



11
AÑOS
YEARS

MAGAZINE

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Dear readers,

At this time of year, the weather is quite whimsical: is the day cloudy and you're looking for something to brighten it up, or is it warm and sunny and you want to make the most of it? We can recommend a great place for both cases. Kanaloa is one of the best restaurants located on Marbellas' beachfront promenade, offering an exotic decoration and a unique terrace just a few metres from the sandy beach, with magnificent views of the Mediterranean Sea. At Kanaloa you can enjoy a relaxing time, either having lunch under the sun and near the beach, or dinner in style, whether it's with your significant other, or your friends. Its menu offers a refreshing variety, including the essentials that are always appealing, with a personal Kanaloa touch, or more unique dishes to discover new flavours, intense and Mediterranean, sophisticated but at the same time very much our own. Kanaloa is definitely the perfect restaurant for any occasion, guaranteeing a unique experience every time you go. As always, we leave you with a few snapshots, because we know a picture is worth a thousand words

Estimados lectores,

En esta época del año, nos encontramos con un clima muy cambiante. ¿El cielo está nublado y estáis buscando un plan que alegre un poco el día, o hace un tiempo espléndido y queréis aprovechar los rayos del sol? Podemos recomendar un lugar ideal para ambos casos. Se trata de Kanaloa, uno de los mejores restaurantes situado en pleno paseo marítimo de Marbella, ofreciendo una decoración exótica, y una terraza inigualable a escasos metros de la arena de la playa y con magníficas vistas al Mar Mediterráneo. En Kanaloa podéis disfrutar de un rato relajante, comiendo bajo el sol y cerca del mar, o de una velada con estilo, sea en pareja o con amigos. Su carta ofrece una refrescante variedad, donde encontramos los imprescindibles que siempre apetecen, con un toque personal de su equipo de cocina, como platos más singulares para descubrir nuevos sabores, intensos y mediterráneos, sofisticados pero a la vez muy nuestros. Sin duda, Kanaloa es el restaurante perfecto para cualquier ocasión, asegurando una experiencia única cada vez que vayáis. Como siempre, os dejamos con algunas instantáneas, ya que como sabéis, una imagen vale más que mil palabras.

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Barbillón Marbella prepara ya su segunda temporada de éxitos en la Costa del Sol

Barbillón Marbella, el primer concepto Beach Bar - Restaurant del Grupo Barbillón situado en Marbella prepara ya su segunda temporada tras el éxito de la primera.

Este espacio situado en una ubicación privilegiada a tan solo diez minutos de la Milla de Oro en la urbanización Guadalmina Baja, se encuentra con la vista puesta en la temporada 2024 tras recibir a más de 35.000 personas el pasado verano en sus instalaciones.

También durante el otoño Barbillón Marbella ha sido un auténtico referente de ocio en la Costa del Sol con una agenda cargada de planes culturales como Zambombas, Cover sessions, o conciertos de grupos como Starry Jazz Trio, Sweet, Rodés, The Stickers Band o Jenny Velvet entre otros.



Para poner el broche a un año de éxitos y dar la bienvenida a 2024, Barbillón Marbella celebró un evento de Fin de Año diseñado en exclusiva para una de las noches más especiales del año al que asistieron más de 300 personas. Este comenzó con un cóctel y continuó con un menú especial creado para la ocasión con diversos espectáculos en directo, fuegos artificiales y posterior cotillón.

Además, durante la cena los asistentes pudieron deleitarse con la actuación de Yanela Brooks, pianista, cantante y compositora, conocida como The Best Show Woman Worldwide.

Ahora, Barbillón Marbella ultima ya los últimos detalles para dar la bienvenida a la nueva temporada 2024 en la Costa del Sol y seguir cosechando éxitos.

