



MAGAZINE

Nº 138 | YEAR XI FEBRUARY/24

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24/02/24

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Design: KKTWA Digital Agency, hola@kktwa.com
Correction: Equipo propio
Accounting: administracion@xmagazine.es

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Edit: XAVIMAR EDICIONES, S.L.U

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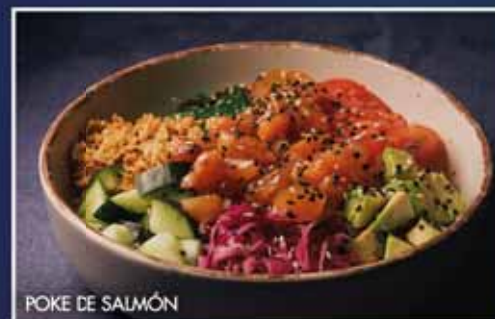
Dear readers,

As we are gradually leaving the winter behind, and we're feeling like going out to enjoy Marbella's pleasant weather, we would like to present Sirocco Restaurant for those of you who don't know it yet. Located under the Hotel Puerto Azul, and just a few metres from the sea, with a large terrace and an indoor dining room, where their guests are offered a spectacular experience. Sirocco Restaurant has a daily menu for €14.90, that surpasses anyone's expectations. Succulent and elaborate dishes are part of a menu that is constantly changing to adapt to new gastronomic trends. On this occasion, we're going to show you some of its best culinary proposals. Sirocco Restaurant's experience is most definitely memorable.

Estimados lectores,

Aprovechando que dejamos atrás el invierno y apetece más salir a disfrutar os queremos presentar para todos aquellos que no lo conocéis restaurante Sirocco. Situado bajo el Hotel Puerto Azul, y a escasos metros del mar. Con una amplia terraza y además un comedor interior, para que el comensal pueda disfrutar de una espectacular experiencia. Restaurante Sirocco, dispone de un menú a diario por 14,90€ que no deja indiferente a nadie que aprecie el buen comer. Platos suculentos, elaborados y en constante cambio para adaptarse a las nuevas tendencias gastronómicas. En esta ocasión vamos a mostraros algunos de los mejores platos de la carta. Sin duda la experiencia que ofrece Restaurante Sirocco es espectacular.

Xavi Márquez
CEO X Magazine



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Una renovada carta para disfrutar

Siguiendo con la misma propuesta gastronómica, hemos renovado nuestra carta para seguir encandilando los paladares de nuestros clientes.

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Nuestra carta se puede disfrutar en cualquiera de los espacios (piscina, playa y restaurante), tanto en la comida como en las cenas.



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CHEF BOSQUET

Tell us more about Roberto Bosquet.

I'm quite a straightforward guy who likes to take care of himself, have a healthy life, practise sports, and enjoys time with his family, friends, and food!

When did your interest in the culinary industry begin?

It all started during my preparations for the competition to become a firefighter, I realised then that I needed to make an extra effort to improve my performance, so I tried achieving this with a healthier diet, which worked wonders, thus I continued to explore that world after the competition. However, I enjoy good food, and back then, healthy food was quite boring, therefore I decided it was time to change that.

How do you reconcile your professional projects, sports, and family?

I make sure to organise my schedule well to attend to all three main aspects of my life. The key is to be well organised, work fast and efficiently, and be able to count on your team's support when needed.

Tell us more about Naked&Sated, and if you're planning to open more spots later on.

It's a restaurant where we'd like to prove that healthy food can be just as delicious—or even better—as the less healthy food, without having to worry nor feel guilty about what you eat, while enjoying something that would certainly not be healthy if ordered anywhere else. In a few weeks, we'll be opening a new restaurant in Bilbao, and in September another one, which we won't reveal the location just yet. We're planning on revealing more surprises before the end of the year, but I cannot tell you anything about that yet.

What do you do on a regular day?

I usually have a coffee and plan my day as soon as I get up, then I help my son get ready to go to school, followed by some exercise before heading to work. When it comes to work, sometimes we have meetings, others we're focused on content creation; then I cook something for myself, which usually is also something I can use for my content creation, and once I've eaten, I focus fully on cooking at the kitchen for the day. The remaining time of the day, I spend it with my family.



THE PLEASURE OF EATING NO REGRETS

Do you know Marbella, or the Costa del Sol? Here, the healthy lifestyle and food are very popular....

To be honest with you, I haven't visited the area yet, but I'm looking forward to it because many of my friends have told me great things about it, I'm certain that I'm going to love it, and will want to come back.

What do you think of X Magazine?

I love its vibes and refreshing style, they certainly make you want you to visit Marbella very soon!



CHEF BOSQUET



Foto: Hugo GPeddlin

¿Quién es Roberto Bosquet?

Soy un chico sencillo a quien le gusta cuidarse, llevar una vida saludable, practicar deporte y disfrutar de la familia, los amigos, y la comida!

