

NEW YEAR'S EVE SPECIAL EDITION

11
AÑOS
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MAGAZINE

Nº 136 | YEAR XI DECEMBER '23

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NU YEARS EVE

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Happy New Year

Felices Fiestas y Gracias por un Maravilloso 2023! 🎄🌟

Queridos lectores y amigos de X Magazine,

En estas fechas festivas, nos gustaría agradecer por otro año juntos. Este año ha sido igual de especial que los anteriores, gracias a vuestro continuo apoyo y confianza en X Magazine.

Ahora que finaliza el año 2023, es momento de reflexionar sobre todo lo que nos ha aportado.

Bien sabemos que la Costa del Sol es más que un lugar, ofrece una experiencia de vida única, la cual celebramos en cada página de X Magazine. Y gracias a vosotros, hemos podido compartir historias cautivadoras, eventos emocionantes y descubrimientos fascinantes a lo largo de todo el año. Cada edición de X Magazine es un esfuerzo conjunto para brindaros un contenido inspirador y que refleja la riqueza de la vida en la Costa del Sol.

Asimismo, miramos hacia el 2024 con mucha ilusión por lo que está por venir. Seguiremos ofreciendo más historias cautivadoras y lo último en eventos y nuevos lugares por descubrir, y contamos con que sigáis formando parte de esta aventura.

En nombre de todo el equipo de X Magazine, os deseamos unas fiestas llenas de alegría, amor y momentos especiales con las personas que más apreciáis. Que 2024 esté lleno de nuevas experiencias y éxitos para todos nosotros.

¡Felices fiestas, y a por un nuevo año lleno de emocionantes aventuras!

Xavi Márquez
CEO X Magazine

Xavi Márquez
CEO X Magazine

2024

Happy Holidays and Thank You for a Wonderful 2023!
🎄🌟

Dear readers and friends of X Magazine,

Now that the holiday season is beginning, we would like to thank you for another year together. This year has been just as special as the previous ones, thanks to your continued support and trust in X Magazine.

As the year 2023 draws to a close, it is time to reflect on all that it has brought us.

We know that the Costa del Sol is more than just a place, it offers a unique life experience, which we celebrate on every page of X Magazine. And thanks to you, we've been able to share amazing stories and great discoveries, and cover the most exciting events throughout the year. Each edition of X Magazine is a team's effort to bring you inspiring content that reflects the Costa del Sol's one-of-a-kind lifestyle.

We also look forward to 2024 with great excitement for what is to come. We'll continue to bring you more captivating stories and the latest news about events and new places to discover, and we count on you to once more be part of this adventure.

On behalf of the entire X Magazine team, we hope that your holidays will bring plenty of joy, love, and special moments with the people you cherish the most, and may 2024 be full of new experiences and success for all of us.

Happy holidays, and here's to a new year full of exciting adventures!

Xavi Márquez
CEO X Magazine





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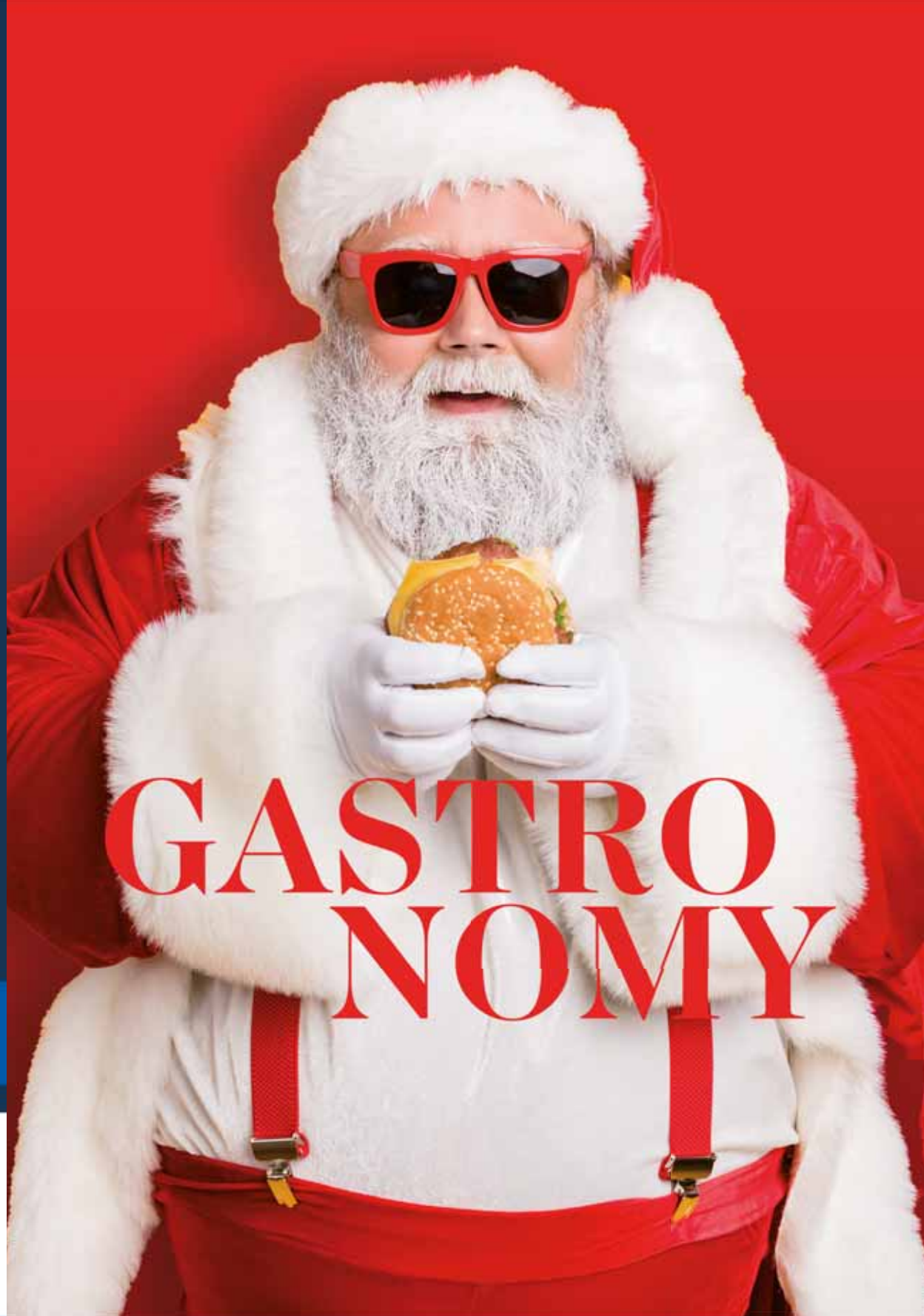
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Dear readers,

