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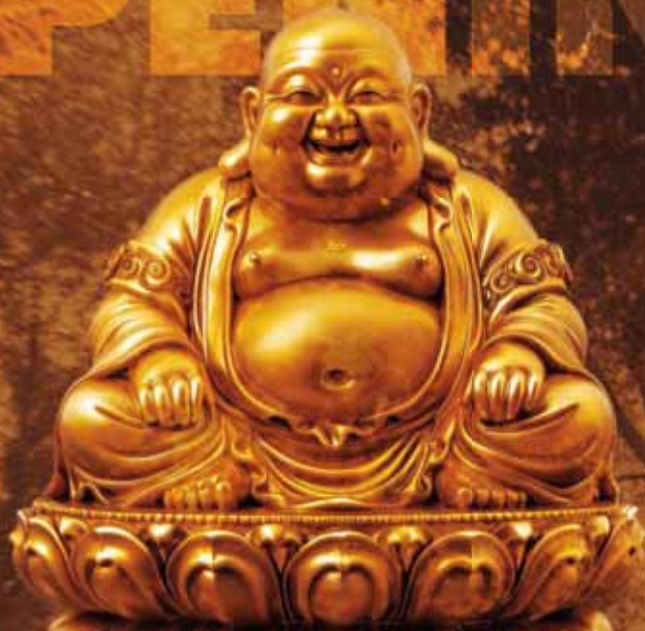
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A dynamic composition of various sushi pieces, including maki rolls, nigiri, and sashimi, falling from a pair of wooden chopsticks. The pieces are scattered in a downward arc, with some falling closer to the center and others further out. The background is white, and the text 'GASTERO NOMIY' is overlaid in a large, orange, serif font.

# GASTERO NOMIY



# BONO BEACH

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Dear readers,

Continuing with our monthly tradition, this month we present to you a restaurant located by the sea, just a few steps away. Bono Beach is a place that offers both a dining area, and a space for sun loungers and Balinese beds. Undoubtedly, it's the perfect destination for this summer, where you can enjoy a spectacular meal while enjoying the ocean waves. The decor of the place harmonises perfectly with its surroundings, with warm tones that convey a sense of well-being and peace. Regarding its cuisine, it stands out for its Mediterranean-Asian fusion with bold and exotic flavours. Furthermore, if you have any questions there, don't hesitate to ask Carolina, she'll be delighted to assist you!

Estimados lectores,

Siguiendo con nuestra tradición mensual, este mes os presentamos un restaurante muy cerca del mar, apenas a unos pasos de distancia. Se trata de Bono Beach, un lugar que ofrece tanto un salón para comidas como un espacio para hamacas y camas balinesas. Sin duda, es el destino perfecto para este verano, donde podréis disfrutar de una comida espectacular frente a las olas del mar. La decoración del lugar armoniza perfectamente con su entorno, con tonos cálidos que transmiten una sensación de bienestar y tranquilidad. En cuanto a su gastronomía, destaca por su fusión mediterráneo-asiática con sabores potentes y exóticos. Además, si tenéis alguna duda, no dudéis en preguntar por Carolina, ella estará encantada de atenderos. Como siempre, os dejamos con algunas instantáneas del lugar.

Xavi Márquez  
CEO X Magazine



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## CAROLINA GONZÁLEZ CHIARA

### Who is Carolina González Chiara?

I was born and raised in Málaga, although my family is Argentinian. From a very young age, I attended an English school, so I have always been in continuous contact with different nationalities and cultures.

### How did you get started in the world of hospitality?

My experience in the hospitality industry has always been linked to Metro Grupo, as I started in this same company 12 years ago when I was very young.