¿Cómo empezaste en el mundo de la gastronomía?

Todo empezó en las oposiciones para bombero, me di cuenta de que necesitaba un extra para mejorar mi rendimiento y decidí intentar conseguirlo a través de la alimentación, me funcionaba genial así que quise continuar con ello tras las oposiciones. El problema es que me gustaba disfrutar de la comida, y en aquel entonces la comida saludable era bastante aburrida, así que decidí darle una vuelta a todo esto.

¿Cómo compaginas tus proyectos profesionales con la práctica del deporte y la familia?

Intento organizarme muy bien para llegar a todo en mi trabajo y respetar siempre el tiempo para el entrenamiento y la familia. La clave está en organizarse muy bien, trabajar de manera rápida y eficiente, y apoyarse en tu equipo cuando lo necesites.

¿Cuéntanos qué es Naked&Sated? ¿Tienes previsión de hacer más aperturas?

Es un restaurante donde queremos demostrar que la comida saludable puede ser igual de deliciosa o más que la no tan saludable, sin estar preocupado por lo que comes ni tener remordimientos mientras te estás comiendo algo que en otros sitios no sería nada saludable. En unas semanas abriremos un nuevo restaurante en Bilbao, en septiembre otro que es aún sorpresa y posiblemente antes de acabar el año haya más sorpresas pero que no me dejan contar.

¿Cómo es un día en tu vida cotidiana?

Normalmente me levanto, organizo el día mientras me tomo un café, luego preparo a mi hijo para ir al cole y seguidamente aprovecho para entrenar antes de ponerme a trabajar, y en cuanto al trabajo hay días que hay reuniones, otros crear contenido; luego preparo la comida, que intento que sea parte aprovechable para mi contenido, y tras haber comido suelo cocinar. Luego es tiempo para la familia.

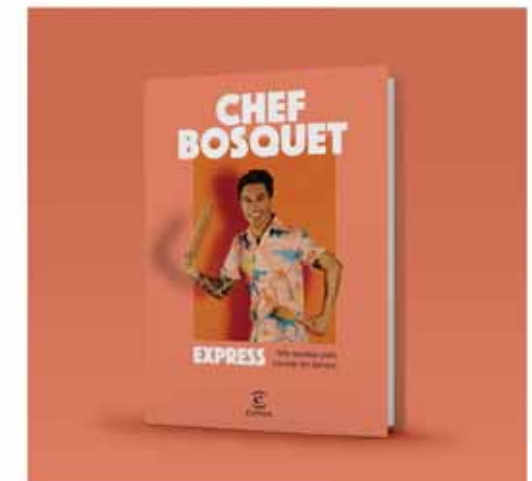
¿Conoces Marbella o la Costa del Sol? Aquí la vida sana y comida healthy se llevan mucho...

La verdad es que nunca he ido por allí, pero lo tengo muy pendiente porque me han hablado muy bien muchos amigos y no tengo ninguna duda de que me va a encantar, y cuando vaya repetiré seguro.

¿Qué opinas de X Magazine?

Me gusta mucho el rollo que tiene y el aire fresco que desprende, pero lo que consigue sin duda es ¡que te entren ganas de visitar Marbella ya mismo!

Xavi Márquez
CEO X Magazine



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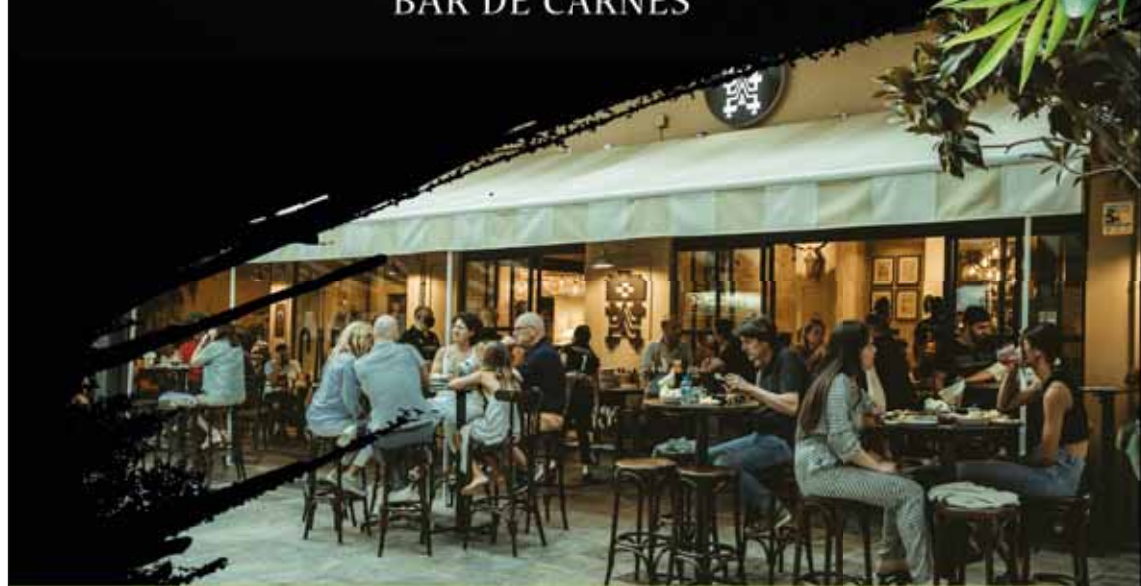
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INGREDIENTS