The time has come to enjoy the holidays, the festive spirit is here, so we're inevitably in the mood for unique experiences. Therefore, we're dedicating this month's Xperience to LØV Olivia Valere. Although many of us are already acquainted with LØV's dinner experience, I'm sure none have grown tired of it.

The décor, a blend of modern chic and timeless opulence, sets the stage for an unforgettable experience, with a subtle play of lights that adds a sense of intimacy to the atmosphere.

Its dinner shows always offer an array of themes, merging acrobatics, pyrotechnics, choreographies, and unique costumes, among many other details. Now, let's talk about the menu, a culinary journey that mirrors the venue's commitment to excellence. Offering an endless variety including meats, fish, greens, and even pasta, every dish is equally a masterpiece, a fusion of flavours that delights the palate and elevates the dining experience. From the appetisers that tease the taste buds to the main courses that leave you craving for more, LØV Olivia Valere is a haven for gastronomic enthusiasts. And of course, the service—impeccable, discreet, and attentive. The staff's dedication enhances the overall charm of the venue.

But it's not just about the glamour and gourmet delights; it's the energy of the place. Unequaled, LØV is like stepping into a totally different world. If you still haven't had the chance to visit yet, check out our photos of the venue!

Queridos lectores,

Ha llegado el momento de disfrutar de las fiestas, y el ambiente festivo se está empezando a notar, así que es inevitable que nos apetezca vivir experiencias únicas. Por eso, dedicamos el Xperience de este mes a LØV Olivia Valere. Aunque muchos de nosotros ya conocemos los famosos dinner shows de LØV, seguro que nadie se ha llegado a cansar de ellos.

La decoración, una mezcla de elegancia moderna y opulencia atemporal, prepara el escenario para una experiencia inolvidable, con un sutil juego de luces que añade intimidad al ambiente. Sus dinner shows ofrecen siempre una gran variedad de temáticas, fusionando acrobacias, pirotecnia, coreografías, y vestuario únicos, entre otros muchos detalles. En cuanto a su carta, ofrece un viaje culinario que refleja el compromiso de LØV con la excelencia. Con una variedad infinita de carnes, pescados, verduras e incluso pastas, cada plato es una obra maestra, una fusión de sabores que deleita el paladar y eleva la experiencia gastronómica. Desde los aperitivos que despiertan las papilas gustativas, hasta los platos principales que dejan con ganas de más, LØV Olivia Valere es un paraíso para los amantes de la gastronomía. Y por supuesto, con un servicio impecable, discreto y atento. La dedicación del personal realza el encanto general del lugar.

Pero no se trata sólo del glamour y las delicias gastronómicas, sino de la energía del lugar. Inigualable, LØV es como entrar en un mundo totalmente distinto. Si aún no has tenido la oportunidad de ir, echa un vistazo a nuestras fotos!

Xavi Márquez
CEO X Magazine

PASTA TRUFA



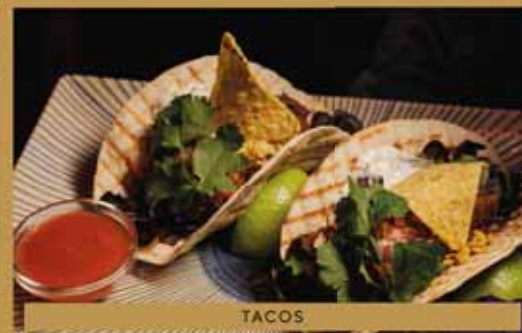
HAMACHI



TARTARE CARABINEROS



CARPACCIO DE THON



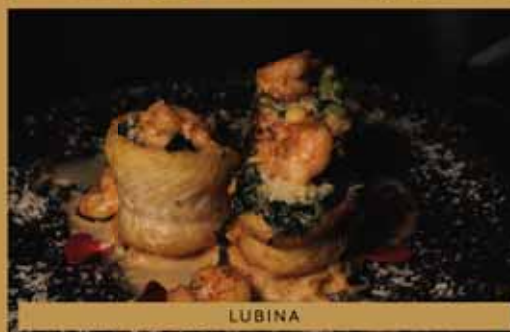
TACOS



HAMBUGUER



POULET



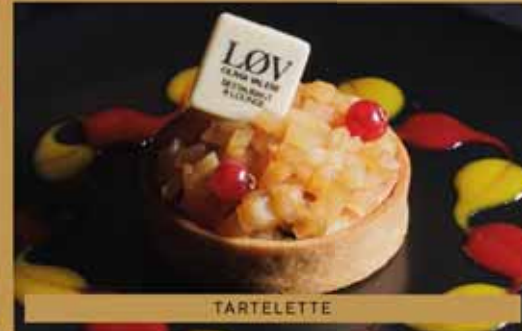
LUBINA



SOLOMILLO



BANANA SLIP



TARTELETTE

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 beluga.

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 noissete.

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

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FRANCO FRANCESCHINI

Who is Franco Franceschini?

I am Executive Chef at Mosh Group in Marbella. As a person, passion is my main drive, and I try to put all my heart and soul into everything I do or undertake. I'm also a true advocate of teamwork, sharing the good stuff, learning from the bad and, above all, I'm passionate about cooking, textures, mixtures and fusions. My aim is, through gastronomy, to make people travel and enjoy the ride, without moving from their chairs.

