



11
YEARS

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The autumn season, besides bringing a pleasant weather in Marbella, invites us to try something different, and we've found the perfect place, offering a varied tasting experience of artisanal and natural products of the highest quality, as well as an outstanding selection of natural wines. This month we recommend you to visit Subtil Wine Bar & Artisanal Products, located just a few minutes away from Marbella, in the area of Elviria. We can assure you that our Xperience was unique. Surrounded by an elegant and cosy décor, we embarked on an exquisite sensory experience, accompanied by their team's recommendations for wine pairing with the delicious delicacies brought to our table. They specialise in products where quality, origin and artisanship meet. But above all, what steals the spotlight is their selection of natural wines; that is, wines made without additives (including sulphites), elaborated with organic grapes issued from biodynamic cultivation. Undoubtedly, Subtil offers an incomparable sensory experience.

La temporada otoñal, además de ofrecer un clima agradable en Marbella, invita a probar algo diferente, y hemos descubierto el lugar perfecto para ello, que ofrece una experiencia de degustación variada de productos artesanos y naturales de la más alta calidad, además de una fabulosa selección de vinos naturales. Para ello, os recomendamos este mes visitar Subtil Wine Bar & Artisanal Products, ubicado a pocos minutos de Marbella, en la zona de Elviria. Os podemos asegurar que nuestra Xperience fue única. Rodeados por una decoración elegante y acogedora, embarcamos en una experiencia sensorial exquisita, acompañados por las recomendaciones de su equipo para maridar el vino con los deliciosos manjares que nos trajeron a nuestra mesa. Se especializan en productos donde prima la calidad, el origen, y la artesanía. Pero ante todo, destaca su selección de vinos naturales, es decir, vinos elaborados sin aditivos ni sulfitos añadidos, a partir de uva ecológica de cultivo biodinámico. Sin duda alguna, Subtil ofrece una experiencia sensorial inigualable.

Xavi Márquez
CEO X Magazine



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GRAN CENA DE FIN DE AÑO

COCKTAIL DE BIENVENIDA

Bloody Mary & ostra ahumada, aire de cítricos y caviar.

SNACKS

Crujiente de King Crab, crema agria, anisados y caviar betuga.

Ceviche de vieiras y gamba roja con aliño de mango verde.

Nigiri de steak tartar con trufa rallada.

Turrón de foie-grass, pan de especias y gastrique de pomelos.

PRINCIPAL

Crema fina de marisco con tartar de cigala y polvo de ibérico.

Carabinero a la brasa con holandesa de su coral.

Suprema de lubina, puré de apionabo y cebolla noisette.

Solomillo braseado, salsa de boletus
y trufa con patatas pontneuf.

POSTRE

Tarta de queso y chocolate blanco.

Delicias dulces y uvas.

BODEGA

CHAMPAGNE

Ruinart - Brut.

VINO BLANCO

De Ladoucette Pouilly fume - Sauvignon blanc.

VINO TINTO

Roda I - Rioja.

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GAETAN VERVAEKE

Tell us more about you, Gaetan Vervaeke.

I'm the visionary creator of Subtil Wine Bar & Artisanal Products, a concept that embodies the essence of the passion for natural wines and authentic gastronomy. I'm a passionate creator, a born perfectionist and a fervent lover of natural wines. My devotion to gastronomic authenticity, without additives and rooted in local and seasonal products, is reflected in every facet of Subtil. My roots, being born in Belgium and raised in Marbella since the age of 9, are steeped in a Belgian upbringing by parents with a passion for gastronomy. From an early age, my father took me and my sister to places where excellence and quality were a priority, thus sowing the seeds of my appreciation for good products. My mother, a skilled cook, ensured a complete, rich and additive-free diet at home, fostering an early relationship with quality and excellence. My culinary journey took a significant turn when, at the age of 25, I had the opportunity to move to Switzerland (Geneva) for about 15 years. That's where I discovered the world of natural products, especially in the field of wines. Thanks to my entourage in Switzerland, I had the privilege of immersing myself in the authenticity of wines, genuine products without artifice or make-up. Transparency in products, as in my friendships, became a guiding principle in my life. Upon returning to Marbella, I founded Just Naturally Wine, a wine distributor with a life philosophy similar to my own. We specialise in authentic, additive-free, natural, biodynamic and organic wines that cannot be found in conventional supermarkets and wine shops. In addition, through my distributor, I advise restaurants, a task I enjoy immensely. My passion for authentic products knows no bounds since then. I consider myself an epicurean, a passionate lover of good products, and my journey in gastronomy and wine is a constant growth and exploration. Subtil Wine Bar & Artisanal Products is the culmination of this passion, a space where authenticity, quality and purity merge to offer unique experiences to those who share my love for the authentic.

How were your beginnings in the world of gastronomy?

My journey in the world of gastronomy began with my deep appreciation for authentic, additive-free food. I wanted to go back to the origins, to cuisine based on local, fresh and seasonal products. This passion led me to found Subtil, a space that promotes good wines and tasty, clean food.

What can you tell us about Subtil?

Subtil is much more than a wine bar; it's a delicatessen space that celebrates the excellence of natural wines, artisanal products in natural wines, artisanal products and traditional cuisine. We strive to be a link between conscious consumers and producers committed to quality and environment. Subtil Wine Bar & Artisanal Products is also a Boutique Delicatessen located in Elvina. Our approach is to return to traditional cuisine with local, fresh and seasonal products. We want to be a link between those interested in what they consume and how it affects our biodiversity, without sacrificing quality and extraordinary taste. It was created with the intention of celebrating authenticity in every glass. We stand out as a place that embraces the essence of organic, biodynamic and natural wines. Every wine at Subtil tells a story, from an elegant Chardonnay from AOC Chablis to a stunning natural red made from 70 year old Grenache. We want every visit to Subtil to be a sensory exploration, where the wines become storytellers of the land, of the artisanal care, and of the passion we devote to each bottle. In addition, my experience in Switzerland has left an indelible mark on Subtil. I learned the importance of differential customer service, self-demanding, adaptability and the ability to listen and analyse. These qualities, which I cultivated during my years in Switzerland, are a fundamental pillar in Subtil's philosophy, ensuring that each visit is more than a culinary and wine experience: it's an encounter with dedication, authenticity and excellence.



What kind of cuisine and services does Subtil offer?

At Subtil, we offer a unique gastronomic experience. From exclusive natural wines to sophisticated oysters and caviar, high quality preserves, selected local cured meats, artisan cheeses, and seasonal dishes/products off the menu, every detail is carefully chosen to create memorable moments. At Subtil, wines are more than a complement to the food, they are the heart of our dining experience. Our commitment to organic wines is reflected in a meticulous selection of over 150 references, many of which can be tasted by the glass. Our highly trained team is ready to guide and advise, allowing you to discover every note behind a glass of wine. Each wine is an opportunity to explore and learn, and at Subtil we believe that this journey begins long before you touch your glass, rather from the moment you find out about us online. In addition, we offer a selection of gastronomic delights, superior quality canned products, local cured meats and artisan cheeses. All designed to enhance the characteristics of each wine and create memorable moments around the table.

What would you like to say to those who haven't tried the Subtil experience yet?

