de vida y necesitas una mano con la alimentación, pide ayuda profesional. A nadie se le ocurriría buscar información o pedirle a un amigo que le solucionara un problema dental. Automáticamente acudiría a un dentista, ¿por qué antes de ir al nutricionista, probamos dietas, compramos productos o pedimos consejo a cualquier persona?

Comer bien supone no tener que seguir una dieta.

DO WE KNOW HOW TO EAT PROPERLY?

At present, we can find information about healthy eating, nutrition and diets in books, magazines, television programs and even on social networks. This easy access can be beneficial on certain occasions. However, the excess of information can be confusing, especially when it's not scientifically verified. Therefore, do we really know what a healthy diet is?

We can easily mistake eating properly with following a diet, going without carbohydrates or consuming organic foods. We let ourselves be influenced by the advice of acquaintances or celebrities, and it's even easier to imitate trending methods to lose weight, or follow the advice of people who don't have the skills to give any.

Diet is a tailored suit that shouldn't only gain importance in matters of weight and body composition, as it's often the case, but as a modifiable and determining factor for our health, being essential to prevent chronic pathologies such as cardiovascular diseases, Type 2 Diabetes, and Alzheimer's, as well as several types of cancer. But even more importantly, healthy eating depends on our habits.

Our family's clinical history reveals possible risks of developing certain pathologies when the true genetic inheritance is found in habits. Does your child refuse to eat fruit? Maybe because he doesn't see you eating any.

If you want to enjoy an adequate quality of life and need a hand with food, seek professional help. No one would think of looking for information online or asking a friend when it comes to dental problems. I would automatically go to a dentist, so why do we try diets, buy products or ask any acquaintance for advice, before going to the nutritionist?

Healthy eating means not having to follow a diet.



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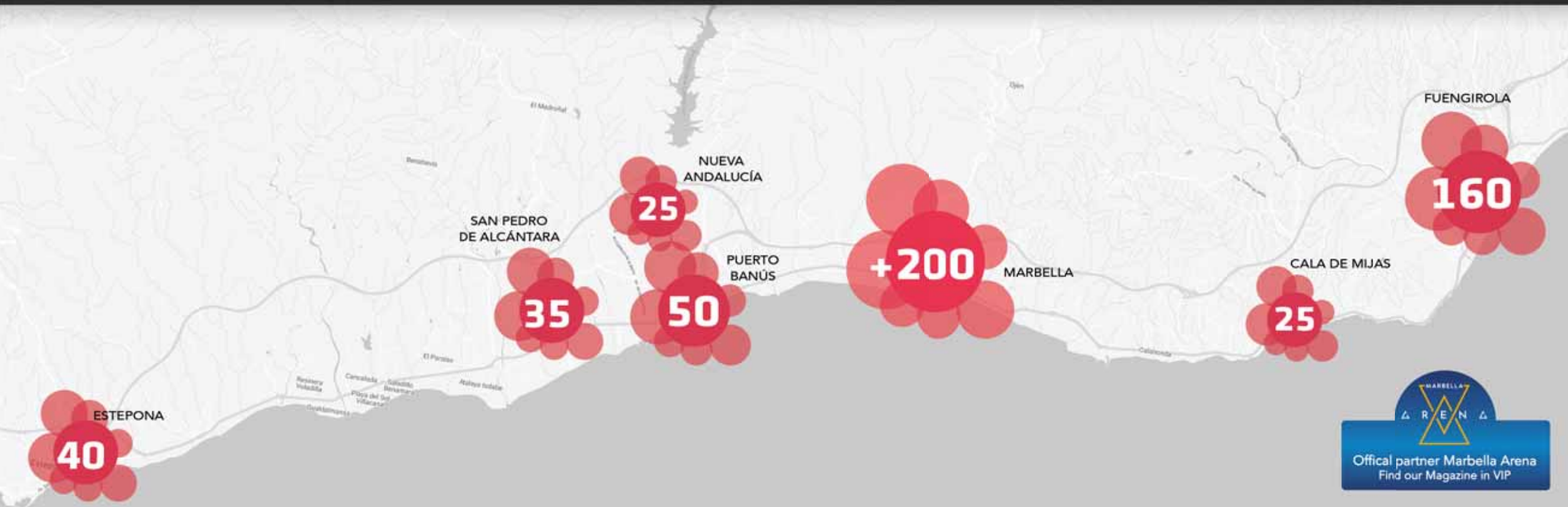
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SOBRE FINANCIACIÓN PARA EMPRESA