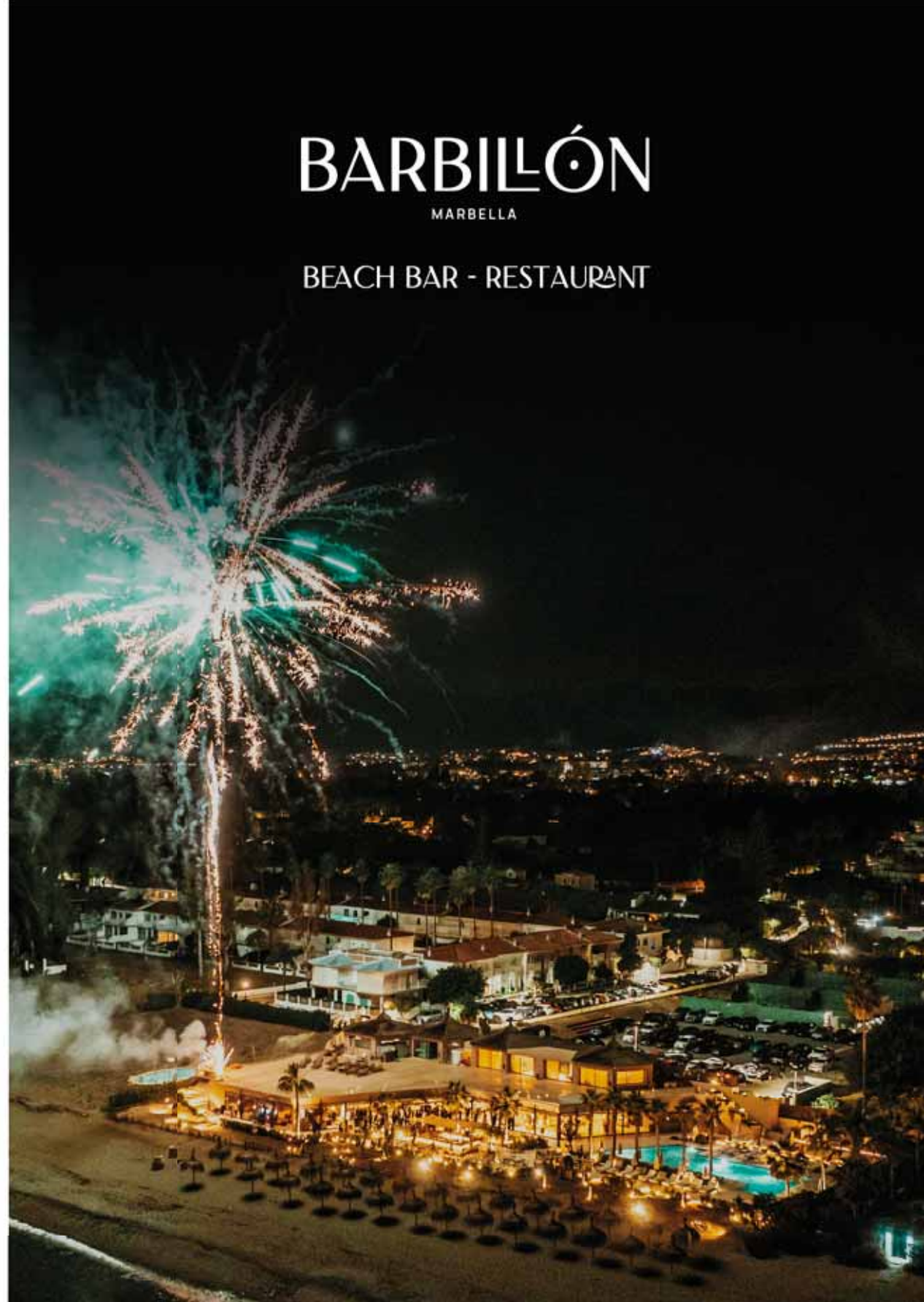


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CHEMA GONZÁLEZ

Tell us more about you, Chema González.

Born in Seville but calling Madrid my home, I have dedicated more than 20 years to successfully leading in the dynamic world of hospitality. My daily commitment is the relentless pursuit of excellence in every facet of our business. My work transcends day-to-day management; it's about inspiring, innovating and setting trends in a constantly evolving industry. For me, this is more than just a profession, it's my way of life and the means through which I build my legacy in the world.

How were your beginnings in management?

My fascination for the culinary world was forged in the kitchen at a very young age, driven by an innate vocation for gastronomy. I started my journey from the humblest of positions in the kitchen, learning and absorbing as much as I could from each experience. I had the opportunity to work alongside renowned Michelin-starred chefs. At the age of 20, with an entrepreneurial spirit and plenty of determination, I decided to set up my own business. Despite my passion and effort, this first attempt was not as successful as expected. It was however, a crucial lesson: I understood that it wasn't enough to know how to cook, understanding the customer and knowing how to manage were just as important. From those early days until now, my career has evolved significantly. I've been involved in transforming restaurant companies, and holding management positions. Today, I look back on a journey full of acquired knowledge, challenges, and constant growth.

Tell us more about your work at Barbillon Group.

My role at Barbillon Group is a key part of the company's exciting chapter of expansion and development. With a family history of success spanning a decade, the group has cultivated a solid reputation with diverse business lines in the gastronomy sector. Our strategic approach balances innovation with tradition, ensuring that each new initiative respects the values and quality that have defined our history. With the recent opening of Barbillon Marbella, we have taken a significant step outside Madrid, marking the beginning of a new era of geographical expansion. My role involves not only overseeing operations and ensuring excellence in each of our establishments, but also leading the growth strategy.

What projects are you currently working on?

At Barbillon Group, we're experiencing a period of unprecedented growth and evolution. With more than ten years of success, our ambition is clear: to consolidate our position as one of the leading groups in the dining industry. The Bareto concept, one of our most innovative projects in Madrid, perfectly illustrates this expansive drive. We have successfully established four Bareto spots of our own, in addition to two franchises in T2 and IFEMA.

Parallely, our recent opening of Barbillon Marbella has marked a significant milestone in our growth. Although this project is only seven months old, it's already successful. Looking ahead, 2024 will be a pivotal year for us, full of exciting challenges and unique opportunities. We're planning additional surprises for our customers, which will definitely be met with enthusiasm and appreciation. Our focus remains on delivering exceptional culinary experiences and creating unforgettable moments.



What do you love most about your profession?

Being able to guide and motivate a diverse team towards common goals, and seeing how each individual brings their unique perspective and skills, is deeply rewarding. But what really drives my passion is our customers' satisfaction. It's not just about food and drink, it's about creating moments, memories, and having a positive impact on people's lives.

How do you like to spend your time when off work?

Outside of work, my life is centred around my family and my four daughters, who are my greatest joy. At home, cooking becomes a way of expressing my love and passion for gastronomy, either preparing dishes for the family or taking on the role of barbecue master at gatherings with friends. These moments at home, sharing and enjoying food together, are an essential part of my life.

What do you think of X Magazine?

X Magazine Marbella is a great publication. They always have interesting and relevant content, and it's a great source of inspiration and knowledge about what's going on in our industry and in the city.