At Subtil, every visit is an opportunity to explore exceptional flavours and awaken your senses. From wines that awaken the senses, to gourmet delicacies. We invite you to immerse yourself in an authentic and unique gastronomic experience. If you're a wine enthusiast, here you'll find more than just a selection, you'll discover bottled stories that tell the passion for sustainable viticulture, authenticity and innovation in every sip. At Subtil, food is more than just an accompaniment, it's a harmonious dance with the wines, a symphony of flavours that awaken and elevate your palate. From our oysters and caviar that complement the freshness of the whites, to our premium tinned products that intertwine perfectly with the reds. Every board, plate or platter is designed to enhance the wine experience. If you value authenticity in every detail and are looking for a food and wine experience that transcends the ordinary, Subtil is the ideal destination for you.

Describe your day-to-day life when off work.

Outside of work, my day-to-day life focuses on appreciating life, exploring new flavours and enjoying relaxed moments. My passion for food and wine is as much a part of my personal life as it is my professional life. If I had more time, I would dedicate it to unique experiences, such as visiting passionate winemakers, touring the vineyards with them and delighting in tasting new wines. For me, these experiences are more than just moments, they are sensory journeys that enrich my love for and understanding of wine culture. The connection with the land and tradition is a vital element even in my moments of rest, contributing to my constant search for excellence in the wine and culinary world.

What do you think of X Magazine?

X Magazine is a reference in Marbella, presenting a fresh and bold approach. I appreciate its unique style that always reveals something new. It's a platform that highlights the best in gastronomy, entertainment and lifestyle, and I'm delighted to be part of it.

Xavi Márquez
CEO X Magazine

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INGREDIENTS

260gr flour
150gr butter
100gr brown sugar
5gr sodium bicarbonate
1tsp cinnamon powder
1tsp ginger powder
1 egg

For decoration (optional):
1 egg white
100gr powdered sugar
Juice of ½ lemon
Chocolate coating
Food colouring

INGREDIENTES

260 gr de harina
150 gr de mantequilla
100 gr de azúcar moreno
5 gramos de bicarbonato
1 cuch. de canela en polvo
1 cuch. de jengibre en polvo
1 huevo

Para decorar (opcional):
1 clara de huevo
100 gr azúcar glas
Zumo de medio limón
Chocolate de cobertura
Colorante alimentario

GINGER AND CINNAMON COOKIES

Directions

Sieve the flour in a bowl and mix with the brown sugar, sodium bicarbonate, cinnamon, ginger, and a pinch of salt. Beat the egg and add to the mix. Then, lightly warm the butter and add it, then mix until obtaining an even consistency. Sprinkle some flour on a flat surface and place the dough on top, then stretch it with a rolling pin until it's approximately half a centimetre thick.

Cut the dough with Christmas-themed cookie cutters and place the pieces on a oven paper-covered baking tray. Place in the oven, which has been preheated, for 15-20 minutes at 180°C, until browned. Remove from the oven and leave to cool down before serving.

Melt the chocolate in bain-marie, stirring constantly.

Once the cookies have cooled down, decorate them with the chocolate and the icing.



GALLETAS DE JENGIBRE Y CANELA

Preparación

En un bol mezcla la harina tamizada, el azúcar moreno, el bicarbonato, la canela, el jengibre y una pizca de sal. Bate el huevo y añádelo a la mezcla.

Después, agrega la mantequilla a punto de pomada y mezcla hasta tener una masa homogénea. Espolvorea un poco de harina en una superficie lisa y coloca la masa encima. Estírala con un rodillo hasta tener medio centímetro de espesor.

Corta la masa con moldes con motivos navideños y colócalos sobre una bandeja forrada con papel de horno. Introduce en el horno precalentado a 180°C durante 15-20 minutos, hasta que estén doradas. Retíralas del horno y deja enfriar antes de servir.

Cuando las galletas estén frías, decora con el chocolate y el glaseado.



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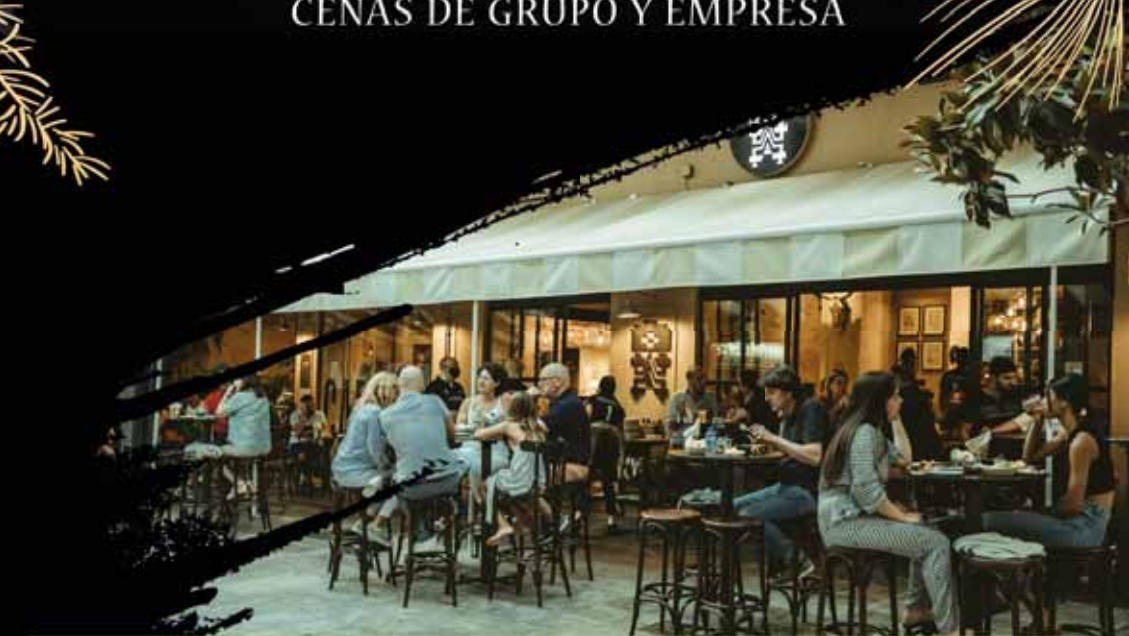


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ENTRANTES**

Elegir 4 platos *a compartir cada 4 pers. *

- Surtido de Croquetas Caseras
- Surtido de ibéricos
- Tomate de Campo con Melva Canutera
- Gambas blanca de Huelva Cocidas
- Calamares fritos (Nacional)
- Boquerones al Limón
- Ensaladilla Rusa
- Queso Manchego
- Langostinos en Tempura con Chilly Dulce

PINCIPAL

- Arroz caldoso con marisco
- o
- Entrecot grill con patatas fritas y verduras
- o
- Lubina plancha con patata panadera

POSTRE

- Surtido mini postres caseros

BEBIDA

- Vino tinto casa, blanco o rosado casa, cañas, refrescos o agua

CON TRES BEBIDAS
34,95€

OPEN BAR
39,95€

**MENU I
ENTRANTES**

Elegir 4 platos *a compartir cada 4 pers. *

- Surtido de Croquetas Caseras
- Surtido de ibéricos
- Tomate de Campo con Melva Canutera
- Gambas blancas de Huelva Cocidas
- Calamares fritos (Nacional)
- Boquerones al Limón
- Ensaladilla Rusa
- Queso Manchego
- Langostinos en Tempura con Chilly Dulce

PINCIPAL

- Cordero con patatas al romero
- o
- Pez Espada Plancha con verduras y patatas al vapor.