La 'I Convención Financiera DEXTER' ha acogido este 30 de marzo en el hotel Gran Meliá Don Pepe de Marbella a 300 empresarios, de todos los sectores empresariales y a numerosos directivos del mundo propiamente financiero, incluido los máximos representantes en España de fondos de inversión internacionales a los que la compañía representa en el ámbito de la gestión y la intermediación.

DEXTER, al borde de cumplir cinco años, ha elegido esta cita para hacer balance de un periodo de enorme crecimiento y expansión con operaciones de financiación en toda España, en todas las áreas productivas de la economía y muy basadas en los créditos con garantía hipotecaria. En esta línea, su presidenta, Yeidy Ramírez insistió en que la firma "abre un camino, en realidad lo profundiza, en el que vamos a poner énfasis en nuevos productos y servicios, más ambiciosos, y nuevos modelos de operaciones, entrando en fusiones y adquisiciones, y de la misma manera en operaciones de reestructuración en las que podemos ayudar facilitando capital a las empresas".



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NELLY SERRE

Tell us more about yourself, Nelly Serre.

I am of French origin, and I have been living in Marbella since 2018. Passionate about my job to boost people's beauty.

How were your beginnings in the beauty industry?

After my diploma as a senior technician in aesthetics, I started working with the biggest skincare brands such as Clarins, Guerlain and Chanel in France and Spain.

What projects are you currently working on?

I have just moved into the spa and wellness centre Plaza del Mar, where I am developing non-invasive treatments that will be the alternative to botox.

Who could benefit from your services?

For all who wish to find a solution to their skin problem: rosacea, acne, pigment spots, and of course skin rejuvenation.

What do you love the most about your profession?

To adapt and tailor the skincare for each case, and achieve my client's satisfaction, who feels better and more beautiful in their skin.

Describe a day in your life when off work.

It's a balance between family life, sports and visiting my friends.

How's your experience working at Plaza Del Mar?

It's very pleasant to be in front of the sea in a dynamic sports club with smiling and professional people, and to be in a friendly atmosphere every day.

What do you think of X Magazine?

It's a good magazine to know about some celebrities in Marbella and new trendy places.



¿Quién es Nelly Serre?

Soy de origen francés, y vivo en Marbella desde 2018. Me apasiona mi trabajo, donde me dedico a potenciar la belleza de mis clientes.

¿Cómo empezaste en la industria de la belleza?

Después de adquirir mi diploma como técnico superior en estética, comencé a trabajar para las marcas más importantes de cuidado de la piel, como Clarins, Guerlain y Chanel en Francia y España.

¿En qué proyectos estás trabajando actualmente?

Me acabo de unir al equipo del centro de spa y bienestar Plaza del Mar, donde ofrezco tratamientos no invasivos que serán la alternativa al botox.

¿Quién podría beneficiarse de tus servicios?

Para todos los que deseen encontrar una solución a su problema de piel: rosácea, acné, manchas de pigmentación y, por supuesto, rejuvenecimiento de la piel.

¿Qué es lo que más te apasiona de tu profesión?

Adaptar y personalizar el cuidado de la piel para cada caso, y lograr la satisfacción de mis clientes, hacer que se sientan mejor y vean la belleza en su piel.

¿Cómo es un día en tu vida cuando no estás trabajando?

Un equilibrio entre la vida familiar, los deportes y visitar a mis amigos.

¿Cómo es trabajar con el centro de belleza Plaza Del Mar?

Es muy agradable estar frente al mar en un club deportivo dinámico con gente sonriente y profesional, y trabajar en un ambiente agradable todos los días.

¿Qué opinas de X Magazine?

Es una buena revista para conocer celebridades en Marbella y los sitios actualmente de moda.

Xavi Márquez
CEO X Magazine

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LOVING YOURSELF

Loving yourself has the power to heal wounds and mend broken parts. That antidote against neglect, apathy and self-contempt.

How much do you love yourself?