### Tell us more about your work at Bono Beach.

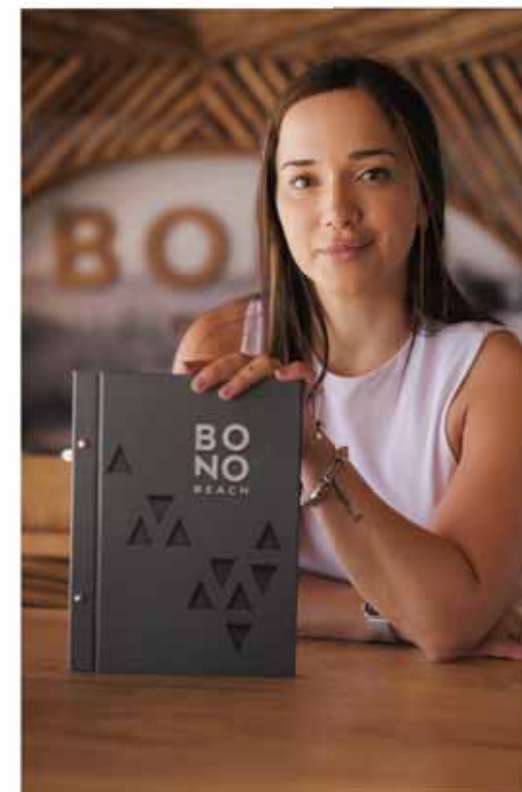
I feel very fortunate to be able to work in such a heavenly place like Bono. Over the years, our guests have practically become like family, and reuniting season after season is truly gratifying. I believe that as a team, we are very close-knit, and everyone who visits Bono feels that connection and the trust we transmit.

### What projects are you currently working on?

We're in continuous brainstorming. Our goal is to offer our guests a series of unforgettable experiences, without losing the essence of "Bono," which is what really characterises us.

### What do you love most about your profession?

Without a doubt, the interaction with people. I'm passionate about travelling and learning about different customs and cultures. At Bono, we have guests from all over the world, and being able to spend some time with them allows us to learn a little about their history.



### Describe a day in your life when off work.

My everyday life is more relaxed. I have a two-year-old boy, and my family is my top priority in life. When I'm not working, I spend quality time with them.

### What do you think of X Magazine?

I have always considered X Magazine as a benchmark for lifestyle and nightlife in Marbella. They have managed to adapt to new technologies without losing their essence, and they know that every time they bring their latest edition to Bono Beach, I always take a copy home.

Xavi Márquez  
CEO X Magazine

BARBILLÓN MARBELLA ESTRENA NUEVA TEMPORADA POR TODO LO ALTO Y CON UNA GASTRONOMÍA ÚNICA.



El conocido Beach Club y restaurante da el pistoletazo de salida a la temporada 2024 con una propuesta donde la calidad gastronómica y el lujo mediterráneo se dan cita para dar rienda suelta a los placeres más terrenales.

Un espacio elegante, donde la exclusividad, la excelencia y el disfrute se dan cita para ofrecer una deliciosa propuesta de ocio y gastronomía frente al mar.

Barbillón Marbella, ubicado a solo diez minutos de la prestigiosa Milla de Oro en la urbanización Guadalmina Baja, da la bienvenida a la nueva temporada en un oasis mediterráneo de 4.000 metros cuadrados con vistas impresionantes al mar. Un elegante y distinguido espacio de ocio frente al mar donde disfrutar de tres ambientes exclusivos con la misma propuesta gastronómica: bar-restaurante, playa y piscina.

La experiencia Barbillón es, por encima de todo, una emoción, una atmósfera que envuelve a sus clientes para transportarlos a la más elegante exclusividad. Barbillón es una fiesta elegante que transcurre entre las 10 de la mañana y las 2 de la madrugada, acompañada de la **mejor música**, junto a una **deliciosa propuesta gastronómica** y a una cosmopolita **coctelería de autor**.

Destacado como uno de los mejores destinos gastronómicos de playa en la Costa del Sol, Barbillón Marbella presenta una carta

meticulosamente elaborada, incluyendo una sección exclusiva dedicada al **atún rojo Balfegó** -considerado el mejor atún del mundo-. La propuesta gastronómica se basa en el mejor producto y una puesta en escena deslumbrante, ofreciendo excelentes opciones entre **pescados frescos, carnes, arroces, caviars u ostras**. El espacio también cuenta con grandes clásicos que han triunfado en el restaurante de Madrid, como la **ensaladilla de mi madre, el nigiri de steak tartar y las colitas de gambas en tempura japonesa** que también están disponibles en Barbillón Marbella. La carta de bebidas incluye una excepcional selección de coctelería internacional y una amplia variedad de vinos y espumosos nacionales e internacionales para acompañar cada plato y saborear junto al mar.