POSTRE

- Surtido mini postres caseros

BEBIDA

- Vino tinto casa, blanco o rosado casa, cañas, refrescos o agua

CON TRES BEBIDAS
37,95€

OPEN BAR
42,95€

**MENU I
ENTRANTES**

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- Surtido de Croquetas Caseras
- Surtido de ibéricos
- Tomate de Campo con Melva Canutera
- Gambas blancas de Huelva cocidas
- Calamares fritos (Nacional)
- Boquerones al Limón
- Ensaladilla Rusa
- Queso Manchego
- Langostinos en Tempura con Chilly Dulce

PINCIPAL

- Parrillada de Marisco:
Carabineros, gambas, cigalas, navajas, vieiras ...

POSTRE

- Surtido mini postres caseros

BEBIDA

- Vino tinto casa, blanco o rosado casa, cañas, refrescos o agua

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MENÚ CAMALEON

Copa de Cava de bienvenida

ENTRANTES

Plato para cada 4 pers.

ENSALADILLA RUSA
con Gambas al Pil Pil

TARTAR DE ATÚN
con aire de ponzu & wakame

CROQUETAS DE JAMÓN IBÉRICO
con crema de parmesano

PLATO PINCIPAL

A elegir

SECRETO GRILL DE CERDO
con salsa de hongos y parmentier de patata

CHURRASCO DE POLLO
con verduritas y patatas fritas naturales

SALMÓN PLANCHA TERIYAKI
con arroz y verduras salteadas

POSTRES

A compartir

SURTIDO DE POSTRES CASEROS
Tarta de queso, tierra de brownie
& helado de vainilla

ELIGE TU PRECIO
en base a las bebidas

33,85€

TRES BEBIDAS INCLUIDAS

Agua, Refrescos, cañas
Vino de la Casa:
Blanco Sauvignon ACANTUS
Rosado Navarro GRAN FEUDO
Tinto Rioja AÑARES CRIANZA

37,85€

OPEN BAR

Durante el servicio
Agua, Refrescos, cañas
Vino de la Casa:
Blanco Sauvignon ACANTUS
Rosado Navarro GRAN FEUDO
Tinto Rioja AÑARES CRIANZA

VEN A DISFRUTAR
DE TUS CENAS DE GRUPO
O EMPRESA

MENÚ EXCELLENT

Copa de Cava de bienvenida

ENTRANTES

Plato para cada 4 pers.

ENSALADA DE BURRATA
con tomate, pesto, albahaca & aceitunas negras

CARPACCIO DE PICAÑA
aceite de romero, parmesano, rúcula y anacardos

CROQUETAS DE JAMÓN IBÉRICO
con crema de parmesano

PLATO PINCIPAL

A elegir

ENTRECOTTE GRILL DE LOMO BAJO (300G.)
con patatas fritas naturales & pimientos del padrón

LOMO DE BACALAO
con parmentier y piquillos confitados

POSTRES

A compartir

TARTA DE QUESO CASERA CAMALEÓN

ELIGE TU PRECIO
en base a las bebidas

39,85€

TRES BEBIDAS INCLUIDAS

Agua, Refrescos, cañas
Vino de la Casa:
Blanco Sauvignon ACANTUS
Rosado Navarro GRAN FEUDO
Tinto Rioja AÑARES CRIANZA

43,85€

OPEN BAR

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Vino de la Casa:
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CÓMO MANTENER HÁBITOS SALUDABLES DURANTE LAS NAVIDADES

A menudo, durante las Navidades, y ya desde las semanas previas, se tiende a abandonar ciertos hábitos por la falsa creencia de que disfrutar de la Navidad y mantener hábitos saludables son conceptos incompatibles.

Lo cierto es que un estilo de vida saludable no implica llevar a cabo elecciones saludables en todo momento, sino de saber priorizar y también disfrutar de forma consciente.

Comer algo menos nutritivo de forma puntual, o elegir descansar algunos días de una rutina de gimnasio, no tiene nada de malo. Lo importante es saber retomarlo lo antes posible y disfrutarlo.

Es importante adoptar una actitud realista en estas fechas y reconocer que se come más de lo habitual, y alimentos con menor interés nutricional que en el día a día.

Al adoptar dicha actitud, resulta más fácil sentirnos bien con nosotros mismos, y seguramente evitaremos ciertos sentimientos de culpa o remordimientos que son emociones asociadas a una actitud dicotómica (blanco o negro), donde la rutina saludable tiende a abandonarse para luego caer en el error de comenzar una dieta restrictiva en enero y/o apuntarse al gimnasio, intenciones que terminamos abandonando.

Hay que ser conscientes de que se come más de lo habitual, pero esto no debería de ser una excusa para hacerlo todos los días. ¿Cuántos días realmente son fechas especiales? Nochebuena, Navidad, Nochevieja, Año Nuevo, Reyes, y alguna que otra comida/cena con los amigos y/o la empresa. Lo verdaderamente importante, y que repercutirá en nuestra salud, es lo que sucede el resto del año, los hábitos diarios, no solo lo que hacemos en fechas concretas.

HOW TO MAINTAIN HEALTHY HABITS DURING CHRISTMAS

Often, during the Christmas season, and even in the weeks leading up to it, there's a tendency to abandon certain habits due to the false belief that enjoying Christmas and maintaining healthy habits are incompatible concepts.