You may not have asked yourself that question or even consciously reflected on it. It's okay, it's more normal than you imagine.

We have a bad habit of forgetting about ourselves. It's like taking care of ourselves isn't on our priority list.

How do you treat yourself?

The way we talk to ourselves, the conception we have about who we are and how we value ourselves influences how we feel. The problem is that we barely give it any thought.

We tend to live on our tiptoes, without going too deeply into how the events around us affect us, as if we didn't give importance to our personal wellbeing.

The point is that, with the passage of time, the weight of everyday life increases, and if we are careless, we can find ourselves wrapped in a grey fog that, little by little, torments us.

Living disconnected from our interior has its consequences, even if we aren't aware of it.

From a young age, we grow up receiving all kinds of messages about who we are, what we should feel and how to act. Relatives, teachers, friends, life partners... They all have

something to say about us.

In some cases, that learned guilt leads to an emotional wound of rejection. A very deep and painful imprint that results in the underestimation of oneself and a void in self-love. Thus, growing up with this wound creates a very painful reality.

Feeling rejected by oneself generates a mental trap caused by internal criteria. That voice that judges how we think, feel and act. To do this, he uses any strategy: comparisons, destructive criticism or various disqualifications.

One of the problems that increases comparisons and negative self-criticism today is social networks, since they create alternative realities that can trap us if we are not attentive. Being submerged for hours in that scenario of simulated appearances and feelings can make us believe that this is the only thing that exists; the truth is that it is only a showcase, in which each person can control the image that he wants to give to others.

It's not easy to reconcile with oneself, much less when most of the time we've treated ourselves negatively. It's been many years of criticism, demand, and disqualification to then suddenly, almost magically be able to begin to love each other. It takes a lot of patience, effort, acceptance and, of course, commitment to yourself.

Self-love is built step by step, delicately woven and watered every day. It's that light that we all carry inside, but it is sometimes so difficult for us to recharge it with intensity. Loving each other is the support of our wellbeing, it's the hug that shelters us and the balm that heals our wounds.



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IRENE MUÑIZ

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LUNA

She has been a member of a family, but due to internal problems they had to leave her behind. She already experienced the warmth of a home, but she still hasn't found her true family.

She gets along well with male dogs, but not with children or small dogs. On the other hand, she likes to be around people, but she needs a firm guide to help her keep her temper at bay. She requires a PPP licence.

Luna era una perra de familia, pero por problemas internos tuvieron que dejarla atrás. Ya sabe lo que es el calor de un hogar, pero no ha encontrado a su familia definitiva. Apta con machos. No apta con niños ni con perros de tamaño pequeño.

Es una perra a la que le gusta estar con gente, pero que necesita un guía firme que la ayude a mantener su carácter a raya. Necesita licencia PPP.

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DAIBID

Before his arrival at the shelter's facilities, he was fostered at the home of the person who rescued him. There he got used to living with cats and dogs. He is a very affectionate cat with people who ask for attention and play as soon as he can.

Daibid antes de su llegada a las instalaciones de la protectora, estuvo en casa de acogida de la persona que lo rescató, allí se acostumbró a convivir con gatos y con perros. Es un gato muy cariñoso con gente que pide atención y juego en cuanto puede. ¿Quieres ser tú quién le dé la oportunidad de ser su casa definitiva?

If you want to become their new family, contact us!
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CAMPEÓN DE LA KINGS LEAGUE



La Kings League llegó a su fin con una Final Four espectacular en el Camp Nou. Más de 92.000 personas se reunieron en el estadio de F.C. Barcelona para poner el broche final a esta nueva competición que ha venido para quedarse.

En un entorno inmejorable, cuatro equipos se enfrentaron en formato de semifinal y final. Aniquiladores, El Barrio, Los Troncos y Saiyans fueron los equipos clasificados.

La gran final la disputaron El Barrio de Adri Contreras y Aniquiladores de Juan Guarnizo, después de eliminar a Saiyans y Los Troncos respectivamente.

El equipo de El Barrio, con el MVP y máximo goleador de la competición Cristian Ubón, se proclamaron campeones tras derrotar a Aniquiladores por 3-0.

Amenizaron todo el espectáculo las actuaciones musicales de Tiago PZK, Lali, los freestylers Gazir, Chuty, Skone y Bnet.