How were your beginnings in the gastronomic world?

I've been working in this industry since 2005. It was something almost unexpected, I initially wanted to become a doctor and, while I was studying, I worked in the kitchen of a restaurant to earn some money. 18 years later, here I am, at the head of one of the most important challenges of my career: as executive chef of Mosh Group and in charge of the gastronomic proposal of six restaurants of reference in Marbella.

Tell us more about your work at Mosh Group.

My aim is to enhance the flavours of the quality raw materials I work with, to present new textures and to mix ingredients with recipes that vindicate the fusion of gastronomies from all over the world in order to surprise our guests. Mosh Group is an expert in creating 360° experiences, where quality and excellence come first. We don't just cook for the sake of it, we want to elevate the concept and position ourselves as gastronomic restaurants of the highest level. Whoever comes to any of the group's six restaurants will live a unique experience. If we're known and renowned in a city like Marbella, where the range of entertainment and restaurants is vast, then we're on the right track.

What projects are you currently working on?

We're currently preparing the 2024 season for Playa Padre, Momento, and Nido, among others. In addition, we're still active at Mosh, Motel Particulier and Nu Downtown. The idea is that this year we'll be able to present our new projects, but for now we will have to wait!

What do you love most about your profession?

Transmitting the spirit of each Mosh Group restaurant through gastronomy, and positioning them as gastronomic restaurants of the highest level. Whoever comes to Mosh Fun Kitchen, Playa Padre, Momento, Nido, Nu Downtown or Motel Particulier, will experience an amazing evening from start to finish; that's the goal. Mosh Group is very well known and is a very powerful reference in the entertainment sector on the Costa del Sol. People come from all over the world to enjoy themselves and also to have lunch or dinner. I'm passionate about creating a menu and a gastronomic proposal with dishes that are thought out, studied, prepared with passion, with soul, with meaning, quality and a lot of teamwork.



Describe a day in your life when off work.

I get up early and wake up my 4-year-old son; I make breakfast for him then take him to school, and from there I go to practise Jiu Jitsu, another of my passions. When I finish, I focus on organising other aspects of my personal life. I also enjoy having a mate tea or lunch with my mum! I pick my son up from school, and then we do something together that he enjoys. We go home, I give him a shower, make dinner and put him to bed, and at the end of the day, I watch a movie or read a book, although I admit I haven't been reading much lately!

What do you think of X Magazine?

I've seen X Magazine evolving a lot since I've known them, building customer loyalty, and above all, Xavi has enormous charisma and great professionalism.

Xavi Márquez
CEO X Magazine

Fin de Año 2023

MENÚ

CÓCTEL DE BIENVENIDA

BISQUE DE MARISCO

CIGALA AL TERMIDOR

CALAMAR RELLENO DE FRUTOS DEL MAR

SORBETE DE LIMÓN

SOLOMILLO AL PEDRO XIMÉNEZ
CON FOIE Y BLOQUES DE PATATAS FRITAS

POSTRE

TORRIJA DE PAN BRIOCHE CON HELADO DE TURRÓN

PAN
CAFÉ O INFUSIÓN

BEBIDAS

VINO BLANCO MARTÍN CÓDAX, ALBARIÑO D.O. RÍAS BAIXAS
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MARTÍN BERASATEGUI

12 ESTRELLAS MICHELÍN

Martin, after more than 35 years dedicated to the world of cooking, who has Martin Berasategui become?

The same man who was born with a vocation and a passion unavoidable, the kitchen, obviously with much more experience and more years, but with the same values that have guided me since a young age

How does it feel to be required by so many stars?

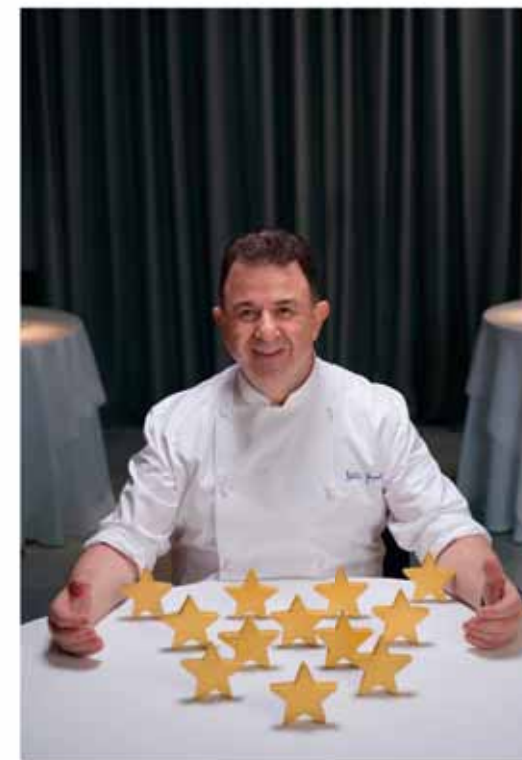
A great pleasure to see your work recognized and also an important responsibility, but a responsibility that motivates me every day to continue to improve and reach the level of excellence that we demand from the whole team.

How do you define your kitchen?

I always like to say that my kitchen is complex and at the same time, is able to pave the way for future generations, with the difficulties that people understand that we must add many details to make everything work and go forward. The product and its protagonists are a fundamental part of the equipment needed to offer creative cooking in my restaurant. I also give it great importance because all the dishes that appear on my menu can be reproduced with the same perfection. The irregularity makes that often things do not work as they should.

And when you're not cooking, how do you entertain yours?

I am of simple tastes, as most of the time I'm working or traveling when I have a day off what I want is to enjoy my family and friends, visit my home city inside out and cook both in society and at home. I like to see people around me happy, it's the best satisfaction in the world.



Después de más de 35 años dedicados al mundo de la cocina, como definiría a Martín Berasategui?

El mismo hombre que nació con una vocación y una pasión ineludible, la de la cocina, obviamente con bastante más experiencia y años, pero con los mismos valores que me han guiado desde joven.