- 100 gr White chocolate
- 300 cl Liquid cream
- 1 Vanilla pod
- 1 Mango
- 1 Passion fruit
- Crumbled butter biscuits
- Mango sorbet

INGREDIENTES

- 100 g de chocolate blanco
- 300 cl de nata líquida
- 1 vaina de vainilla
- 1 mango
- 1 fruta de la pasión
- Galletas de mantequilla en trocitos
- Sorbete de mango

AUBERGINE PARMEGIANA

Directions

Heat the liquid cream at 50°C and slowly incorporate the white chocolate until obtaining a smooth soup. Split open the vanilla pod and add the seeds to the soup. Allow to cool at room temperature, then inside the fridge.

Dice the mango and mix with the passion fruit and the butter biscuits, then set aside.

Serve the mango and passion fruit crunch in a soup plate with the help of a mould. Right after, surround the crunch with the soup and top it off with a quenelle of mango sorbet.



SOPA FRÍA DE CHOCOLATE BLANCO

Preparación

Calentar la nata líquida a 50°C e incorporarla poco a poco con el chocolate blanco hasta conseguir una sopa lisa. Abrir la vaina de vainilla y añadir las semillas a la sopa. Dejar enfriar a temperatura ambiente y después en la nevera.

Cortar en daditos el mango y mezclar con la fruta de la pasión y las galletas en trozos. Reservar.

Emplatar con la ayuda de un molde la mezcla del crujiente de mango y fruta de la pasión en un plato sopero. Acto seguido, rodear con la sopa fría y coronar el crujiente con una quenelle de sorbete de mango.



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HOW CAN WE IMPROVE OUR DIGESTION?

Avoid excess fat. Eating out should not be a problem, but at this time of the year you'll probably tend to eat out more than usual. Therefore, choose well the places where you'll be eating, and make sure that there are options of all kinds on the menu.

Chew your food thoroughly. Digestion begins in the mouth, so make sure to take your time with each bite. Pay attention to the moment and avoid any distractions, such as the TV or your mobile phone.

Try to stick to a meal schedule, and avoid late dinners, stick to having them at least 2-3 hours before going to bed.

Do not abuse antacids. If you're having problems of acidity, know the root of the problem in order to treat it, instead of patching it up.

Cook your food well done, especially vegetables.

Avoid a sedentary lifestyle. A simple walk after eating helps the peristaltic movements of the intestine, making digestion easier.

TIPS TO AVOID HEAVY DIGESTIONS DURING EASTER

During the few days of Easter holidays, certain aspects of our routine may change. Among the most frequent causes are:

A higher consumption of fats, for example fried food. During Easter, some typical desserts, such as the Torrijas (similar to French toast), contain an excess of fat. If we add to this the good weather on the Costa del Sol, fried fish is a typical dish at this time of the year, not only in summer. In addition to fried potatoes, there's the excess of nuts, olives and sausages, which also leads to a slower and heavier digestion.

Eating too fast. Anything that isn't chewed properly won't be fully digested and, therefore, when it reaches the small intestine not all of it is absorbed, therefore it will ferment while passing through the colon. This leads to symptoms such as bloating and gas which can cause pain.

Chronic use of antacids, wrongly called "stomach protectors", can lead to gastritis (lack of stomach acid), which means that food is not digested properly, causing reflux, gas and pain. But they can also cause bacterial overgrowth in the small intestine.

Eating foods that are inherently flatulent, such as cabbage, pulses, sugar-free chewing gum and sweets, and fizzy drinks.

Constipation, often triggered when travelling.



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PADEL TIPS

HOW TO PROPERLY GIVE THE BANDEJA SHOT IN PADEL

Many players encounter a few difficulties when they have to execute this shot. If you are one of them, here's a quick reminder of the key elements of this shot, which is of vital importance.

First of all, we need to understand that we should make use of the Bandeja only when we don't have the chance to go for a smash and win the point. This is where we can make good use of it, as it will not compromise our control over the net, and should be giving us enough time to recover our optimal position of attack.

Whenever we find ourselves having to return a lob with a Bandeja, we must first position ourselves sideways with the racquet behind and over our heads. Then, we will move by stepping sideways until we find the ideal place to hit the ball, which should be to our right, and at head level approximately.