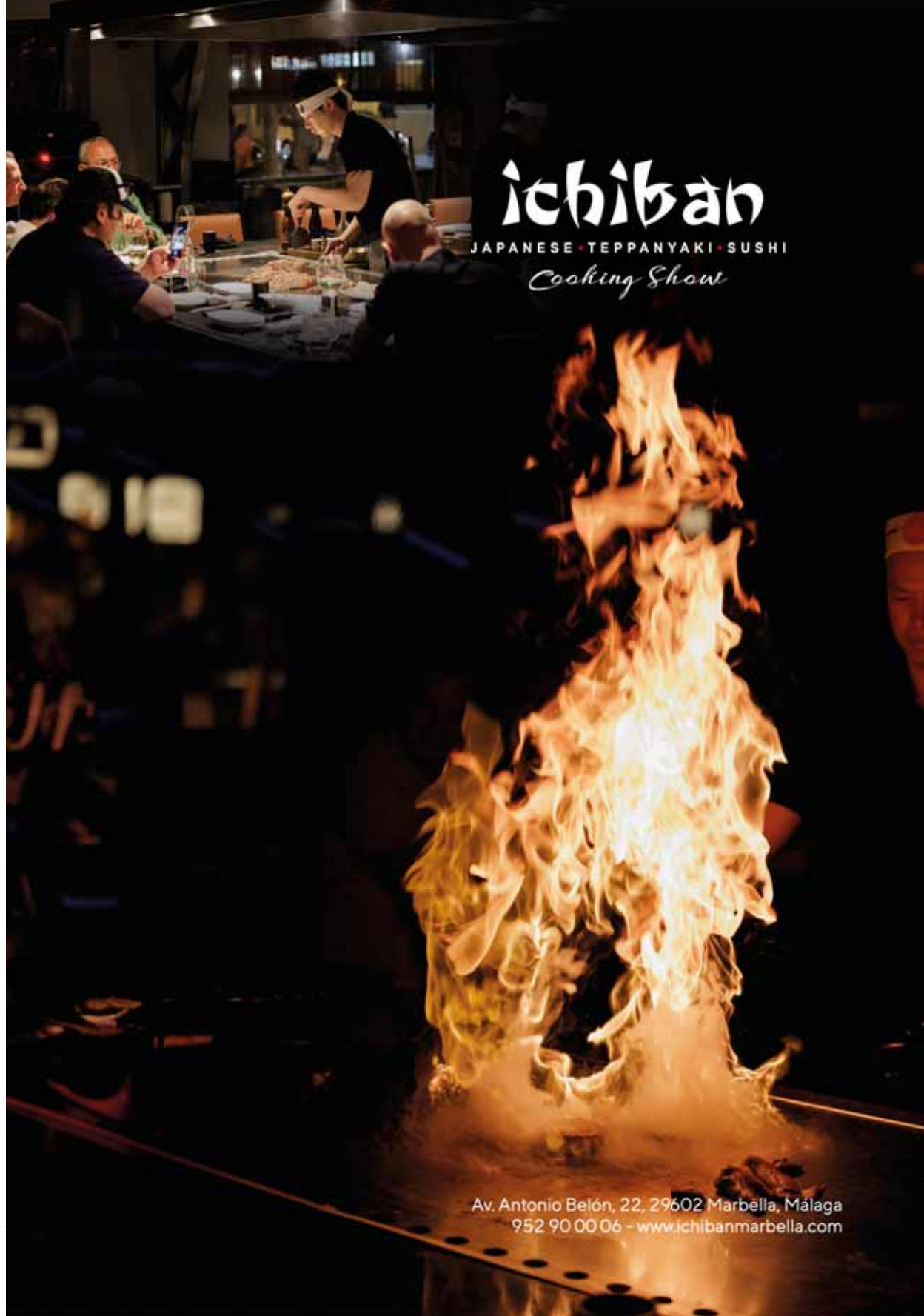
The truth is that a healthy lifestyle doesn't imply making healthy choices at all times, but rather knowing how to prioritise, as well as enjoying consciously.

There's nothing wrong with eating something less nutritious on a special occasion, or choosing to take a few days off from your gym routine. The important thing is to know how to get back to it as soon as possible and enjoy it.

It's important to adopt a realistic attitude during this time of year and accept that you'll be eating more than usual, and foods that are of less nutritional interest than on a daily basis.

By adopting this positive attitude, it's easier to feel good about ourselves, and we'll surely avoid certain feelings of guilt or remorse, emotions that are associated with a dichotomous attitude (black or white), where the healthy routine tends to be abandoned, and we then fall into the mistake of starting a restrictive diet in January and/or joining the gym, which we end up abandoning too.

We have to be aware that we eat more than usual, but this should not be an excuse to do it every day. How many days are actually special dates? Christmas Eve, Christmas Day, New Year's Eve, New Year's Day, Epiphany, and the occasional lunch/dinner with friends and/or the company. What's really important, and has a real impact on our health, is our daily habits during the rest of the year, beyond whatever we do on special occasions.



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Winery: Mestres
D.O.: San Sadurni D'Anoia (Barcelona)
Variety: Xarel-Lo, Parellada, and Macabeo manually harvested from over-40-year-old vines.
Ageing: 42 months ageing in a bottle with a cork stopper. Manually disgorgement of each bottle in July 2023.
Short description: Mestres Coquet is one of the winery's most casual and original cavas.

Color: Beautiful straw colour with fine and abundant bubbling.

Nose: Notes of white fruit, and citric fruits and flowers.

Mouse: Refreshing and balanced at first. Captivating ending with an extraordinary aftertaste.

Pairing: It's a great sparkling wine that pairs perfectly with just any meal.

Alcohol: 12% Vol

Estimated Price: 18,15 €

Wine available at our shop

WINE tasting

Bodega: Mestres
D.O.: San Sadurni D'Anoia (Barcelona)
Varietad: Xarel-Lo, Parellada, Macabeo de viñedos de más de 40 años vendimia manual
Envejecimiento: 42 meses de Crianza botella con tapón de corcho en rima manual.
Breve descripción: Mestres Coquet es uno de los cavas más desenfadados y originales de la bodega

Color: Hermoso color pajizo con burbuja muy fina y abundante

Nariz: notas de fruta blanca, flores y frutas cítricas.

Boca: su paso por boca es fresco y equilibrado, Final cautivador con un retrogusto extraordinario.

Maridaje: Se trata de un gran espumoso que marida en cualquier momento de la comida.

Alcohol: 12% Vol

Precio estimado: 18,15 €

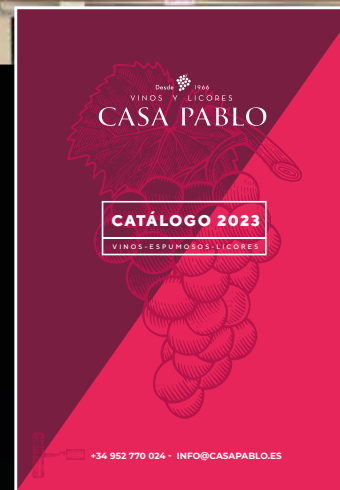
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CRISTÓBAL PARRA

Tell us more about you, Cristóbal Parra.

I'm the operations manager of the new Óbal Urban Hotel, formerly Hotel San Cristóbal, and a member of the third generation of the Parra family, which owns the property.

How did you get started in the hotel business?

I studied Tourism at the Faculty of Granada because I knew I would find my vocation in this industry. Later, I completed an MBA, and this same year, taking advantage of the closure of the Hotel, I completed a Master's Degree in International Hotel Management at Les Roches. I've been working in hotels for 13 years, and there will be more to come.

What can you tell us about the renovation of the Hotel San Cristóbal, now renamed Óbal Urban Hotel Marbella?

We have been closed for more than a year for the complete refurbishment of the hotel, and we are opening in December offering a total of 110 rooms, an enlarged and totally renovated Alameda terrace, 2 multi-purpose rooms attached to the Alameda Restaurant, and the cherry on top: our 360° Blue Sky Bar, located on the 5th floor with an outdoor swimming pool.

What kind of services does the Hotel offer?

I'd highlight a few, such as outdoor parking, fitness centre, massage services, room service, breakfasts and brunches in Alameda Terrace, daily menus, lunch and dinner a la carte in Alameda Restaurant, Rooftop with a carefully selected gastronomic offer, innovative cocktails and outdoor swimming pool, as well as dedicated rooms for meetings, congresses and events.

On the rooftop of the Hotel you will have a 360° Blue Sky Bar. Tell us more about the experience it will offer.

It's an elegant and panoramic space with views towards the old town of Marbella, the sea and the Alameda Park. You can enjoy a la carte lunches and dinners, as well as hold private events with the best contemporary cuisine, a wide variety of cocktails, the best Andalusian wines, and champagne. In addition, we'll offer a diverse programme of live music with the best musicians of each genre, combined with the best technology in audiovisual equipment. 360° Blue Sky Bar is a space conceived to cultivate the pleasure of living in a unique atmosphere.



What makes Óbal Urban Hotel stand out among other hotels in the area?

Its location, right at the heart of Marbella's old town, the size of our Rooftop with the capacity to hold events for up to 200 guests, and the wide gastronomic offer in our different spaces.