El echo de tener tantas estrellas Michelin es...

Una enorme satisfacción por ver tu labor reconocida y también una importante responsabilidad, pero una responsabilidad que me motiva día a día a seguir mejorando y alcanzar el nivel de excelencia que nos exigimos todo el equipo.

¿Cómo definiría Martín Berasategui su cocina?

Siempre me gusta decir que mi cocina es compleja y a la vez próxima, es capaz de abrir caminos para las siguientes generaciones, con las dificultades que conlleva que la gente entienda que hay que sumar muchos detalles para hacer que todo funcione y tire para adelante. El producto y sus protagonistas son parte fundamental del equipo que se necesita para hacer la cocina creativa que ofrecemos en mi restaurante. Le doy una gran importancia también a que todos los platos que aparecen en mi menú puedan ser reproducidos con la misma perfección. La irregularidad es lo que hace que muchas veces las cosas no funcionen como deberían.



MARTÍN BERASATEGUI



What would you say to those young chefs trying for success?

Dont give up, if you really like this, you should always continue with consistency and determination, trying to make things better every day, perfecting the process and putting a lot of passion to the subject. It is not always easy, but you must work for what you want!

And finally what do you think of our magazine?

It is a very practical magazine that can be very useful for anyone who arrives in a city without a lot of information and want to find out easily and quickly.

¿Cuando no está cocinando, cómo se entretiene?

Soy de gustos sencillos, como la mayor parte del tiempo estoy trabajando o viajando cuando tengo algún día libre lo que más me apetece es disfrutar de mi familia y amigos, pasear por mi ciudad de cabo a rabo y cocinar tanto en la sociedad como en casa. Me gusta ver felices a los que me rodean, es lo que más satisfacción me da en el mundo.

Con estos tiempos tan difíciles, ¿qué les dirías a todos aquellos cocineros que intentan salir adelante?

Que no tiren la toalla, que si de verdad esto les gusta, que sigan luchando con constancia y tesón, intentando hacer las cosas cada día mejor, perfeccionando los procesos y poniéndole mucha pasión al asunto. No siempre es fácil pero quien la sigue la consigue.

Y por último, ¿que le parece nuestra revista?

Es una revista práctica que puede ser muy útil para todo aquel que llegue a una ciudad sin mucha información y quiera encontrarla de forma sencilla y rápida.

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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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 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

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Surtido mini postres caseros

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cañas, refrescos o agua

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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
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
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

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2024

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MENU

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Suave mouse de foie con frutos rojos

Tempura de langostinos Royale
acompañado de salsa agrídulce

Ostra del Cantábrico rellena de espinacas
y tocineta gratinada

Coronel de lima limón

Chuletas de rodaballo sobre láminas de
berenjenas acompañado de salsa de ajo

Muslo de pato confitado acompañado de
piñas caramelizadas

Pera asado al vino de Oporto con helado
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BEBIDA

Todas las bebidas están incluidas en el
menú
(nuestras marcas seleccionadas)

7pm. Welcome drink
in our illuminated garden

Soft liver mousse with assorted berries

King prawns tempura accompanied
by sweet and sour sauce

Gratinated Spinach and bacon stuffed
Cantabrian oyster

Lemon & Lime Colonel

Turbot cutlets on eggplant slices
accompanied by garlic sauce

Confit duck leg accompanied by
caramelized pineapples

Port wine roasted pear with nougat ice
cream
and crunchy chocolate

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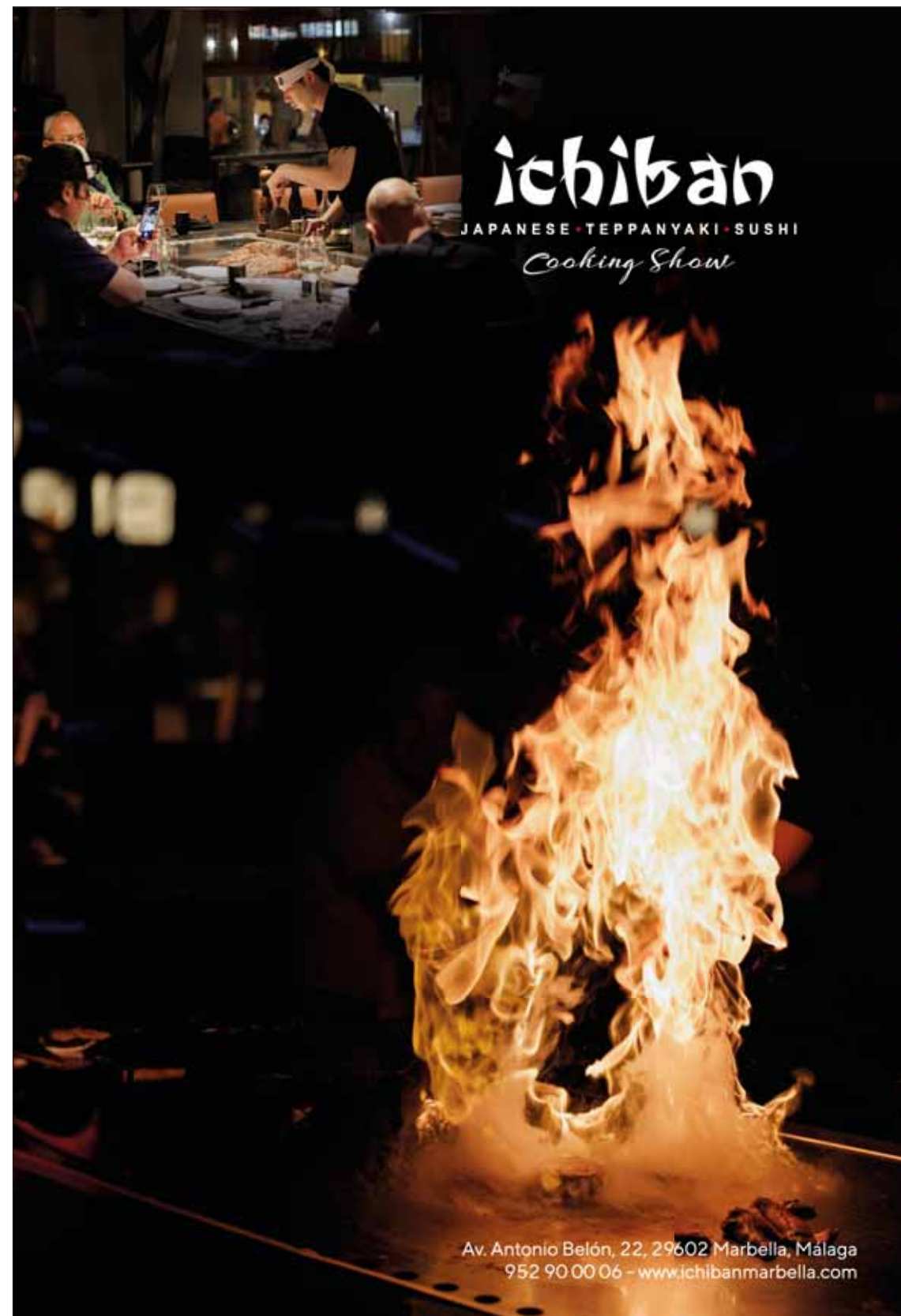
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IS LOSING WEIGHT ONE OF YOUR RESOLUTIONS FOR 2024?