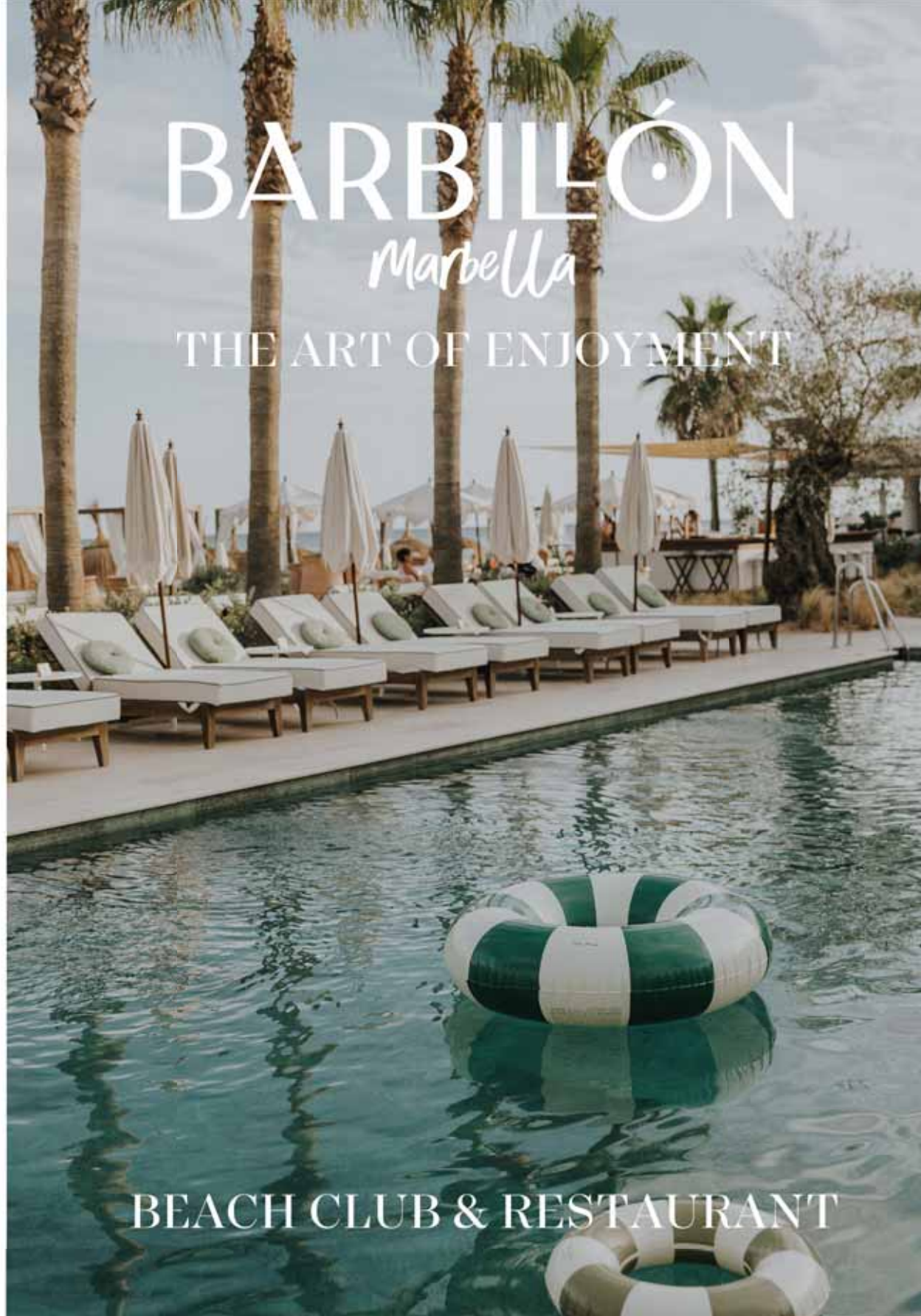
Barbillón Marbella reafirma su compromiso con la excelencia, ofreciendo un espacio infinito para ver y disfrutar del mar, la gastronomía y de esos pequeños detalles que Grupo Barbillón sabe cuidar al máximo y marcan la diferencia. La apertura de la nueva temporada promete ser un hito en la escena gastronómica y de ocio de la Costa del Sol, consolidando a Barbillón Marbella como un destino de referencia.

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# RAQUEL GÓMEZ

## Tell us more about you, Raquel Gómez.

I'm a person with a strong curiosity, always eager to learn and experience new things. I'm deeply passionate about art and everything related to creativity. Cinema is my best inspiration when I'm carrying out my work. Fashion also plays a significant role. I've enjoyed expressing myself through it since I was a child.