Xavi Márquez
CEO X Magazine



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STRATEGY: WHERE SHOULD I DIRECT MY LOB?

When your rivals are at the net readying the definition of the point, consider the lob to push them away from the net. Don't choose to quickly to pass the ball back to your rivals, or else you'll miss more hits than usual.

That said, it's important to choose the right direction to hit your lob:

- Direct your lob diagonally if you need some error margin, as it offers more space to land the ball within the limits. Be careful not to play too diagonally, as you will be giving more angle to your rivals.

- Direct your lob parallelly when you're in good control, because you have less space here to ensure the hit, but at the same time, you can generate a more pronounced rebound against the backwall, hitting your rivals with a 'second attack'.

- Hit a neutral lob when you're uncertain of the available space. The main advantage is that you force your rivals to hit back in a straight direction (thus easier to counterattack).

- What's the ideal lob? Always look for higher backhands of the players that are at the net. This way they'll never manage to be able to counterattack comfortably.

TÁCTICA: ¿HACIA DÓNDE DEBO DIRIGIR EL GLOBO?

Cuando tus rivales estén en la red preparando la definición del punto, piensa en usar el globo como un golpe para alejarlos de la red. No pienses directamente en "pasar" a tus rivales, ya que de lo contrario, fallarás más golpes de lo normal.

Ahora bien, es importante elegir la dirección adecuada de estos:

- Usa el globo en cruzado cuando busques margen de error, ya que la diagonal ofrece más espacio para asegurar que tu golpe entre dentro de los límites. Cuidado con jugar demasiado cruzado ya que por lo contrario, ofrecerás más ángulos a tus rivales.

- Usa el globo en paralelo cuando

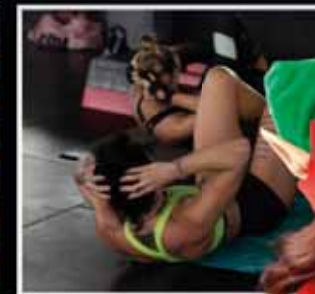
ejecutes un golpe muy controlado, ya que hay menos espacio para asegurar el tiro pero al mismo tiempo, puedes generar un rebote más pronunciado en la pared de fondo, ofreciendo un "segundo ataque" a tus rivales.

- Usa el globo neutro cuando no tengas muy claro los espacios disponibles. La principal ventaja es que obligas a tus rivales a ejecutar golpes más rectos (y por consecuencia más fáciles de devolver)

- El globo ideal? Busca siempre el revés alto de los jugadores de red. De esta manera nunca podrán rematar de manera cómoda.



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AUTENTICIDAD

Durante mucho tiempo, sentí la necesidad de llenar las expectativas de los demás. Había una diferencia entre lo que yo era y lo que creía que el mundo esperaba de mí. Con el tiempo y algunas malas experiencias, me di cuenta de que la presión me había convertido en un camaleón. El problema es que estaba perdiendo mi esencia a pesar de que muchas personas me recomendaban ser fiel a mi misma.

¿Te ha pasado alguna vez? ¿Te está pasando ahora mismo? ¿De verdad crees que es más importante ser lo que esperan los demás de ti, que ser tú mismo?

Con el tiempo te sentirás mal, notarás que te has perdido. Así que cuando llegue este momento será necesario que frenes y empieces a encontrar respuestas a las preguntas que te podrán ir surgiendo.

¿Qué importante es saber quién es uno mismo!

Cuando pasas tanto tiempo intentando agradar a los demás, olvidas lo que vales. No está mal desear que los demás te admiren siempre que no calles tu propia voz. No debes sacrificar tu esencia para dar gusto a las personas equivocadas. Sé tú mismo y procura agradarte a ti antes que a nadie.

La realidad es que, para ser feliz, debes ser honesto contigo, vivir tus propios sueños y sentirte orgulloso de lo que te hace único. Creemos en un mundo lleno de estereotipos que te dicen que debes ser, lucir y vivir de una determinada manera.

El problema es que los estándares que nos marcan son poco realistas. Cuando aprendes a estar cómodo contigo mismo puedes descubrirte. Piensa que siempre habrá alguien más bello, inteligente, talentoso, fuerte o rico que tú. También hay personas menos afortunadas. En lugar de compararte con otros, revisa dentro de ti para encontrar tu verdadero potencial.

Deja de pensar en lo que deberías ser o hacer. Cada uno vive con su propio equipaje, y este nunca es tan ligero como quisiéramos.

Permite que la persona que eres exista, sé tú mismo y no te preocupes si los demás no te aceptan.

Las personas que te aman y que de verdad importan seguirán a tu lado sin importar tus defectos. El resto no te aceptará a pesar de tus intentos. Por ello, es importante que conectes con tu autenticidad y compasión. Tampoco intentes cambiar a los demás solo para sentirte a gusto. Solamente sé tú mismo.

AUTHENTICITY

For a long time, I felt the need to fulfil the expectations of others. There was a difference between who I was and what I thought the world expected of me. In time, and after some bad experiences, I realised that the pressure had turned me into a chameleon. The problem was that I was losing my essence, even though many people advised me to be true to myself.

Has this ever happened to you? Is it happening to you right now? Do you really think it's more important to be what others expect of you than to be yourself? Eventually you will feel bad, you'll notice that you have lost yourself. So when this moment comes, you need to slow down and start finding answers to the questions that may arise.

How important it is to know who you are!

When you spend so much time trying to please others, you forget your own worth. It's OK to want others to admire you as long as you don't silence your own voice. You should not sacrifice your essence to please the wrong people. Be yourself, and try to please yourself before anyone else.

The truth is, that in order to be happy, you must be honest with yourself, live your own dreams and be proud of what makes you unique. We grow up in a world full of stereotypes that tell you to be, look and live in a certain way.

The problem is that the set standards are unrealistic. Once you learn to be comfortable with yourself, you'll be able to discover yourself. Think that there'll always be someone more beautiful, smarter, more talented, stronger or richer than you, but there are also people less fortunate than you. So instead of comparing yourself to others, look inside yourself to find your true potential.

Stop thinking about what you should be or do. Everyone has their own life experience, and it's never as easy as we'd like it to be.

Allow the person that you are to exist, be yourself and don't worry if others won't accept you.

The people who love you and really matter will stick by you no matter what your flaws are. The rest will simply not accept you, no matter how hard you try. Therefore, it's important to connect with your authenticity and compassion. Furthermore, don't try to change others just to make yourself feel comfortable. Just be yourself.