The start of a new year often comes with new resolutions related to our wellbeing and improving our quality of life, that's why we tend to focus on health. Losing weight, practising a sport, joining a gym or quitting smoking are some of the most common resolutions.

One of the main reasons why our intention of losing weight remains a failed attempt, is aiming at achieving it fast. Wanting quick results makes us choose restrictive diets that result in a vicious circle of limitations that only result in looped ups and downs in weight, simply because they're too hard to stick to and be constant with.

To improve body composition through fat loss, focus on daily habits and adopting them progressively. It's a process, and the goal should be a new lifestyle that is enjoyable and can be maintained over time, rather than weight itself.

Here are 5 tips to apply from now on:

Tip No. 1: Set yourself realistic goals.

How long has it taken you to get where you are, and to your current weight?

It's neither healthy nor realistic to set yourself a target of losing 15 kg that were gained in over 4 years, for example, in just a few months. It will only lead to frustration, suffering and giving up. It's preferable to set short, medium and long-term goals that are achievable for us.

Tip No. 2: Forget about imitating trending diets.

Following instructions that aren't adapted to your lifestyle, state of health, timetable and preferences, leads to failure and can also compromise your health. There are situations and pathologies that require a precise measuring of the intake of certain nutrients, foods that interfere with the absorption of certain drugs, clinical conditions in which certain foods should be limited, etc. Moreover, if a trending diet has helped someone to lose weight, it's only due to its restrictions which are likely to make you lose not only weight, but also muscle mass, which are our life insurance.



Why is it so clear that we have to go to the dentist to take care of our oral health, while we take advice from just anyone in order to lose weight? Nutrition is a science, not beliefs or experiences. If you want to lose weight, a nutritionist is the legally recognised professional to go to.

Tip #3: Avoid "light" products, meal replacements, detox juices, and whole-grain or "digestive" biscuits.

Light means that they contain 30% fewer calories than the traditional product. However, they do not necessarily have to be made with quality ingredients. In addition, they tend to create a false sense of eating fewer calories, and can lead us to exceed in the quantity and frequency of consumption.

Substitute products, such as bars, shakes or detox juices, provide fewer calories compared to a regular meal. But did you know that bars and shakes are mainly made from sugar and refined vegetable oils? Detox juices, being made from raw vegetables, contain high levels of oxalates that can cause kidney stones. If they are used as meal replacements for a certain period of time, weight is lost, but also guarantees a rebound effect later on, as they do not satiate, nor do they generate adherence or educate in healthy habits. Rather, they end up being used as a kind of "punishment".

Finally, even if something is considered a wholemeal, like some biscuits, it does not mean that it is better. In fact, their nutritional value is comparable to any bakery product. Relative to their volume, they are high in calories and low in nutrients, and to lose fat we need the exact opposite. We need to generate a calorie deficit with nutrient-rich foods and preparations that suit our tastes, time availability and budget. It's not about eating less, it's about eating better.

Tip 4: Flexibility is part of a healthy lifestyle.

Within this change of habits, it's important to erase the idea that there are foods that can't be eaten. This only leads to increased cravings. As soon as the prohibition is broken, the purpose is often abandoned as well. Just as a salad is not slimming, a piece of cake is not fattening. It's the sum of our habits that ultimately determines whether we lose or gain fat. In other words, it's what we do most of the time, not just occasionally.

Tip No. 5: Choose a physical activity that helps you to be consistent

Although it's true that losing weight is possible without any physical exercise, this is neither optimal nor recommended. When our aim is to lose fat, maintaining muscle mass during the process is just as essential, and therefore, we need to include adapted strength exercises. On the other hand, increasing our energy expenditure allows us to reach a calorie deficit more easily. Choose the frequency that will help you be consistent, you don't have to train every day or reach a 15,000-step goal daily.



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ESTUCHES PARA REGALAR



Descubre el arte del maridaje con elegancia y estilo a través de los estuches de vinos que hemos preparado especialmente para ti. Regala sofisticación para amantes del buen vino o comparte con amigos momentos inolvidables.



Este pack promete una experiencia diferente, donde la altitud, la frescura y la elegancia femenina se encuentran para deleitar tus sentidos.

Plus Altitud es ideal para maridar con carnes rojas a la parrilla, platos de caza y quesos curados. Mientras que Mestres Visol es un buen compañero de ostras, vieiras y postres ligeros. Por último Mikaela resalta tus platos de aves y pastas con salsas ligeras.