Xavi Márquez
CEO X Magazine

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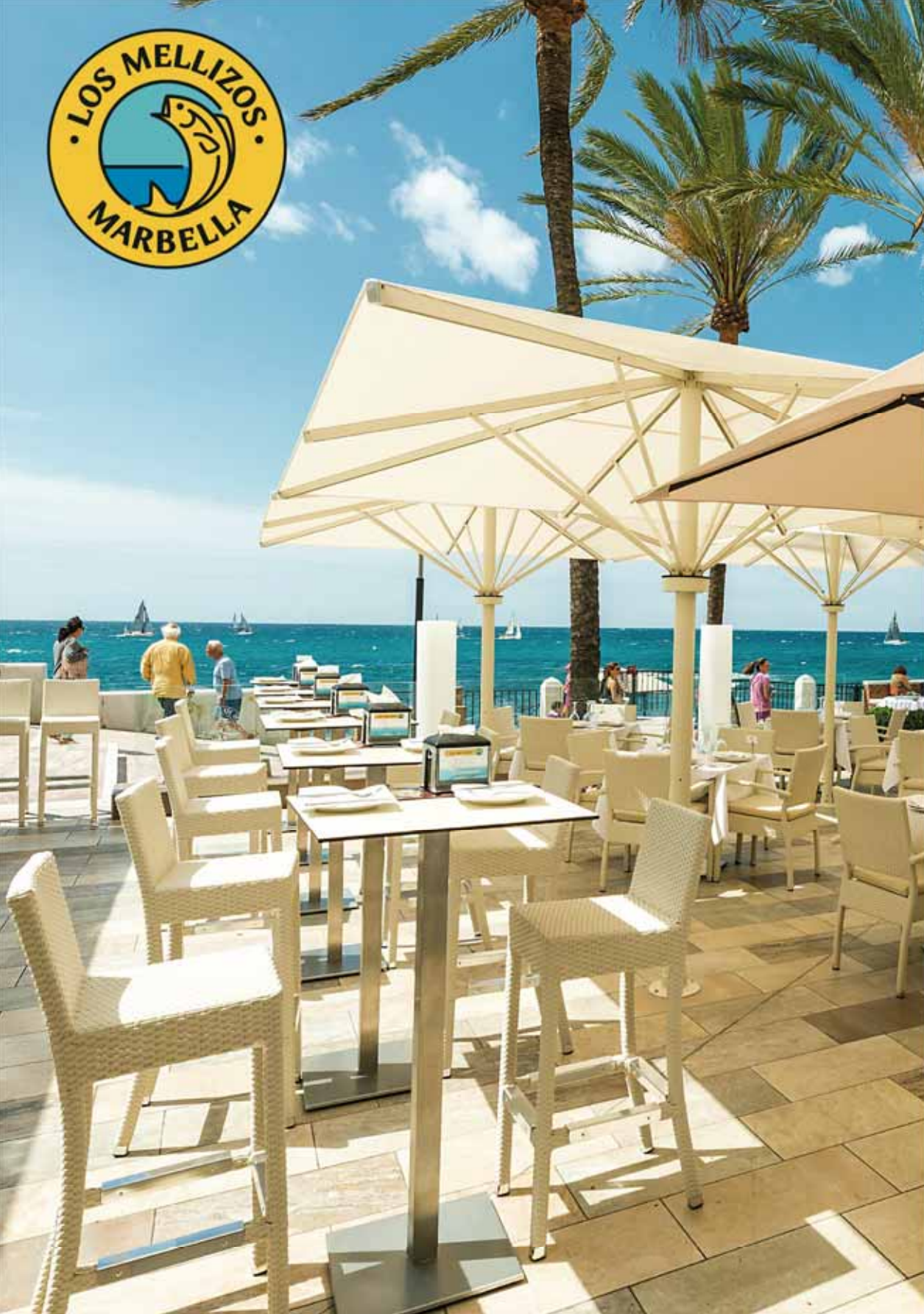


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INGREDIENTS

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

INGREDIENTES

- 2 berenjenas
- 2 bolas de mozzarella fresca
- 80 g Queso Parmesano rallado
- 400gr. de salsa de tomate frito casero
- Sal
- Albahaca seca
- Aceite de oliva

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

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.



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physiopathology, biochemistry and molecular biology, metabolism, food biochemistry, bromatology, pharmacology, diet therapy, as well as many other specific subjects in nutrition, public health and even genetics.

Following the diet that your neighbour, gym coach, herbalist or anyone else recommends, without the sufficient knowledge to do so, is dangerous for your health. No one would think of having surgery performed by someone who merely claims to know how to perform it, nor would they leave their oral health in the hands of someone who's not a dentist. But why do we leave our diet in the hands of just anyone?

Investing in professionals leads to lasting results, wellness and quality of life.

THE IMPORTANCE OF LEAVING OUR HEALTH IN THE HANDS OF PROFESSIONALS

Diet plays an essential role in maintaining and improving our state of health and quality of life, and also determines the prognosis of many pathologies.

With the beginning of a new year and our resolutions, added to the Christmas excesses, losing weight is a common goal, but with it comes the risk of making the mistake of following miracle or restrictive diets that we can find on any social network or website, and even put ourselves in the hands of people who don't have the legal competence to treat our diet.

In the field of health, when we talk about professionals such as nutritionists, psychologists, and even personal trainers, we rarely count on them when we seek to improve our quality of life. We tend to go to just anyone who promises results, without making sure if they're professionally and legally qualified, especially if the results are presented as quick and easy. We do this without checking if they are a graduate in Human Nutrition and Dietetics (university training) and are officially registered as specialists. As if nutrition were something we could leave in the hands of anyone; as if a diet was the solution; as if what we eat doesn't affect us in a multitude of ways.

To lose weight, we need a calorie deficit, in other words, we need to eat fewer calories than what our body needs, or burn more. Therefore, any protocol that generates this state will help us lose the excess fat. However, these recommendations must aim at creating habits that can be maintained over time, and in an individualised manner, taking into account the context of each person; otherwise, the results will be temporary, and the rebound effect guaranteed. Not to mention the consequences of following restrictive or trendy diets: lack of education, unhealthy relationship with food, increased risk of developing eating disorders, weight gain in the form of fat after the rebound effect, loss of muscle mass, and the cardiovascular risks that this entails, among others.

Beyond that, the clinical situation, pathologies, and pharmacological treatments that the person has, are fundamental aspects when it comes to giving dietary and nutritional recommendations. This is why a nutritionist is trained in human physiology and



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NOTAS DE CATA

TASTING NOTES

Vista: Color cereza con reflejos brillantes.
Sight: Cherry color with bright reflections.

Nariz: Aromas frutales, donde destaca la fruta roja. Se perciben toques tostados.
Nose: Fruity aromas, highlighting red fruit, with subtle toasted notes.

Boca: Es un vino con buena estructura, equilibrado y con fondo mineral.
Palate: A wine with good structure, balanced, and a mineral undertone.

Maridaje: Carnes rojas, embutidos y quesos. Se recomienda servir a 16°C.
Pairing: Ideal with red meats, cured meats, and cheeses. Recommended serving temperature: 16°C.

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SPORTS
HEALTH
BEAUTY



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.