During the impact, the racquet must be slightly open to generate enough cutting effect, allowing us to maintain the ball under the net's level.

The Bandeja requires a swing wide enough to send the ball to our rivals' feet, and make the return more difficult.

Always keep in mind the the Bandeja is not a definite shot, therefore we will use around 50 to 60% of our force, and achieve a consistent shot.

¿CÓMO EJECUTAR CORRECTAMENTE LA "BANDEJA" EN EL PÁDEL?

Muchos jugadores encuentran en este golpe ciertas dificultades a la hora de ejecutarlo. Si eres uno de ellos, te recordamos rápidamente las claves de este golpe que sin duda es de vital importancia.

Primero hemos de entender que la bandeja se ejecutará cuando no dispongamos de un remate que nos permita acabar el punto. Es en estos casos cuando la bandeja nos servirá de mucha ayuda, ya que no nos comprometerá en nuestro control de la red, y nos debe ofrecer el suficiente tiempo para recuperar nuestra posición óptima de ataque.

Cuando veamos que hemos de responder a un globo con la bandeja, empezaremos a colocarnos de lado con la pala preparada por encima y detrás de nuestra cabeza. A continuación, nos desplazaremos con pasos laterales hasta encontrar el impacto ideal con la bola, que será a la altura de la cabeza aproximadamente, y con la bola totalmente a nuestra derecha.

En el impacto, la pala deberá estar ligeramente abierta para poder generar suficiente efecto cortado, lo que nos permitirá mantener la bola por debajo de la altura de la red.

La bandeja requiere un swing con una terminación lo suficientemente larga para que la bola vuele hasta los pies de nuestros rivales. Esto dificultará su retorno.

Recuerda que la bandeja no es un golpe definitivo, con lo que usaremos entre un 50 y 60% de nuestra potencia. De esta manera, conseguiremos un golpe consistente.



MORE THAN JUST A PADEL CLUB



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ELENA PRUNA

Tell us more about you, Elena Pruna.

I'm the director of the Real Club Padel Marbella. A loyal person, with lots of ideas and a desire to put them into practice. In love with my job and happy to be able to do what I am really good at.

What is the latest idea you have put into practice?

The latest project we have started is Be Real MOM at Real Club Padel Marbella, because of the deficiencies we have seen in our society. I have become a mother for the first time recently, and realised the needs of a first-time mother, and the few resources currently available to her.

Who is this project aimed at?

All women. Women who want to have a child, pregnant women, first-time mothers, and even mothers of many years. We offer both physical and psychological help, with professionals such as a physiotherapist, infant physiotherapist, midwife, lactation consultant, paediatrician, doula, nutritionist and psychologist specialising in this area.

How do you think you can help expectant mothers?

They need to prepare themselves physically and mentally for all the changes that being a mother entails. Here we are giving several group and private classes, where besides finding the obvious help, they can form a tribe, feel part of a community, share their doubts with other mothers and be listened to. All this in a way that is both healthy and fun.

What kind of courses or workshops do you offer?

We have Pilates taught by a physiotherapist with more than 12 years experience working with pregnant women and new mums. The whole body is exercised, with a special focus on the pelvic floor. Dancing with babies in arms (sport and bonding), massages, vibrational therapy with Tibetan singing bowls, paediatric first aid workshops, BLW and complementary feeding workshop, hypnobirthing, and many more. The psychologist gives a special workshop for the whole family on tantrums and respectful parenting. We also offer a maternal education course, in which all the most important topics are presented: psychology, pre-birth, birth, dilatation (partners are taught how they can help during dilatation in hospital or at home), newborn, postpartum and breastfeeding.



How can you sign up for the classes?

Our website offers all the details, or you can contact us via Whatsapp (+34 651 439 395) and the reception team will help you with all the necessary information.

What do you think about X Magazine?

On the Costa del Sol we have plenty of good things. X Magazine is definitely one of them. Only a TOP team can stay in the loop regarding all the important stuff going on, without missing a detail, and X Magazine never fails 😊

Xavi Márquez
CEO X Magazine



EMOTIONS ARE OUR DRIVING FORCE

How many times have you been aware of what you were capable of, but found yourself unable to carry out that project you had in mind?

On many occasions, you're unable to feel that push that prevents you from getting stuck and enduring an uncomfortable situation. Even if you know what you can achieve, you're unable to feel it, unable to find that emotional charge that is the source of the necessary energy to move forward.

This may not only happen to you on a professional level, but also in the family sphere. For example, if you're aware that all that really remains between you and your partner is friendship, but you can't really feel it that way, you'll most likely maintain this relationship for years, until the situation itself forces you both to break up. The question you may be asking yourself is: why is this happening to me?

Emotions are very important in making decisions and choosing a path. It may be that one of the reasons why, despite knowing what you should do, you're not able to take the step, is because your emotions are not cooperating. Fears, beliefs and insecurities may be holding you back.