El 7 de Mayo dará inicio el segundo split con muchas novedades en todos los equipos participantes.



El próximo 6 de Mayo dará inicio el primer split de la competición Queens League, la versión femenina de La Kings League.

Con un Draft donde se han presentado más de 1.500 chicas mayores de 16 años, los 12 equipos participantes son los mismos que la versión masculina, con algunos cambios en las presidencias de los equipos.

Algunos de los equipos participantes, cambian su nombre para esta edición femenina. Por ejemplo, aparece el equipo de Jijantas FC, las Aniquiladoras, Kunitas, Porcinas, Las Troncas.

Y en ese sentido, presentaron a sus presidentas algunos de los equipos. Entran en juego Paula Goru para Jijantas, Gemmita para Porcinas, Morena Beltrán para Kunitas, Espe para Aniquiladoras, y muchas otras.

Segura que las chicas darán muchísimo espectáculo!



PADEL TIPS

1. STRETCH AND WARM UP BEFORE THE GAME

Try to warm up with a 5-minute run and stretching exercises before entering the court. You'll notice how your mind and your muscles will be more active and ready to begin the game. This will also lower the risks of injury that may prevent us from playing for a long period of time. Your first hits and movements will be smoother, you'll react faster. Proven facts.

2. ENSURE YOUR RETURN

Regardless of how the ball comes from the other side, don't take risks with a powerful and low return, as you're more likely to make mistakes. Try to return the ball with a diagonal lob towards the player who serviced, or parallel to the player at the net.

3. TAKE THE TIME TO PREPARE YOUR POINTS

Padel is a game of percentages, the players that make the least number of mistakes win the game. How many times have you lost a game, despite being more skilled than your opponents?

Try to maintain your game without rushing into scoring the point, patience is key in padel, slowly build your point, and once we're sure of it, we score it.

4. STAY IN COMMUNICATION WITH YOUR PARTNER

It's very important to talk with your partner and decide on who will tackle which balls, especially those that are heading towards the lower centre of your side of the court, or lobs. Good communication is a plus that allows us to anticipate the game and be better prepared to hit.

5. LOBS AND MORE LOBS

The lob is the star in padel. Some say that it should not be considered padel, but try getting back to them with lobs, you'll notice the difference. Your opponent will become more nervous and increase their chances to make mistakes.

Sending a lob behind your opponents will allow us to take the initiative in the game, switching from defending ourselves on the walls to counterattack and take the net, increasing our chances to score the point.

6. COVERING AREAS AS YOU SHOULD

Games in pairs involve coordination between each other during attack and

defense. We must always try to avoid the least possible unattended areas on our side of the court. We must aim at closing these by moving forward together at the same time, coming from a defensive stance at the back, to a progressive counterattack towards the net. Forget about standing diagonally from each other. Just like in table football, players stand next to each other, allowing them to cover angles more efficiently. This technique in padel is known as the "windscreen wipers".

7. AIM AT CONQUERING THE NET

We have higher chances to score points at the net. Nevertheless, it also demands quick reactions and good reflex. The hit must be fast and short. Some pairs prefer to play defensively from the walls, but it will be ultimately impossible for them to win the game.

8. DON'T TAKE UNNECESSARY RISKS

After scoring a great point, we're easily tempted to improve the next one, taking higher risks than we ought to. After you've gained that super point, keep your feet on the ground and keep playing safely, do not try to score another great point. This is why we always say that "AFTER A GREAT MOVE, COMES A GREAT MISTAKE."

9. TRAIN AND PRACTICE

Watching professional games is a great way to learn, but what really matters is PRACTICE! In order to get a feel of the game and improve daily, aim at training at least once a week with a qualified padel coach who will help you with those technical hits that need improving, as well as with the possible tactical scenarios in game.

If you're unable to do this, try to play as many games as possible, as they'll allow you to get the feel of the game and learn to better read every move and position yourself on the court.

10. UNWINDING AND STRETCHING

After the game, it is crucial to relax the muscles that worked out the most. Stretching while commenting on the game and moves with our partners always feels great.

fuentes: padelstares



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BENCHEQ

Who is Bencheq?