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LA AUTOCRÍTICA

En principio, la autocrítica es un instrumento positivo: se inspira en el deseo de mejorar, facilita la detección de posibles fallos y ayuda a ordenar las ideas. Sin embargo, cuando esta comienza a ser una herramienta de fustigamiento personal, se convierte en una autocrítica destructiva.

El sentido de la autocrítica sana es un propósito de corrección. Sentimos que algo no sale como esperamos y nos cuestionamos para identificar aquello que puede estar fallando. El objetivo de la autocrítica destructiva es, en cambio, remarcar nuestros errores y avergonzarnos de nosotros mismos. Lo peor es que, en algunas personas, este tipo de autocrítica se convierte en una práctica constante.

Cuando deseamos modificar nuestra conducta u otras cuestiones relacionadas con nuestra apariencia, las actividades que realizamos o las relaciones interpersonales, podemos ser víctimas de la autocrítica. Ocurre sobre todo cuando deseamos alcanzar nuestros objetivos y evitar los posibles fallos. Este sentimiento lleva una autoexigencia implícita que puede desembocar en una autocrítica destructiva. En estos casos, nos esforzamos duramente para mostrarnos deseables ante el mundo, exigiéndonos más de lo que podemos dar.

Entender que la presión que sentimos viene únicamente de nosotros, es inicialmente complejo y costoso. Debemos entender que esta clase de pensamientos que involucran a los demás, procede sobre todo de nuestra inseguridad.

Los seres humanos somos seres sociables, por lo que la mayoría de nuestras acciones involucran a terceras personas. Para que la estructura social funcione, necesita de cooperación y aceptación. Por ello, uno de los grandes miedos consiste en no ser aceptado por los demás. Dejar de formar parte de esta estructura que exige la compañía en muchos casos, provoca mucha ansiedad a las personas demasiado exigentes consigo mismas.

Debemos entrenarnos para entender que no todas las personas van a aceptarnos, y que no constituye ningún problema. Nadie nos va a querer como podemos llegar a hacerlo nosotros mismos.

Hay que encontrar la felicidad en uno mismo, en la aceptación de todo nuestro ser, con sus virtudes y sus defectos. Somos los únicos que sabemos cómo hacernos felices, y eso es algo que necesitamos apreciar y valorar.

SELF-CRITICISM

In principle, self-criticism is a positive tool: it's driven by our desire to improve, and helps identify possible failures as well as organise our thoughts and ideas. However, when self-criticism becomes a tool for personal punishment, it becomes destructive.

The purpose of healthy self-criticism is self-correction and growth. We sense that something is not going as we expect and we question ourselves to identify what may be going wrong. The aim of destructive self-criticism is, on the contrary, to point out our mistakes and to shame ourselves. What's worse, is that for some people, this kind of self-criticism becomes a constant practice.

When we want to change our behaviour or other issues related to our appearance, our activities or interpersonal relationships, we can become a victim of self-criticism. It happens especially when we want to achieve our goals and avoid possible failures. This feeling carries an implicit self-demand that can lead to destructive self-criticism. In these cases, we strive hard to appear desirable to the world, demanding more from ourselves than we can give.

Understanding that the pressure we feel comes from us alone, is initially complex and costly. We must understand that this kind of thoughts involving others come primarily from our insecurity.

Humans are social beings, so most of our actions involve third parties. The social structure needs cooperation and acceptance in order to function, therefore, one of our greatest fears is to not be accepted by others. The idea of being excluded from the structure, which requires companionship in many cases, causes a lot of anxiety for people who are too demanding of themselves.

We must train ourselves to understand that not everyone will accept us, and that this isn't a problem. Nobody will love us as much as we can love ourselves.

We must find happiness in ourselves, in the acceptance of our whole being, including our virtues and defects. Only we know what brings us happiness, and that's something we need to appreciate and value.

IRENE MUÑIZ

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EVA

Eva was brought to us by Sanidad just a year ago. She is a very extrovert girl, she loves to play and interact with people, although she gets excited very easily and tends to jump on you, so she will need a family to educate her a little bit in balancing her energy. Eva is an ideal dog to be an only dog, because of her high emotion and energy, she does not make good friends with other dogs. As she is a PPP, she will need a licence to be adopted.

Eva fue traída por Sanidad hace justo un año. Es una chica muy extrovertida, le encanta jugar e interactuar con personas, aunque se emociona con mucha facilidad y tiende a saltar encima tuya, por lo que necesitará una familia que la eduque un poco en equilibrar su energía. Eva es una perra ideal para ser perra única, pues por su alta emoción y energía, no termina de hacer buenas migas con otros perros. Al ser un PPP, necesitará licencia para ser adoptada.

Do you want to become their lifechanger? Contact us!
¿Quieres cambiar su vida? ¡Contáctanos!
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ANGEL

Angel arrived at our shelter 3 years ago, from the Angel neighbourhood, hence his name. He belonged to a family, but when they decided to move they left him behind, in the street. Luckily, thanks to a neighbour and a volunteer, he was brought to our facilities, where at first he had a hard time to adapt, as he was used to living in a family and not having to share his space. He lost a lot of weight, would hide in every corner, and always looked at you with fear. Today, he's a more confident cat, although he prefers a quiet environment where he can be cuddled calmly, and where his space is respected. He can perfectly live with other cats, either male or female.

Angel llegó a nuestro refugio hace 3 años, de la barriada del Ángel, de ahí su nombre. Perteneció a una familia, pero cuando decidieron mudarse optaron por dejarle atrás, en la calle. Por suerte, gracias a una vecina de su barriada y a una voluntaria fue traído a nuestras instalaciones, donde al principio no lo pasó muy bien, pues estaba acostumbrado a vivir en familia y a ser un gato único. Perdió mucho peso, se escondía en cada rincón que podía y siempre te miraba con miedo. Hoy es un gato más seguro, aunque prefiere un ambiente tranquilo donde le den mimos con calma y le respeten su espacio. Puede vivir perfectamente con otros gatos, ya sean machos o hembras.