Emotions are like the engine that gets us going. Surely we can remember acting without thinking at least once. During that moment we didn't even need to process in depth what we had to do. Our body took the risk. We tend to give too much priority to our thoughts, placating what we feel and not giving it the importance it really has as a force to make us move forward. What's more, we tend to silence what we feel, making a great effort not to take the plunge or showing ourselves as we are, and deciding to act according to beliefs and reference models we have in our minds.

We need to learn to manage our emotions, to start listening to them and allow them to express themselves.

The balance between reason and emotion is key to making good decisions, and even to being able to face certain fears that are only the result of beliefs that we have adopted.

It's not easy to change certain behaviour patterns that repeat over a long period of time. However, with help and a little willpower, you can achieve wonderful results.

IRENE MUÑIZ

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LAS EMOCIONES SON NUESTRO MOTOR

¿Cuántas veces has sabido de lo que eras capaz, pero te has visto imposibilitado para llevar a cabo ese proyecto que tenías?

En muchas ocasiones, no consigues sentir ese empuje que evita que te quedes estancado y soportando una situación en la que no te encuentras cómodo. Por eso, aunque sepas todo lo que puedes lograr, no sirve de nada si no lo sientes, si no encuentras esa carga emocional de la que emana la energía necesaria para avanzar.

Puede que no te ocurra solamente en el ámbito profesional, sino también en el familiar. Por ejemplo, si eres consciente de que con tu pareja ya no hay más que una amistad, pero no lo sientes de verdad, mantendrás esta relación por años incluso, hasta que la situación por sí misma os fuerce a ambos a romper la relación.

La pregunta que quizás te aborde es ¿Por qué me sucede esto?

Las emociones son muy importantes para tomar decisiones y escoger según qué camino. Puede ser que uno de los motivos por los que, a pesar de saber lo que deberías hacer, no eres capaz de llevarlo a cabo, es porque tus emociones no están colaborando: miedos, creencias e inseguridades pueden estar echándote para atrás.

Las emociones son como nuestro motor para ponernos en marcha. Seguro que podemos recordar al menos una vez en la que hemos actuado sin pensar. En esos momentos ni siquiera nos hizo falta procesar en profundidad lo que teníamos que hacer. Nuestro cuerpo se arriesgó. Tendemos a darle mucha prioridad a nuestros pensamientos, aplacando lo que sentimos y no brindándole la importancia que en realidad tiene como fuerza para movernos. Es más, solemos acallar aquello que sentimos, haciendo un gran esfuerzo por no dar el paso, mostramos tal cual somos y optando por actuar conforme a creencias y modelos de referencia que tenemos en nuestra mente.

Es necesario que aprendamos a gestionar nuestras emociones, que empecemos a escucharlas y a permitir que puedan expresarse.

El equilibrio entre razón y emoción es clave para tomar buenas decisiones. Incluso para poder afrontar determinados miedos que son solo fruto de creencias instaladas en la mente.

No es fácil modificar determinados patrones de conducta que se repiten durante un periodo de tiempo prolongado. Sin embargo, con ayuda y un poco de fuerza de voluntad, puedes conseguir resultados maravillosos.

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JOSÉ ENRIQUE CHASSEROT

Tell us more about you, Jose Enrique Chasserot.

I'm the Risk Department Director at Dexter Global Finance. I participate in meetings with clients to get first-hand knowledge of the operations and gather the most relevant information that allows an overall assessment of their viability. I also answer queries from my colleagues in the Commercial Department who normally request a pre-analysis of the operations.

How did you get started in the world of alternative financing?

A former colleague of one of the banks where I previously worked called me because she had been offered an analyst position in an alternative finance company, Dexter, but she was not interested and as she has always known that I like this sector and type of work, she told me about it, and without hesitation, I went to the interview. After a tough interview with the CEO, Ms. Yeidy Ramirez, I think she was so pleasantly surprised, that I started working that same day.

Tell us more about your role at Dexter.

Usually, the day starts a little before 8:30; we discuss in the department the operations we are working on and the new operations that have arrived, so we can decide what order or priority we should give to each one. At this kick-off meeting, we review agendas and management deadlines for clients and operations. We study these operations in depth and subject them to a very rigorous study process, using the different tools we have at our disposal, ranging from AI, to Negative Databases and Compliance programmes. We tend to work until the planned objectives for the day have been achieved, and try not to be rigid with the timetable and adapt to the demand, and our CEO is always flexible in this regard. As an example, I have occasionally had to come to work with our CEO on a Sunday until 22:00 or 23:00 due to an urgent operation and she has told me to take another day off to make up for it.

What projects are you currently working on?