Este estuche combina las notas de cítricas de Mestres Coquet Brut Nature y el Duo Pago de la Oliva Coupage cautiva desde el primer instante con su aroma intenso y expresivo.

A la hora del maridaje Mestres Coquet Brut Nature es perfecto como aperitivo, acompañar con mariscos, sushi y quesos suaves. Mientras que Pago de la Oliva Coupage, es ideal para carnes a la parrilla, platos de caza y quesos curados.



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CHAMPAGNE
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VIGNERONS DEPUIS 1687



Benoît Tarlant, a prominent winery in Oeuilly, France, specializes in producing high-quality wines with Pinot Noir, Pinot Meunier, and Chardonnay. Led by Benoit, they are on the verge of obtaining biodynamic certification and employ unique methods such as barrel fermentation and extended aging. Their "No Added Sugar" champagne stands out for its freshness and candid character, derived from hand-selected grapes and fermentation in stainless steel and oak barrels.

Tasting Notes: On the nose, experience the aromas of beeswax, honey, lemon, and mandarin. On the palate, savor the length and citrusy finish, delivered with charming honesty and openness.

Aging: Rest for 6 months on lees in French oak barrels

Serving Temperature: It is recommended to serve between 6 - 8°C.

Get this product at our Marbella store.

WINE tasting

Benoît Tarlant, una destacada bodega en Oeuilly, Francia se especializa en producir vinos de alta calidad con Pinot Noir, Pinot Meunier y Chardonnay. Dirigida por Benoit, están a punto de obtener la certificación biodinámica y emplean métodos únicos, como la fermentación en barrica y un envejecimiento prolongado. Su champán "Sin azúcares añadidos" destaca por su frescura y carácter franco, obtenido de uvas seleccionadas a mano y fermentación en acero inoxidable y barricas de roble.

Notas de Cata: En nariz, experimenta los aromas de cera, miel, limón y mandarina. En el paladar, disfrute de la longitud y el final cítrico, entregados con una encantadora honestidad y apertura.

Envejecimiento: Reposo 6 meses sobre lías en barricas de roble francés.

Temperatura de servicio: Se recomienda servir entre 6 - 8°C

Consigue este producto en nuestra tienda de Marbella



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MENÚ DIARIO Y ESPECIALIDADES EL FIN DE SEMANA



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E.

Flutter.estudio

¿Contamos tu historia?





ALBERTO MUSIMESSI

Tell us more about you, Alberto Musimessi.

I was a professional gymnast representing Argentina in international events, a member of the Argentinian national team for six years, president of the Argentinean Gymnastics Association for several years, and currently a Physical Education graduate, coach and physiotherapist. I've been living in Spain for 20 years and currently running the Akros project that started six years ago.

How were your beginnings in the world of fitness?

The sports world has been a part of my life from an early age, and I've played various sports such as soccer, athletics, volleyball, fencing, swimming, and rugby, all at competition level, until I discovered artistic gymnastics at the age of 17. I dedicated myself fully into practising it, and at the age of 22 I qualified to join the Argentinian national team, and during the same period I entered the faculty to study my professional career, which was linked to my passion.

What is Akros?

Akros is a sports project focused on training from a young age, as well as the practice and support for teenagers and adults, that can be carried out either as a hobby, or a high performance or competitive level. Artistic gymnastics is a sport that requires a lot of preparation, and even at an early age it requires a lot of dedication. The practice of acrobatics on different apparatus and with the only support of our body, makes it a very difficult sport. For this discipline, both children and adults need to fully prepare their body in several aspects: flexibility, strength, power, coordination, balance, sense of time and space, and very precise control skills.

Tell us more about your work.

At the moment, my work at Akros, which takes place at the Real Club de Padel, is the coordination and preparation of athletes and teachers. Our interest at the Real Club de Padel is to offer the possibility to practise this olympic sport, both for children and adults at all skill levels and preparation, since not everyone have the ability or interest of reaching a professional level in this sport, but it's the goal for most of them, either for competition, or for fun. My job is to ensure that all aspects of this sport are covered in the best possible way, and give the opportunity to children or athletes whose goal is to grow.

Who is Akros for?

Akros is for anyone who has an interest in the sport. There is no age limit, but the level of demand changes depending on the ability. Of course, children are the most interested in this sport, but there's no reason for teenagers or adults to not start practising this sport.



What do you love the most about your profession?

My passion is the sport itself, going through all its aspects, from the certain rigidity of the discipline, to the bond that is created between the coach and the athlete, as it's a bond that lasts a lifetime. Being able to transmit our knowledge, together with improvisation at certain times to ensure that an athlete understands or assimilates your teachings, often becomes a great challenge. The affection we receive in the form of gratitude from the children we have to look after so closely to prevent them from hurting themselves, even at our own risk when stopping them from having a bad fall when they are learning or rehearsing certain risky exercises. All in all, everything keeps us physically and mentally active, I think that's what motivates us the most.

How do you enjoy your time off-work?

My free time is limited, because depending on the aspects you've developed in the athletes you're training, they require a lot of time, but when I leave work I'm a man of good habits. The truth is that I don't lead a very social life, I like to stay at home, enjoy a book or a film when I can, travelling, or meeting with friends for dinner or for a good chat.

What do you think of X Magazine?

I think that you're doing a good job in spreading the word and making people aware of what's going on in different social areas. I believe it's great because many people don't know about certain activities and where they're happening, it's great social work.

Xavi Márquez
CEO X Magazine



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.



Les deseamos Feliz Año 2024

Happy New Year



Christmas Camp
FROM DECEMBER 26 TO 29
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ESCLAVOS DE LA PRODUCTIVIDAD

¿Cuántas veces sientes que no has tenido ni un momento para descansar al finalizar una jornada? Termina el día y, pese a que has estado en constante movimiento, sientes que no ha sido suficiente, que no llegas a todo.

La autoexigencia está siempre presente en nuestra mente. Creemos que deberíamos ser mejores, que habríamos de esforzarnos más, que no ponemos suficiente empeño. ¿Te ha ocurrido? Esto es porque vivimos inmersos en la sociedad del rendimiento.