If you want to become their new family, contact us!
Si quieres ser su nueva familia, ¡escríbenos!
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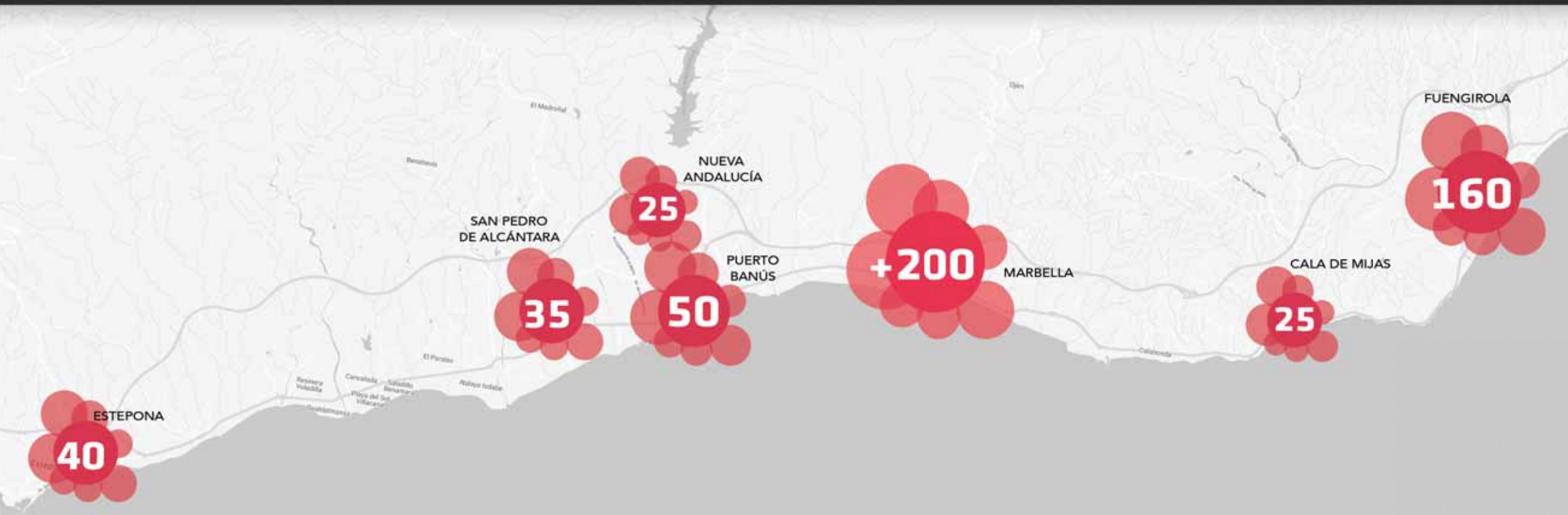
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GERARD ROMERO

Who is Gerard Romero?

I am a sports journalist of 85 years old and I began working on the radio since I was 15 years old, since then I have not left media. For the last few months I have been in the Jijantes Project with Twitch. Strong Barca supporter (a Culer), strong footballer and very lively on social media.

Tell us a little bit about Jijantes?

It is the project of my life, a window on Twitch where I can do what I like the most, inform, entertain and amuse people with information about Barca day by day, or to enjoy things that arise during the hours we are streaming. A Barcelona supporters channel where we have created huge community, Culers, from all over the world who meet on the channel to enjoy and have a good time together in the best and worst moments that Barca is experiencing right now. And where above all they play an important part in being able to express how they feel.

What pushed you to start in the world of Streaming? Any References?

Some friends told me that the future would come from there, referring to the platform a little more than Ibai Llanos, but above all it is because of chatting, talking, it is natural. Gaming does not interest me and our product is completely different from that medium.

Where do you think the limit of Jijantes is?

What projects do you have at hand?

The limit surpasses itself each month, new things appear, we are going slowly but our eyes are open, moving away from football, opening up to other sections and above all looking for events outside the stream room to get closer to people and making them better advocates.

Projects, they continue to grow but above all be able to travel to the cities where Barca are playing, make it special for the people and be able to access the stadium. This is the dream of Jijantes.

What's a normal day in the life of Gerard Romero?

I get up around 3, go for a little morning run on the beach, have breakfast, prepare a stream from 12 to 2.30pm, rest a bit and at 6.00pm go back to work to organize the evening stream because normally we have two a day.



What do the ESLAND awards you have achieved mean to you?

They were a great surprise and I really took it as recognition of the work done by the entire team during these years. The way to innovate a profession such as journalism, on the Twitch platform, can become a speaker for all those journalism students who want to start working. It takes a lot of effort and perseverance.

Do you know Marbella, Malaga and the Costa Del Sol? There is a lot of passion for Football here.

I know Malaga, I have spent a lot of time in Football but I haven't been able to visit the Costa del Sol as much as I would have liked but I think we will be in Marbella soon.

What do you think of X Magazine?

It allows us to meet very interesting characters and above all to see how they enjoy living on the Costa del Sol and the attractions this land generates.