IRENE MUÑIZ

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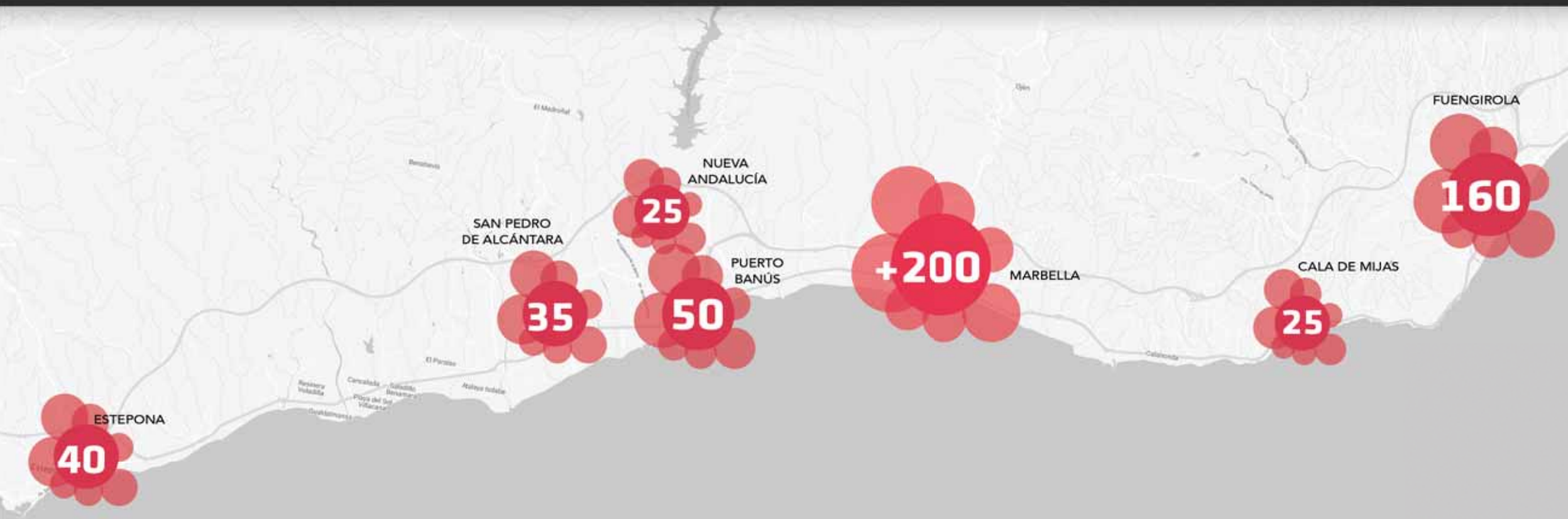
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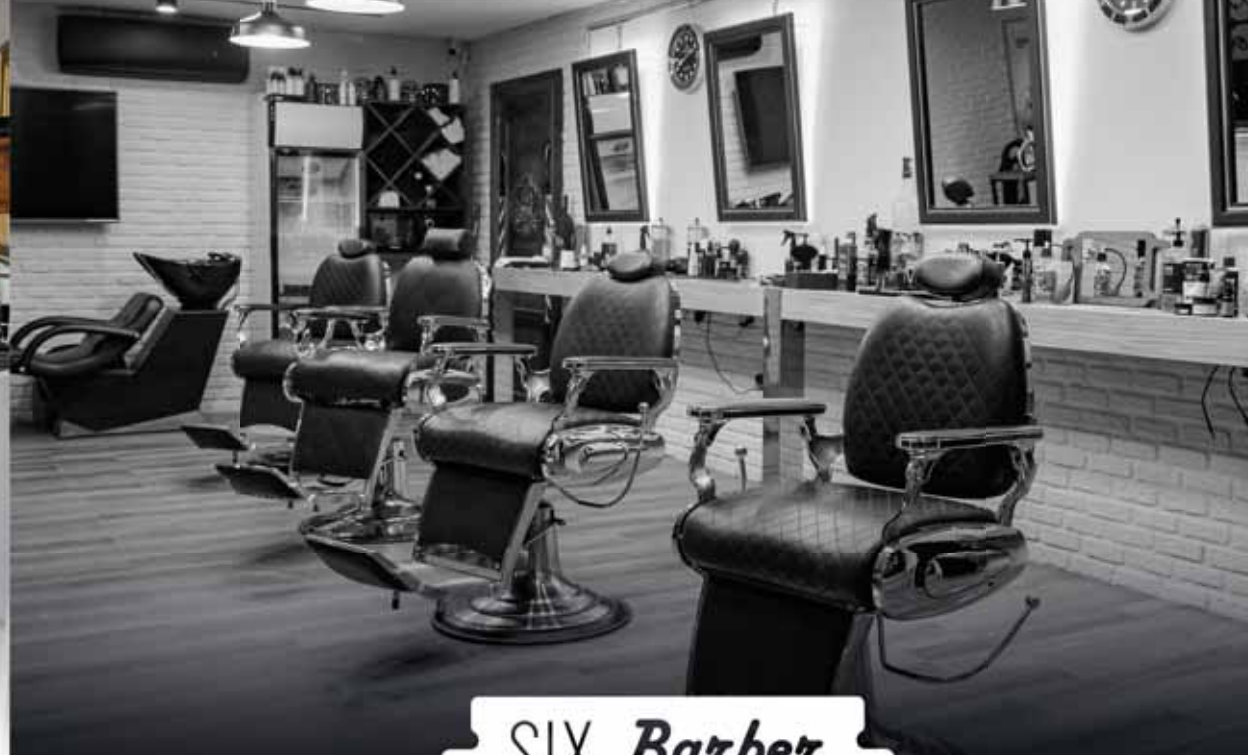
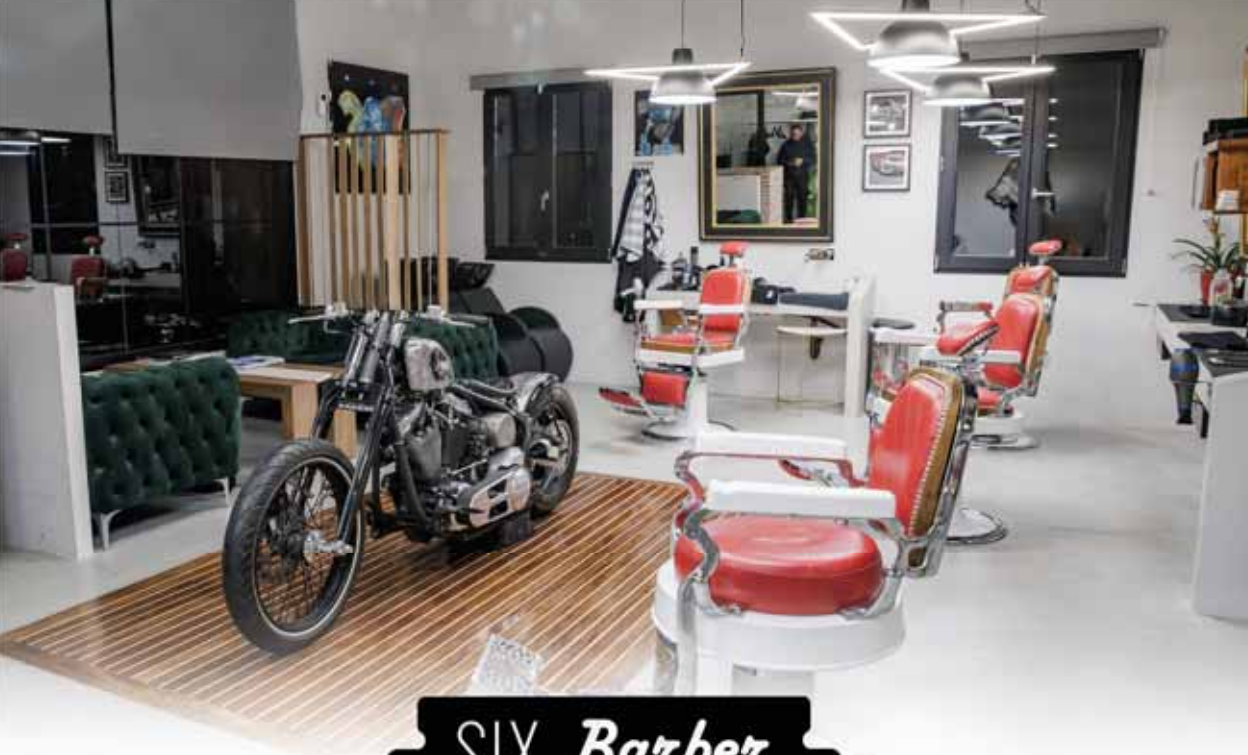


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ROSE

This is Rose. Although you see her here as a young adult of one and a half years old, our girl arrived at the facilities when she was only 1 month old together with her siblings, as a result of the irresponsibility of unwanted litters. Fortunately, Rose spent her first months in a foster home, however, she has spent most of her short life surrounded by the bars of a cold kennel. She's a spectacular girl and great with other dogs, although with a high demand for mental and physical exercise, as a good young adult she's got plenty of energy to spend and will require a good guide to help her mature and stay on the right track. She needs a PPP licence.