The projects are very diverse due to many different aspects, such as the purpose of the financing and its legal complexity. All of this requires a very specific expertise as the field of action, given that we evaluate projects at a national level. At the moment, we are looking at two loans for two housing developments, one in Valencia and one in Madrid; a bridging loan on a villa in Marbella and a developer loan for an individual villa.

What do you love most about your profession?

What I like most about it is the diverse casuistry of operations that can come in every day, from a mansion in Lugo, a development anywhere in Spain or abroad, a business school, etc., and always trying to find a point of view from which we can



find its feasibility to be able to present it for approval and give the client the best solution.

Describe a day in your life when off work.

My day to day life is that of a normal person: family, friends, and lots of sports, as I play paddle tennis 3 days a week. During the weekends I get up at the same time as any other working day, I log on to the computer and check my personal and work emails so that I can answer them and start my Mondays calmly. I have an early breakfast, and usually take advantage of it to do all the DIY home work that is pending for the week and I make time until the rest of the family gets up. From then on, I try to do some sport, do the shopping for the week, and be a bit at the disposal of my daughters, whom I usually take to their friends' houses or pick them up, and I try to relax at the end of the day by watching a film on TV while I have dinner.

What do you think of X Magazine?

It's a magazine that I've only recently discovered for its content, but I've known its director personally for years, he's great at what he does.

Xavi Márquez
CEO X Magazine

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JULIÁN

Our big guy has only recently arrived at the shelter but has stolen the hearts of volunteers and workers alike.

He's an active dog willing to learn, and thoroughly enjoys obedience exercises and working with his handler. Julian enjoys his walks with people, loves cuddling and goes crazy for some good treats, however, our boy is not suitable to live with other dogs. We are working on his reactivity to be able to enjoy his walks more, but he should be the only dog in the family that adopts him, and due to these reactivity problems, we are looking for a family with experience in this type of nature, who can help him to live more calmly.

Nuestro grandullón ha llegado recientemente al refugio pero ha robado el corazón de voluntarios y trabajadores por igual.

Es un perro activo, dispuesto a aprender y que disfruta muchísimo con su guía haciendo ejercicios de obediencia y trabajando. Julián disfruta de sus paseos con las personas, le gustan las caricias y se vuelve loco por unas buenas chuches, sin embargo, nuestro chico no es apto para vivir con otros perros. Estamos trabajando su reactividad para poder disfrutar más de sus paseos, pero deberá ser perro único en la familia que lo adopte, y debido a estos problemas de reactividad, buscamos una familia con experiencia en este tipo de animales, que le puedan ayudar a vivir más tranquilo.

Do you want to become their lifechanger? Contact us!
¿Quieres cambiar su vida? ¡Contáctanos!
adopciones@tripleamarbella.org



ADONAS

This time we're asking for help to raise money as she's not yet available for adoption.

This spectacular girl came to our facilities through the Public Health department, unable to walk on her back legs. She's currently in a foster home, as it's not possible to keep her in the shelter due to her current circumstances. As soon as we saw the problem we got to work immediately and took her to the vet for X-rays and an evaluation. Unfortunately, they saw that the spine was damaged. We still need to get a full diagnostic to be able to move forward and try to solve her current situation, so the traumatologist has recommended a CAT scan to be able to know what she will be facing. As she's neurologically affected, we're running against the clock and unfortunately these are expensive tests. Adonas is a super sweet girl who's had no one on her side to help her until now.

Can you help us help her? You can find ways to donate on Triple A's website.