Xavi Márquez
CEO X Magazine

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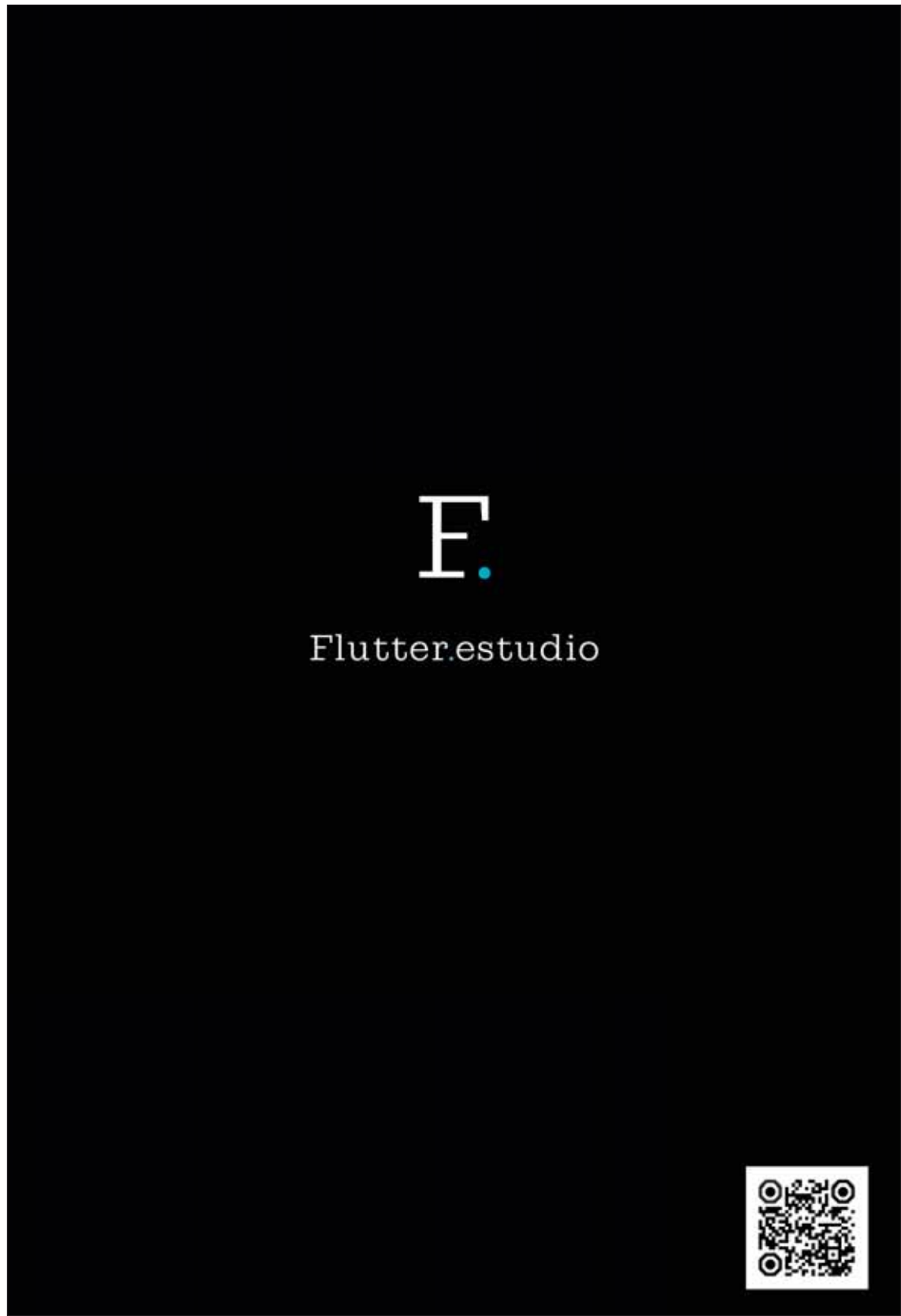


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¿QUIÉN PUEDE TENER ACCESO A LA BASE DE DATOS DE UNA COMUNIDAD DE VECINOS?

En materia de protección de datos de carácter personal, la forma más recomendable es que el administrador sea el único encargado de tratar los datos personales de la comunidad. Al ser un cargo profesional, recae exclusivamente en él la responsabilidad y el trabajo administrativo, liberando al presidente de ambas cosas.

En algunas ocasiones, el presidente solicita al administrador datos personales que este mismo custodia. Tenemos que destacar que el presidente es un representante que actúa por delegación, es por ello que nuestro criterio recomendado es que, ante una solicitud de documentación del presidente, el administrador actúe siguiendo los mismos principios si la solicitud la realiza cualquier otro propietario, ya que la responsabilidad del administrador la tiene frente a toda la asamblea de propietarios que lo nombró, no sólo ante el presidente.

El artículo 20 e) de la Ley de Propiedad Horizontal, dispone que corresponde al administrador actuar, en su caso, como secretario de la Junta y custodiar a disposición de los titulares la documentación.

WHO CAN HAVE ACCESS TO A RESIDENTIAL OWNERS' ASSOCIATION'S DATABASE?

In terms of personal data protection, the most advisable way is for the administrator to be the only person in charge of processing the association's personal data. As a professional, the administrator is the one in charge of the administrative work, relieving the president of any responsibility.

On some occasions, the president requests personal data from the administrator, who is in charge of keeping it. We must emphasise that the president is a representative who acts by delegation, which is why our recommended criterion is that, when faced with a request for documentation from the president, the administrator should act according to the same principles if the request is made by any other owner, since the administrator is responsible towards the entire residential owners' association, who appointed him, and not just the president.

Article 20 e) of the Horizontal Property Law provides that it's the administrator's responsibility to act, where appropriate, as secretary of the meeting and to keep the documentation at the disposal of the owners.