Os presentamos a Rose. Aunque ahora la veis ya hecha toda una adolescente de un año y medio, nuestra chica llegó a las instalaciones con tan solo 1 mes de vida junto a sus hermanos, fruto de la irresponsabilidad de las camadas indeseadas. Rose ha crecido por suerte los primeros meses en una casa de acogida, sin embargo, la mayoría de su corta vida la ha pasado entre rejas, en una fría jaula. Es una chica espectacular, buena con otros perros, aunque con una alta demanda de ejercicio mental y físico ya que como buena adolescente está repleta de energía que gastar y requerirá de un buen guía que la ayude a madurar y seguir por el buen camino. Necesita licencia PPP.

Do you want to become their lifechanger? Contact us!
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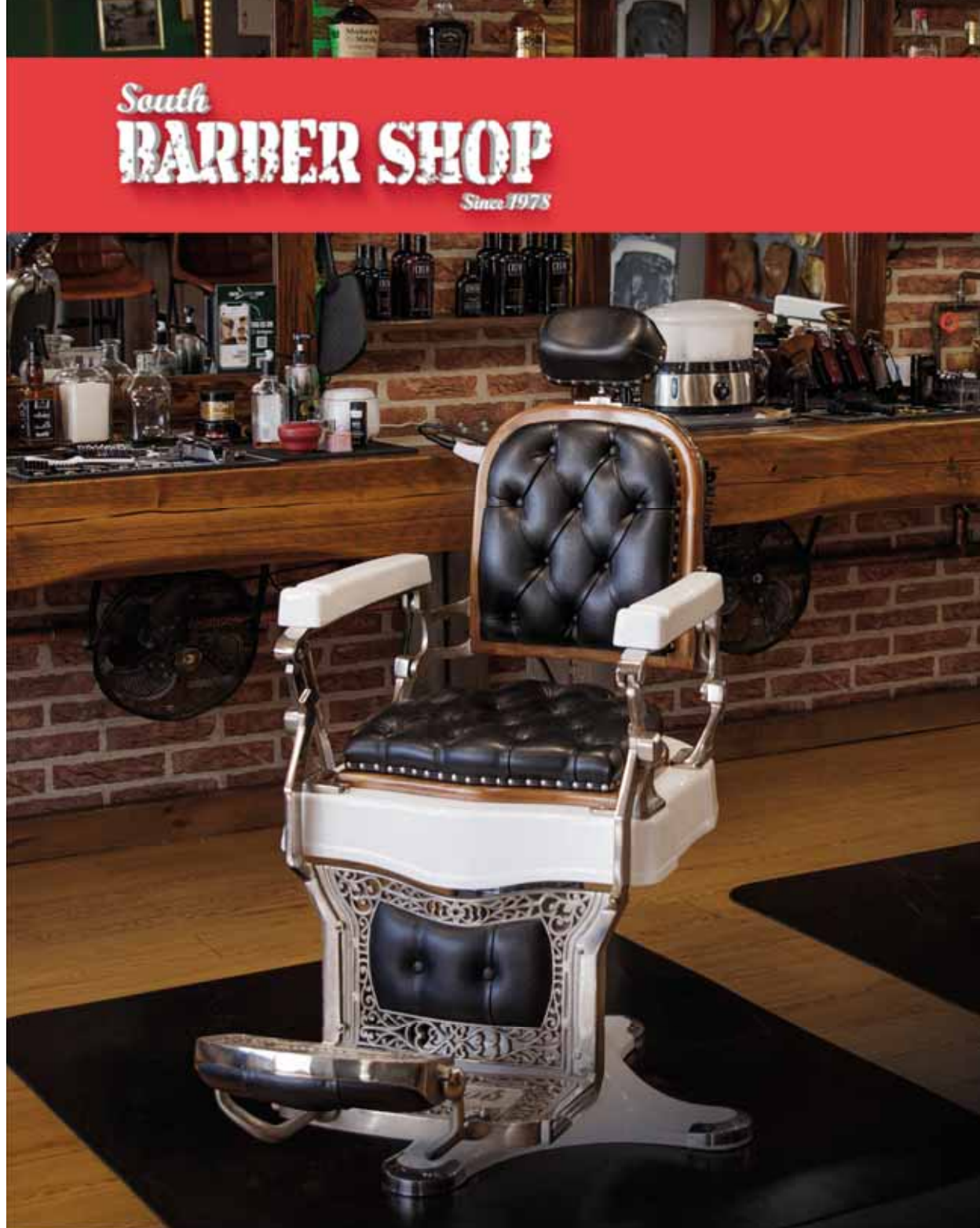


DEREK

Derek is a beautiful cat who arrived at our shelter on 5th May 2022. He's about 3 years old, affectionate with people, and loves to be petted and cuddled. However, it's important to mention that he's very territorial, so he could only share a home with another independent cat as long as his space is respected. This is exactly why Derek is having a hard time at the shelter, as he has to share space with so many cats with different personalities. If you're looking for a loving and affectionate cat who wants all your attention and affection, Derek is the perfect choice.

Derek es un precioso gato que llegó a nuestro refugio el 5 de mayo de 2022. Tiene unos 3 años, cariñoso y afectuoso con las personas, y le encanta recibir caricias y mimos. Sin embargo, es importante mencionar que Derek es un gato muy territorial, por lo cual sólo podría convivir con otro gato independiente siempre y cuando se respeten sus espacios. Justo por esta razón Derek está pasando una mala racha en la protectora, ya que tiene que compartir el espacio con tantos gatos con personalidades distintas. Si estás buscando un gato cariñoso y amoroso que desee tener toda tu atención y tu afecto, Derek es la elección perfecta.

If you want to become their new family, contact us!
Si quieres ser su nueva familia, ¡escríbenos!
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DANIELA DE LA PEÑA

Tell us more about you, Daniela De La Peña Nuñez.

I was born in Madrid and grew up there until I had the great opportunity to work in Marbella. Since I was young, my passion for fashion was always part of my life. Initially, I trained in the world of fashion by studying fashion design at the IED in Madrid. However, over time, I specialised in the world of hospitality and gastronomy. By joining Grupo Paraguas, I had the opportunity to immerse myself in the hospitality world, a sector that combines creativity, style, and the pleasure of gastronomy. This experience marked a turning point in my career, applying my knowledge of luxury in the fashion sector to the world of catering. The fusion of these two worlds has been an enriching experience that has allowed me to develop a unique vision in my work.