La sociedad del cansancio, en un momento en que ya no existen presiones externas que nos esclavicen y somos aparentemente libres para lograr la autorrealización.

Ya no estamos oprimidos por fuerzas ajenas a nosotros, no estamos limitados ni explotados laboralmente como antes, hemos vivido grandes avances científicos y técnicos y hemos ganado en derechos. Y, sin embargo, esa supuesta libertad es solo una ilusión, pues ahora somos nosotros mismos quienes nos marcamos unos estándares inalcanzables que nos frustran y nos agotan.

De forma sutil y poco perceptible, la sociedad, los medios, las empresas, el modo en que está construido el entorno y la cultura nos llevan a exigirnos cada vez más, a rendir, a progresar y a correr sin descanso tras ese ideal que, aunque autoimpuesto, asfixia y agota nuestros recursos.

Aunque hemos normalizado este modo de vida, lo cierto es que resulta muy perjudicial para nosotros. El estrés constante, el nerviosismo y la hiperactividad nos agotan, generan ansiedad y depresión y nos conducen a un estado de burnout y falta de motivación. Nuestra salud se deteriora, nuestro ánimo empeora y las relaciones también se ven afectadas.

La auténtica productividad no está siempre en alcanzar un gran número de objetivos diarios. No si en cada logro laboral se nos va en ellos la calidad de vida, la salud, la satisfacción emocional y el equilibrio psicológico.

La vida no debería ser una incesante carrera hacia el éxito obligado, sino un camino placentero que transitar a nuestro propio ritmo.

SLAVES TO PRODUCTIVITY

How often do you feel that you haven't had a moment to rest at the end of the day? The day ends and, although you've been active all day, you feel that all your effort wasn't enough, that you weren't able to handle it all.

Self-demand is always present in our minds. We believe that we can do better, that we should try harder, that it's never enough. Has this happened to you? This is because we live in a performance society.

Our society is one of exhaustion, with no apparent external pressures that enslave us, and where we're seemingly free to achieve self-fulfilment.

We're no longer oppressed by outside forces, limited or exploited at work as before, we've experienced great scientific and technical advances and we've gained rights. And yet, this supposed freedom is only an illusion, because now we're the ones who've adopted that role of setting personal unattainable standards that end up frustrating and exhausting us.

In a subtle and barely perceptible way, society, the media, companies, and the way our environment and culture are constructed, all lead us to become more demanding towards ourselves, to perform, to progress and to run relentlessly towards an ideal that, although self-imposed, suffocates and exhausts our resources.

Although we've normalised this way of life, the truth is that it's very harmful to us. Constant stress, nervousness and hyperactivity exhaust us, generating anxiety and depression and leading us to a state of burnout and lack of motivation. Our health deteriorates, our mood worsens and our relationships suffer consequences.

True productivity doesn't always equate to achieving a large number of daily goals. Not if quality of life, health, emotional satisfaction and psychological balance are at stake in each work achievement.

Life should not be a relentless race towards forced success, but a pleasant path for us to walk at our own pace.

IRENE MUÑIZ

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GUERA

Our Guera has been in the shelter twice, and not because she's bad with people, she's a true sweetheart. However, she's had serious issues relating with other dogs. Thanks to the wonderful team of LOPECAN, who worked with her and even had her in residence for a year, Guera is much more sociable and is a fully-trained and obedient dog. Even so, she needs continuous guidance when interacting with other dogs, as well as maintenance and reinforcement of her behaviour in order to not lose all the learning she has acquired. Since she's a PPP (potentially dangerous breed), the licence is required in order to adopt her.

Nuestra Guera ha pasado por la protectora dos veces, y no porque sea mala con las personas, porque en cuanto a eso, es todo un amor. Sin embargo, tenía graves problemas para relacionarse con otros perros. Gracias al maravilloso equipo de LOPECAN, que trabajaron con ella e incluso la tuvieron de residencia un año, Guera es mucho más sociable y es una perra con una obediencia totalmente montada. Aún así, siempre deberá relacionarse de forma adecuada con otros perros y seguir continuamente trabajando y reforzando su comportamiento para mantener todo el aprendizaje que lleva a sus espaldas. Al ser PPP, necesita licencia para su adopción.

Do you want to become their lifechanger? Contact us!

¿Quieres cambiar su vida? ¡Contáctanos!

adopciones@tripleamarbella.org



LIBIA

Libia is a beautiful small tabby cat, very sweet and affectionate with people. She arrived at the shelter without a chip on 19 July 2022. As soon as you enter the room and sit down, Libia arrives and asks you to hold her, she loves to be near you and to be petted. When she arrived, her relationship with other cats was not very good, but she has learnt to live with calm cats, both males and females. She is sterilised and is FIV/FelV negative.

Libia es una preciosa gata atigrada de tamaño pequeño, muy dulce y cariñosa con las personas. Llegó al refugio sin chip el día 19 de julio de 2022. En cuanto entras a la habitación y te sientas, enseguida llega Libia y te pide que la cojas, le encanta estar cerca tuya y recibir mimos. Cuando llegó, su relación con otros gatos no era muy buena, pero ha aprendido a convivir con gatos tranquilos, tanto machos como otras hembras. Está castrada y es negativa a FIV/FelV.

If you want to become their new family, contact us!