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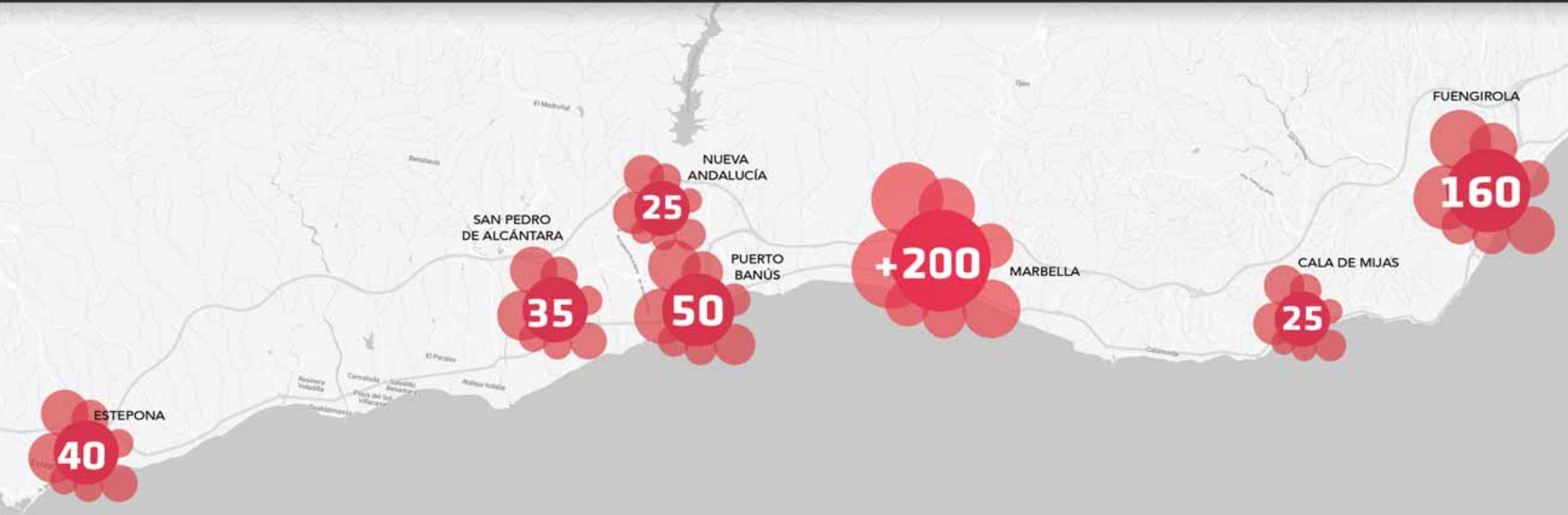
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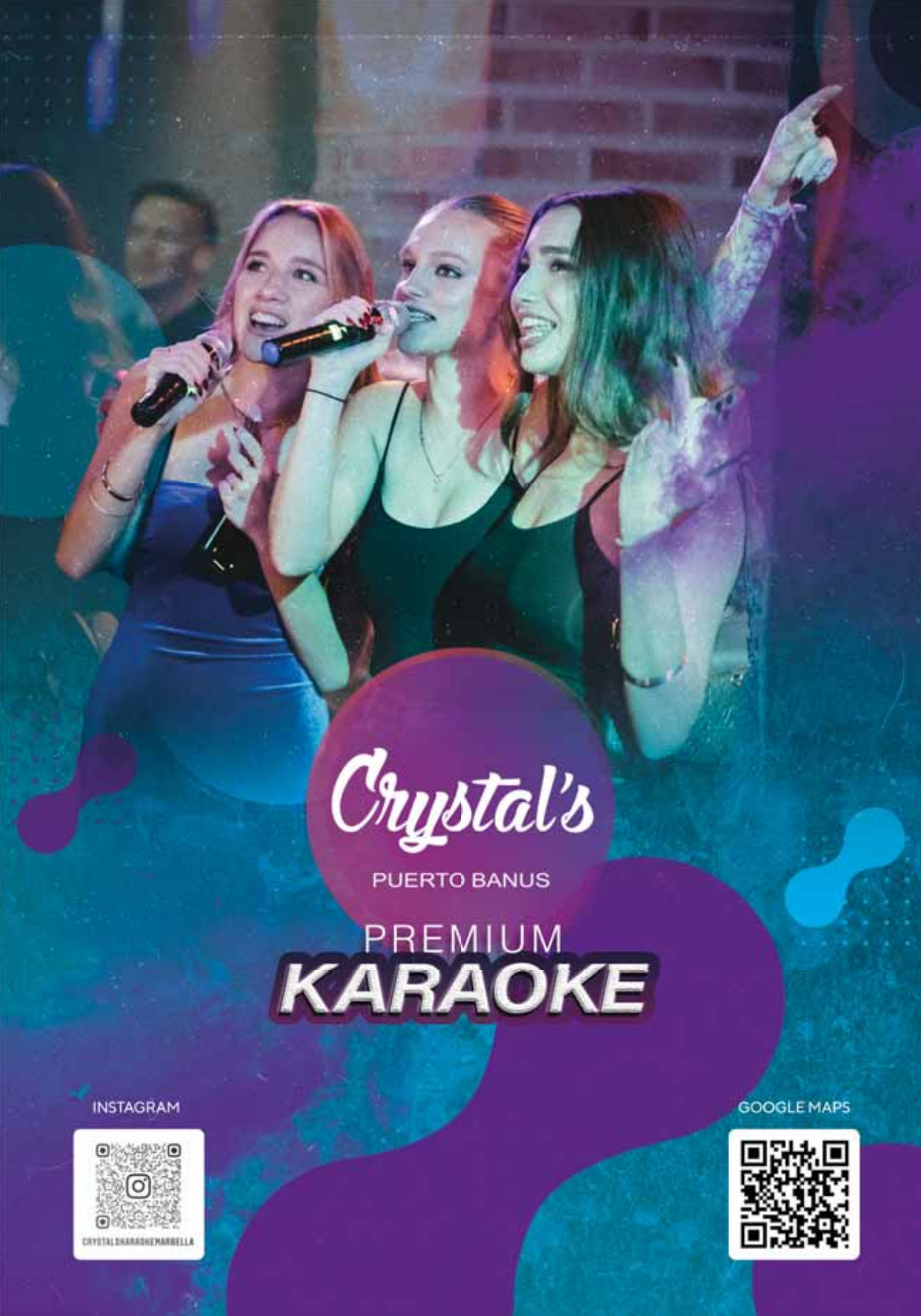
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CARLOS MÉRIDA

Tell us more about you, Carlos Mérida.