How were your beginnings in marketing?

My career in marketing began as Brand and Community Manager at Grupo Paraguas, one of the leading restaurant groups in Spain, managing their social media presence and brand image. The next position I held was Head of Communication, Marketing and Events at Robuchon Madrid, where I led the opening of the restaurant in Madrid. Currently, I hold the position of Marketing and Communication Director at Grupo Mosh in Marbella.

What can you tell us about your work at Grupo Mosh?

Grupo Mosh is an exceptional place where I have the privilege to work. Our company stands out for offering a unique lifestyle experience on the Costa del Sol. Our services include fine dining restaurants, beach clubs and first class entertainment services. Our most outstanding hallmark is our dedication to excellence in music, shows and gastronomy, which has earned us the loyalty of a demanding and diverse clientele.

What projects are you currently working on?

I'm currently working on a variety of projects at Grupo Mosh. We're focused on expanding our market presence, improving the customer experience and innovating our services. We're developing new marketing strategies to stay at the forefront of the industry.

What do you love the most about your profession?

The opportunity to create networking between venues and clients, especially in such a dynamic and diverse environment as the hospitality and entertainment world. Seeing how marketing strategies can impact brand perception and customer satisfaction is truly rewarding.



 @danieladlapena

Describe a day in your life when off work.

Outside of work, my daily life is full of activities that allow me to relax and recharge my batteries. I love to travel, enjoy the local gastronomy, and nowadays to explore the beauty of Marbella and its surroundings. I also spend time reading and keeping up to date with the latest fashion and lifestyle trends.

What do you think of X Magazine?

I have a very positive opinion about X Magazine. I think it's a magazine that authentically reflects the lifestyle and culture of Marbella, and it's a platform that highlights people and companies that contribute significantly to the community. I'm delighted to participate in this interview and share my experience with its readers.

Xavi Márquez
CEO X Magazine



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CELIA ARMESTO

Tell us more about you, Celia Armesto.

I'm from Madrid, although I feel I can call Marbella my home too! I love the artistic world in pretty much all its forms of expression, however my heart definitely belongs to the performing arts, which is why I've become a dancer, choreographer and fire artist, but I've also explored other disciplines such as aerial acrobatics and singing. On the other hand, since this kind of career has an expiry date, I've also trained as an assistant technician in aesthetic medicine, make-up artist and technician in micropigmentation and microblading.

How were your beginnings in show business?

Since I was young, I loved performing playbacks and choreographies at school. I've also been a gymnast since I was 4 years old, but since no one in my family was dedicated to the artistic world, despite my interests I had to follow the traditional steps as a good student that I was, and when I finished my degree in Advertising and PR, I could finally focus fully in my training to become a dancer and, from there, I started to go to castings and get my first jobs.

What can you tell us about your work?

Luckily, my job is my passion, so all the effort that goes into rehearsals, injuries, pains and a thousand disappointments, brings me happiness at the end of the day, because when I get on stage I can just be myself and have fun, and no matter how bad the day went, it all goes away. I love to transmit that because that's how you make the audience enjoy themselves and have a good time too. I have a thousand stories I could tell, especially the ones about people who think you're a go-go dancer and that you prepare your choreography in just a minute in the dressing room, go out to perform with your partners, and the result comes out perfectly.

What projects are you currently working on?

I'm currently working for MOSH Group in Marbella as a dancer, performer and fire performer during the dinner shows at their different venues: MOSH, Nu, Motel, Momento and Playa Padre.

What do you love most about your profession?

The fact that every day I can be a different character, take the audience where I want them to, and that it brings me happiness.



Describe a day in your life when off work.

I lead a very normal life. I get up, go to the gym where I normally practise Muay Thai, do my usual home chores, spend time with my cat, sometimes meet with friends, and some days I go to bachata and salsa classes.

What do you think of X Magazine?

It's essential for anyone who lives in Marbella or is visiting, and wants to know about cultural events happening, and the best spots to have fun in the city.

Xavi Márquez
CEO X Magazine



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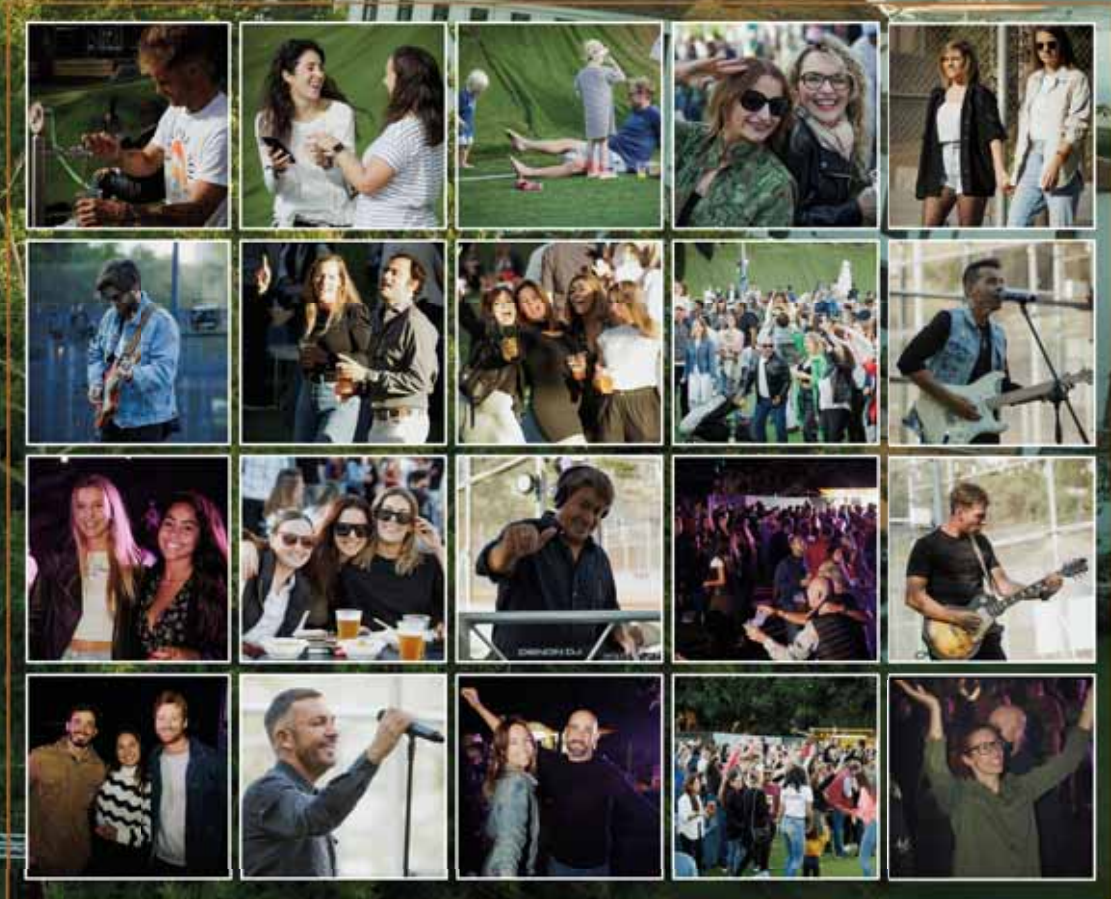
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