Si quieres ser su nueva familia, ¡scríbenos!

gatostriplea@gmail.com

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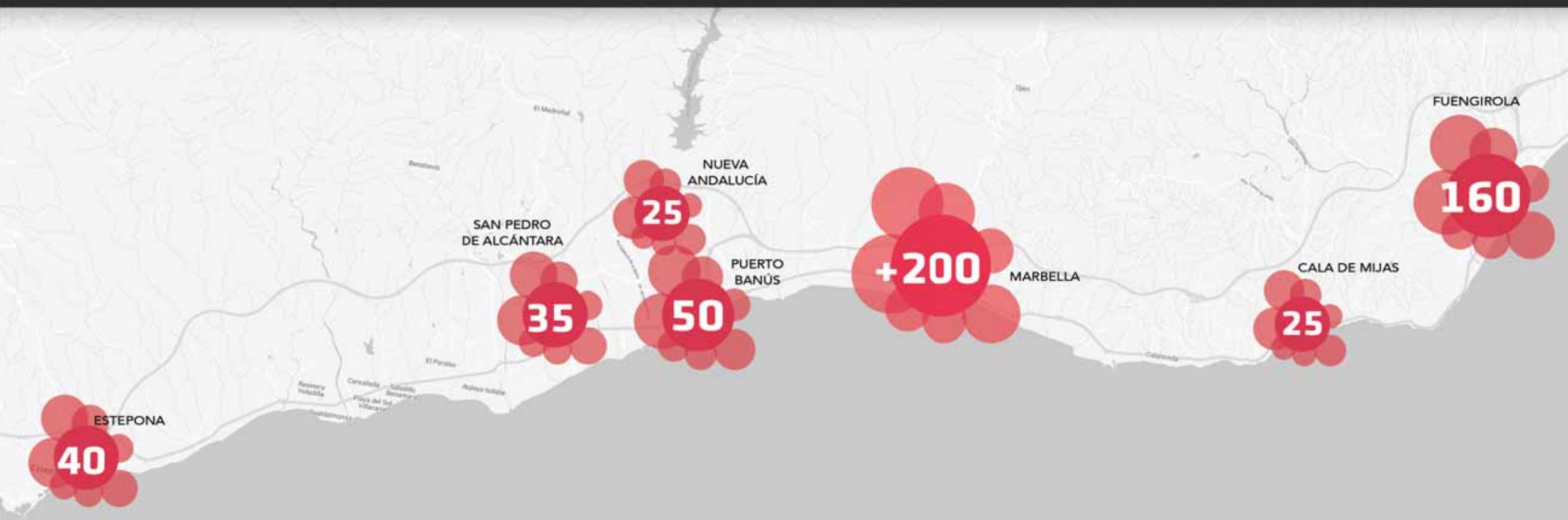
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ANA FREIRE

Who is Ana Freire?

I was born in Madrid in 1992 and lived all my life in the Chamberí neighbourhood, until one day I decided to leave the city for a while, and I moved to Marbella, where I've been living for 5 years now I always knew that I didn't want to live in the city and that I'd move one day to a place on the coast. I'm a very active person, and I've been working and studying since I was 18 years old, and love to try new things. In Madrid, I was working in various sectors and studying to become a flight attendant, but one day I got overwhelmed by the routine and decided to change everything and turn my life around.

How were your beginnings in the show business?

It all began when I arrived in Marbella. I started working as a waitress, but what I really wanted was to dance, and after 3 weeks of living here I was settled and dancing happily. Dancing was something I always dreamed of, and when I arrived here I saw the opportunity, took it, and created my own reality.

Tell us more about your work.

I love my job because it's the first job where I feel free and can be myself. I have fun, I dance, I express myself and share my joy. I also love the schedule flexibility and the routine diversity of my days and places of work, as well as the ability to freely choose, more or less, my days off. I've met wonderful people at work, from my best friends to anyone who just shows up one day and becomes part of my inner circle.

What projects are you currently working on?

I'm currently working at several nightclubs, and have had the chance of working at almost every nightclub in Marbella. I currently work at La Habana de Hemingway all year round, and feel at home there! But also, I work at Mirage, Paname, Nao Pool Club, La Sala by The Sea, and at events and extras that come up, especially during the high season.

What do you love most about your profession?

I love being able to transmit joy and being myself as I said before, expressing myself through dancing, and above all, the freedom that this type of work gives you in terms of working hours and days, because I believe that we're not here to waste our lives working on something that we don't like or that doesn't bring us happiness.



Describe a day in your life when off work.

I have a small dog and love spending time with him walking in the park or at the beach, and also love exercising or playing sports, and travelling of course, which I am passionate about. I also take advantage of my days off to meet with my friends to spend time at the beach, or go out to eat at some place with delicious food.

What do you think of X Magazine?

I really enjoy X Magazine as it allows you to discover the variety of clubs and restaurants available in Marbella, so you can decide where to go, especially if you're not from Marbella and don't know what's going on in the area.

Xavi Márquez
CEO X Magazine

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AND A
Happy 2024



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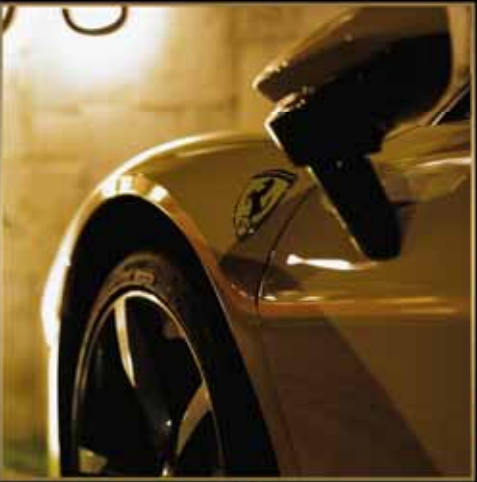
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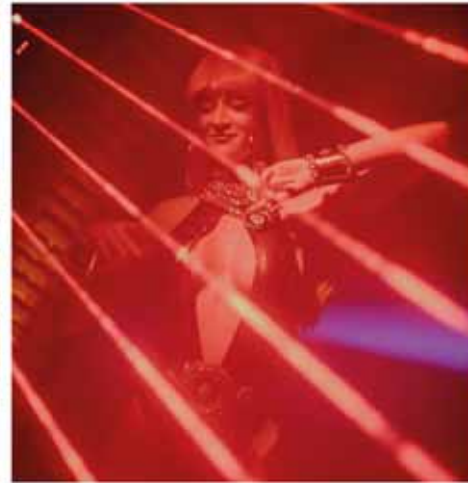
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