That's a good question, which I had never asked myself. Well, I am a person with many principles, charismatic, very loyal, and with clear goals in life, perhaps this could be a brief introduction.

What were your beginnings in the industry like?

My beginnings in the world of entertainment and gastronomy started very early. I was studying during the winter and working during the summer, and my beginnings in the sector were with the Nikki Beach company and in the famous Marbella nightclub Funky Buddha. It was a challenge for me, but above all a learning experience, which I always keep in mind.

Tell us more about your role in Mosh Group.

I am currently the Commercial Director of Mosh Group, and it's an honour to belong to this great group, contributing and learning on a daily basis, both from the great team that forms it and its founders Albert, Carmen, Domnic and Roberto.

What projects are you currently working on?

The great project and philosophy of the group is to continue growing, but staying true to the standards that characterise it (the coolest in the city), focusing above all on the customer experience, betting on luxury, international music and top-quality cuisine.

What's your biggest passion?

I am passionate about good things that are well done, continuous learning. Pursuing my dreams and goals in life is also one of my great passions.



Describe a day in your life when off work.

Every day is a new adventure for me, so I wouldn't be able to describe to you a usual day, because each one is different from the next. I'm always looking for new opportunities and projects, although my favourite and most enjoyable days are those where I can unwind and enjoy quality time with my daughter and my partner, they are the best part of my life.

What do you think of X Magazine?

Everything that involves pursuing your ideas and entrepreneurship has my most sincere admiration, as does Xavi Márquez, and if we add that the magazine is fully focused on Marbella's lifestyle, much better.

Xavi Márquez
CEO X Magazine



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ESTHER EGEA

Tell us more about you, Esther Egea.

I'm from Malaga, 27 years old and dedicated to the world of dancing. Since I was very young I've been attracted to art and sports. As for my training, I graduated from ESAEM with a 5-year degree in Performing Arts. At the same time, I graduated from the Conservatory of Classical Dance Professional Degree. Finally, I can say that this year I finished my degree in Sports Science and Education.

How were your beginnings in the show business?

When you finish high school, you find yourself at that point of your life where you have to choose a university career and your future... I wasn't too sure, but what I did know was that the world of dance could offer me a lot of discipline, values and fun. At that moment I decided to train as much as I could as a dancer, to take advantage of all the time I had to do what I liked the most, dancing.

Tell us more about your work at Mosh Group.

We are a cast of four dancers, and perform a show during dinners. With these words our work may seem simple and even boring, but this profession involves many hours of preparation, costumes, make-up, warm-up, and rehearsals. It requires a lot of dedication, effort and physical conditions to perform it. We dancers can never stop our training, as dance evolves very quickly and the body has to stay on point. In addition, we make the client feel part of the show, they feel as involved as if they were at home dancing, laughing or singing. It's important to transmit and spread positive energy, fun, strength, madness... There is no greater satisfaction.

What projects are you currently working on?

We are currently focused on Mosh Fun Kitchen and Motel Particulier. We feel at home thanks to Mosh's wonderful team.

What are you most passionate about in your profession?

What I love most about my profession is being able to give and receive emotions with people you don't even know, you don't know their names, or if they speak the same language, you just let yourself be carried away by the music and the movements with those people, sharing the good energy and disconnecting from the outer world.



Furthermore, I'm happy to get home tired but feeling fulfilled with the work I've done, and above all, to be lucky enough to be able to work in what I enjoy the most.

Describe a day in your life when off work.

I'm a very active person, so I'm always travelling whenever I can, and love to go training, play padel, meet friends for a simple coffee, stay at home to organise my week and study, read on the beach... I'm always coming up with plans and it's difficult for me to say no to any activity. I make the most of my time.

What do you think of X Magazine?

I think it's a very useful magazine, as its content is very diverse and gives you the opportunity, with just one click, to find out about the best restaurants, clubs, interviews from people with great experiences to tell, etc... Also, its photographs help you to better understand the concept of each restaurant, bar, gym... It's super dynamic.

Xavi Márquez
CEO X Magazine



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X MAGAZINE



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, Benahavís, 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 photograph of an outdoor dining area. In the foreground, a round black metal table is set with four chairs that have green cushions and black and white striped backs. The table is set with plates, glasses, and a small bowl. The area is covered by a large, light-colored retractable awning. In the background, there is a swimming pool, several lounge chairs with green and white cushions, and more umbrellas. The overall atmosphere is relaxed and upscale.

WE ARE BACK BARBILÓN

MARBELLA