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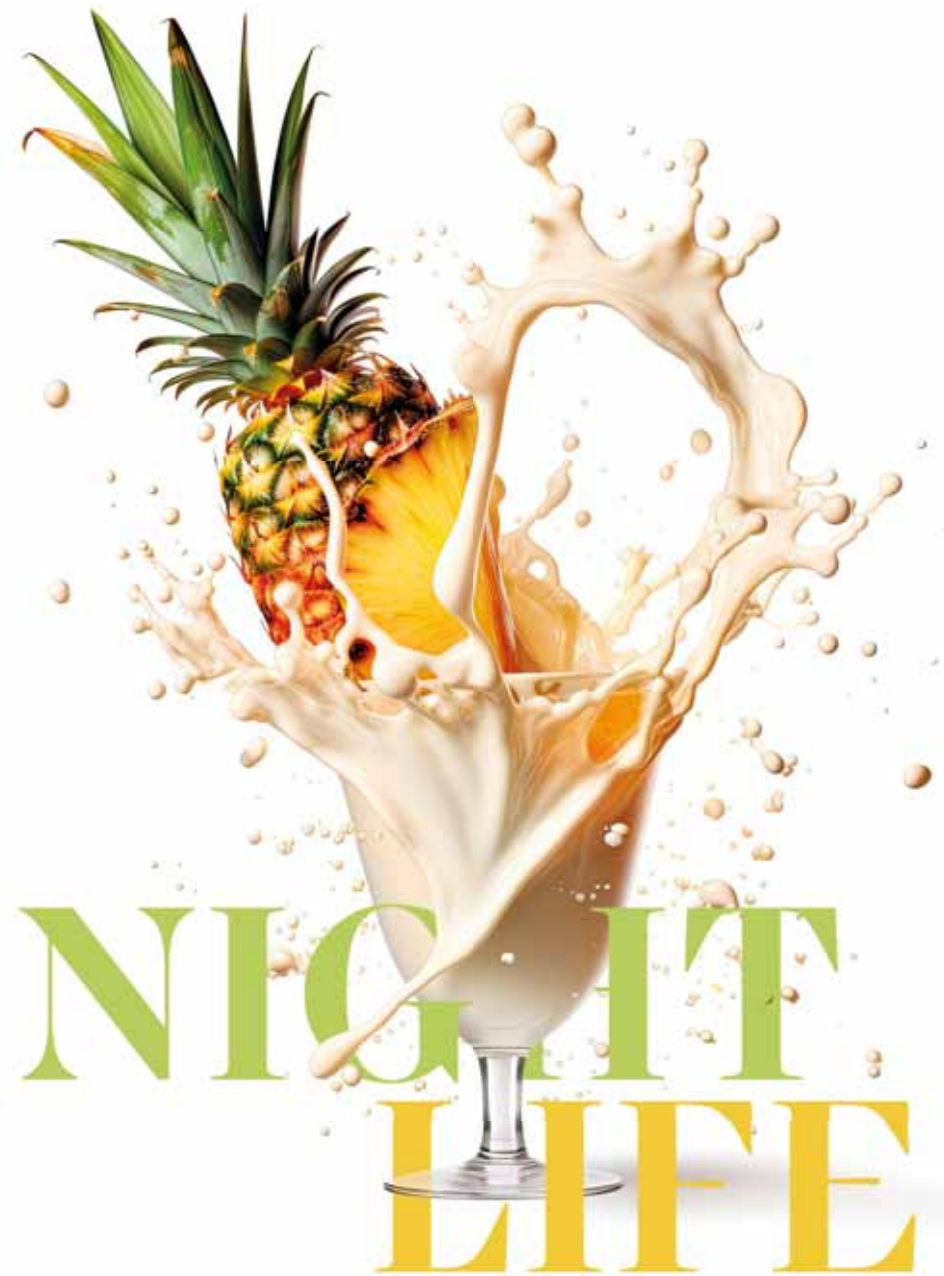
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ANA BERNAL

Tell us more about you, Ana Bernal.

I was born and raised in Malaga, and at the age of 18 I started a degree in Marketing and Market Research at the University of Malaga, as it was always clear to me that within the business world, I wanted to be part of the creative field. Therefore, once I finished my degree, I started a Master's Degree in Graphic and Visual Design at the GAUSS School of Design. Right there I started my professional career in marketing and communication agencies, that were always specialised in hospitality, and located throughout the Costa del Sol. My knowledge of marketing and graphic design allows me to have a much more comprehensive and visual vision of the whole creative process I work in, which together with my passion for gastronomy, becomes the perfect combination.

How were your beginnings in the marketing world?

My professional career in marketing started in an advertising agency, in charge of social media, right after finishing my university studies, but once I finished my master's degree, I started a new career in 'Blah Agencia' as a social media and graphic designer, where I learned a lot about marketing specialising in hospitality. There, I learned and understood all the creative processes involved in advertising campaigns, improved a lot as a designer, and was able to gain a lot more experience and self-confidence.

Tell us more about your work at Grupo Mosh.

Within the marketing team, I'm very involved with everything visual. I'm in charge of the brand image on social networks, so that everything follows the same line. I also try to stay up to date with what's happening in other cities, so I'm constantly following any ongoing or emerging trends in Miami, Ibiza, Paris, Madrid... I always try to look for new ideas that can be implemented in our style and our way of understanding social media. On the other hand, I'm actively present in all the shootings that take place in the group, looking for inspiration as well as collaborating in the execution, including all the recordings for Christmas campaigns, openings...

What projects are you currently working on?

Right now, we're very focused on all the openings for this year's season, which are quite a few, and that involves new communication strategies, design lines, rebranding, recordings, shootings...

In addition, as the venues have a totally different concept from one another, it requires special care and dedication, which is what really makes the difference.



What do you love most about your work?

To have creative freedom, be able to look for new trends and have the opportunity to implement them. I'm also passionate about organising and executing the whole creative process for social media. I'm quite meticulous and detail-oriented, so I always like to give my vision for all the group's campaigns.

During your free time, what do you enjoy doing?

Outside of work, I always love to make plans with friends, do sports, travel to get to know other cultures, and above all, I enjoy discovering new restaurants and gastronomic concepts.

What do you think of X Magazine?

I consider it a great platform where you can keep up with everything that's going on in Marbella, stay connected with the community, and at the same time be aware of the upcoming events in the city. It's definitely the local magazine of reference.

Xavi Márquez
CEO X Magazine



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JOE DANSEUR

Tell us more about you, Joe.

I'm a professional dancer, performer, acrobat and comedian. I'm 37 years old, and I come from Paris, France.

How were your beginnings in the show business?

I've always been a big fan of Michael Jackson. I used to watch his videos clips and copy his moves. I started practising parkour and acrobatics, and eventually combined these with dance. This combination brought me many opportunities in the show business industry, including TV Shows, theatres, concerts and performances all around the world.

Tell us more about your work at LØV.

We currently offer an amazing dinner show. My job is to perform a unique and spectacular show. I've been working with my dance partner Mayra Martinez for the last 3 years, and together we create and rehearse in order to bring the best sensual shows, and offer the audience a memorable evening.

What projects are you currently working on?

I'm always working on different projects. Soon, I'll be working on a new TV program, which is confidential. Nationally, I work with the Th'Events Company, which is based in Monaco, with my partner Mayra and with Simeon Wolfgang.