Bencheq is a music producer and DJ born in Casablanca, Morocco. Growing up in Casablanca means being raised surrounded by African vibes. His music brings together the classic sounds of Melodic House with the groovy beats of Afro Tech, creating a confluence of genres that marks his signature. Driven by his passion and his infectious energy behind the decks, Bencheq is a singularly talented artist that feels and creates sounds from different cultures and roots. Currently based in Marbella in Spain, his vibrating sound travels across borders, and will continue to lead him through multiple roots and take the listeners on a special journey. One of the most interesting & talented artists to keep an eye on.

How did your music career begin?

I am passionate about music, especially electronic music with African sounds. Actually, my sister introduced me to electronic music when I was 15 years old, and little by little I started to get interested in it by learning to mix at a friend's place who had DJ equipment. Then, when I got my high school degree, my parents bought me my first mixer that helped me improve my skills. I began to gain recognition in 2016 as I won the Defected Records competition and played at the MinistryOfSound club in London.

What projects are you currently working on?

I am currently working on several tracks that are part of the Afro Tech and Melodic House genres. Among the different tracks, there is one in collaboration with a singer from South Africa, and another one with a singer from Kenya. These tracks will be released on different labels, including my own, "Acouphene Records", and I am very excited about some of the releases planned for this summer.

What can you tell us about your experience working with MOSH Group?

It's really great to work with MOSH Group. I am fulfilled and very happy to be part of this wonderful team, giving me the opportunity to express myself the way I want, as the group trusts me to do so. I have my residency every Friday at Momento in the summer season and at Motel Particulier in the winter season. I also have my "MEZCLA" party concept with my friend Drush every Thursday at Playa Padre. There is always room for growth, as the group evolves every year with the opening of new locations. I'd like to take this opportunity to thank every single person in the group. Without them, none of these events would be possible. We're like a family and that's pretty cool.



What is your favourite music and DJ references?

I wouldn't say that I have one particular reference or references, but rather several sources of inspiration. For example, I love listening to Gnaoua music, it is one of my biggest sources of inspiration. I also like Jazz/Downtempo a lot, and I love the piano as an instrument. I use it a lot in my productions, as I find that it brings a dreamy touch which makes the mind travel.

What's your biggest motivation working in the music industry?

Putting a smile on people's faces. It's really a special feeling to see happy people dancing to your music. More personally, I would say that my motivation would be to win a Grammy award and inspire other generations.

Describe a normal day in your life when not playing music.

When I'm not behind the decks, I often produce music in the studio. I usually wake up, drink my coffee, answer emails, then produce music. I also do a lot of sports, I often play Tennis, Padel and Football. Last but not least, I love spending time at the beach with family and friends.

What's your opinion about the current music trends?

According to me, there are many producers in different musical styles, many new upcoming talented artists, music platforms, venues where artists can express themselves, and I think that's a good thing. Nevertheless, the music business itself is very tough and you have to surround yourself with the right people to succeed, because you can be the best at what you do, but if you don't have the right team around you, it will be very difficult to achieve your goals.

What do you think about X Magazine?

X Magazine allows me to discover new places every time and that's pretty cool. The best lifestyle magazine in Marbella.

Xavi Márquez
CEO X Magazine

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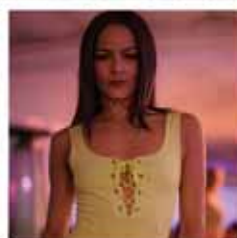


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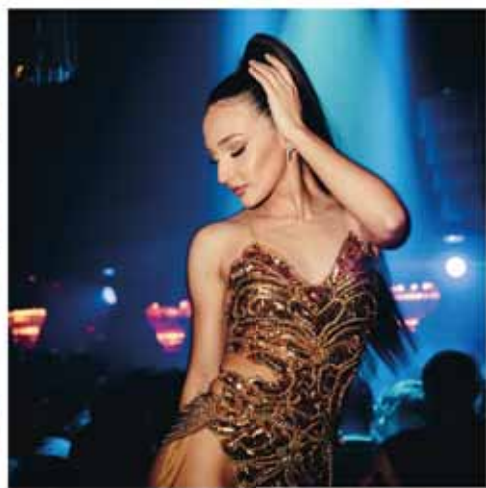
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