What do you love most about your profession?

To share happiness with people, to learn, to travel, and above all, to dance!

How do you like spending your free time?

I try to have some rest days, but I'm also committed to my training.

What do you think of X Magazine?

Thanks a lot X Magazine for giving us artists the opportunity to express ourselves to the world.



¿Quién es Joe Danseur?

Soy bailarín profesional, performer, acróbata y comediante. Tengo 37 años y soy de Paris, Francia.

¿Cómo empezaste en el mundo del espectáculo?

Desde siempre fui un gran fan de Michael Jackson, veía sus videos y copiaba sus coreografías. Me inicié en el mundo del parkour y las acrobacias. Luego comencé a mezclar el baile con ambas disciplinas. Gracias a esa combinación, se me abrieron muchas puertas en el mundo del espectáculo, como la televisión, teatros, conciertos y performances en todo el mundo.

¿Qué nos puedes contar sobre tu trabajo en LØV?

Actualmente ofrecemos un dinner show espectacular. Mi objetivo es presentar un show diferente, único y espectacular. Llevo 3 años trabajando con mi compañera de baile Mayra Martinez, con la cual creamos y ensayamos nuevos espectáculos sensuales para que los clientes se vayan con un recuerdo especial de la velada.

¿En qué proyectos estás trabajando actualmente?

Siempre estoy trabajando en diferentes proyectos, actualmente en uno para un programa de TV, pero es confidencial. A nivel nacional trabajo con la empresa de Eventos Th'Events Company, con sede en Mónaco, junto con mi compañera Mayra y Simeon Wolfgang.

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

Amo mi trabajo, amo hacer reír y sonreír, viajar, y sobre todo, bailar!

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

Cuando no trabajo intento descansar y desconectar, pero a la vez siempre debo de entrenar.

¿Qué opinas de X Magazine?

Gracias a X Magazine por darnos a los artistas

Xavi Márquez
CEO X Magazine



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NEW YEAR'S EVE ESPECIAL EDITION





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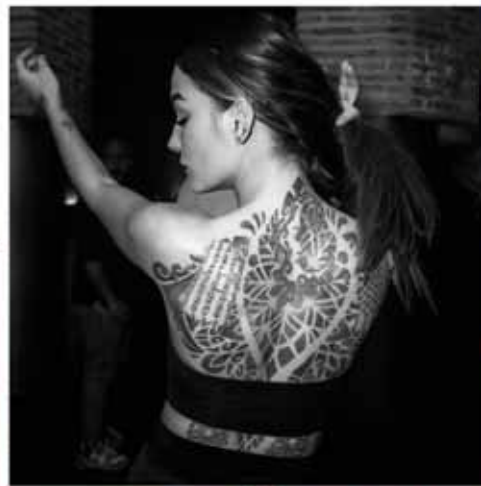
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X MAGAZINE



MARTÍN BERASATEGUI
12
ESTRELLAS MICHELIN

When you think of Michelin stars, you think of the most prestigious and exclusive restaurants in the world. But what if you could have a Michelin star in your own home? Martín Berasategui, the chef behind the 12 Michelin star restaurant El Celler de Can Sabes in Sant Sadurn de Noya, is the man to ask. He has spent his entire career perfecting his craft, and now he is sharing his secrets with you. In this exclusive interview, Martín reveals the secrets to his success, from his early days in the kitchen to his current status as one of the world's most celebrated chefs. Discover the secrets to his success, from his early days in the kitchen to his current status as one of the world's most celebrated chefs.

What is X Magazine?

X Magazine is the definitive guide to explore the world of entertainment and leisure in a unique and exciting way! Immerse yourself in a vibrant universe where you'll discover the most delightful culinary experiences, the cosiest corners of cafés, the secrets to maintaining a healthy lifestyle in gyms and fitness centres, as well as the most exciting nightlife in bars, pubs and clubs. In every issue, X Magazine introduces you to unforgettable experiences through fascinating interviews with prominent personalities, and high-quality reports that will take you to amazing places.



Our different, engaging and daring approach will make sure that every page surprises you with a new insight. X Magazine is not limited to its printed version; you can also enjoy our issues online. Check our online content, explore additional stories, and connect with us through our social media channels. Join the new era of unique magazines, where diversity of experiences and innovation are at the essence of our passion for entertainment. Discover something new and exciting every time you read us.

Welcome to X Magazine, where lifestyle and leisure come to life in a unique way.



How is it printed?

At X Magazine, we don't just print pages, we print experiences! Every month, we release 15,000 copies full of vibrancy and style. Using the best printing technology, we ensure that every section, interview and delicious dish leaps off the pages with vibrant colours and stunning details. Our team embarks on a creative journey to capture the unique essence of each place we explore.

So, whether you're holding it in your hands or enjoying it online, get ready to immerse yourself in a world of freshness and novelty with X Magazine.

Discover, share and join in the fun of the new magazine era!



Where do we distribute it?

X Magazine spreads its energy in Marbella's trendiest spots. From the swankiest hotels to top restaurants and trendy clubs, our magazine becomes your essential guide to local entertainment and leisure. As well as the usual haunts, we also feature our magazine on exclusive displays, strategically placed in the hottest spots in the area. Where can you find us? At the reception of the best hotels, accompanying your meals in the most outstanding restaurants, and livening up the nights in the most exclusive clubs.

X Magazine is at the heart of Marbella's scene, as well as the Costa del Sol, offering you direct access to the most important information and the most vibrant experiences.

It's available in all our clients' businesses, and in establishments from Fuengirola to Estepona, including Puerto Banús, Nueva Andalucía, the Golden Mile, Marbella city centre, Benahavis, and many more.

Immerse yourself in the essence of the area with us, where style and fun merge together!

FREE ADVERTISING 2.0

Our magazine is made available in physical and digital format.

The digital format is present on our website, via Whatsapp through a broadcast list, and on our social networks with more than 46,000 followers.

A row of lounge chairs with green cushions and white umbrellas in a tropical setting with palm trees.

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