## How did you start in the world of hospitality?

I've had various experiences. My first encounter was working as a waitress at a beach bar in Jávea while I was still in university. Looking back, I'm not sure how I managed to carry a tray full of drinks without spilling any... I'm quite clumsy (laughs). Each experience has been a learning curve for me. Working face to face with people has always come naturally to me, it helped me grow and to better understand others' needs.

## Tell us more about your work at Grupo Mosh.

I started as the Guest Experience Manager, now I'm leading the Production and Creativity Department. This has allowed me to get to know all areas of Grupo Mosh and has been the best way to understand its entire structure. The new position has been a great challenge for me yet bringing many joys and new experiences. But above all, I've learned to believe in myself and set bigger challenges to offer the best in each of the projects I create and coordinate.

## What projects are you currently working on?

There are several of them but this May we will be celebrating the 8th anniversary of Mosh Fun Kitchen and we are preparing special event. There'll be many surprises and an incredible production. It's going to be a beautiful and fun night... can't reveal more, you will have to come and see it yourself!

## What do you love most about your profession?

What I love most is that I can incorporate many of my ideas into my work and be as creative as I want. I'm in charge of creating the themes of the parties and everything it entails: decoration, dancers' costumes, performances, nighttime content, etc. It's a very creative and rewarding job when you see that you've managed to project an idea and bring it to life.



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

I love spending time with my cat Tigris. I adopted him when I was living in Ibiza, and we've been together for almost 3 years now. We've moved together to 3 different cities, and he's always adapted really well. He's my companion, and I love him very much. Pottery is another passion of mine; I started in 2018 and have been doing it ever since. I always say it's like meditation for me. It helps me live in the present moment. I'm completely focused on the piece I'm creating, and my mind is free from everything else.

## What do you think of X Magazine?

I think it's an incredible guide to fully experience the Marbella lifestyle. Whether you're new to the city or not, it's the best way to stay connected with what's happening at the moment. If you want to stay up-to-date and not miss anything, this is your magazine.

Xavi Márquez  
CEO X Magazine



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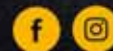
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**INGREDIENTS**

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

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

**AUBERGINE PARMEGIANA**

**Directions**

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

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

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



**BERENJENAS A LA PARMESANA**

**Preparación**

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

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

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

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### OPERACIÓN BIKINI Y DIETAS MILAGRO

Con el verano a la vuelta de la esquina, es común que muchas personas busquen desesperadamente formas rápidas de perder peso, popularmente conocida como la "operación bikini".

Como profesional sanitario, es importante alertar sobre las dietas "milagro", que prometen resultados rápidos pero son peligrosas para la salud y poco efectivas a largo plazo.

¿Qué caracteriza a una dieta milagro?

Estas dietas son fácilmente reconocibles porque prometen una pérdida de peso rápida y sin esfuerzo, a través de una ingesta extremadamente baja en calorías y la exclusión de muchos alimentos.

Suelen presentarse como desafíos de duración determinada, utilizando comparaciones de fotos de "antes y después" para demostrar su eficacia, y suelen incluir productos "naturales" que se venden como potenciadores de resultados, aunque carecen de evidencia científica. Es importante tener en cuenta que "natural" no significa necesariamente inocuo.

Además, estas dietas suelen tener un nombre y apellido, son monótonas y atribuyen propiedades específicas a ciertos alimentos o productos.

En la sociedad actual, estas dietas se han normalizado a través de sustitutos como barritas, batidos o jugos. Sin embargo, es importante comprender que estos métodos no fomentan la adherencia y pueden ser perjudiciales para la salud, causando una mala relación con la comida, ansiedad y creencias erróneas que dificultan el aprendizaje de hábitos alimenticios saludables. Además, pueden provocar una pérdida de masa muscular y el efecto rebote.

Para evitar caer en este tipo de dietas y promover hábitos saludables sostenibles a largo plazo, es fundamental priorizar cambios graduales y progresivos en el estilo de vida. Esta es la única manera de lograr una composición corporal saludable sin comprometer nuestra salud física y mental.

la única forma de lograr una composición corporal saludable sin

### BIKINI OPERATION AND MIRACLE DIETS

Summer is just around the corner, and many people are desperately seeking quick ways to lose weight and get ready for the beachdays.

As a healthcare professional, it's important to raise awareness about "miracle" diets, which promise quick results but are dangerous to health and ineffective in the long term.

What characterises a miracle diet?

These diets are easily identifiable because they promise rapid weight loss without effort, through extremely low calorie intake and the exclusion of many foods.

They're often marketed as short-term challenges, using before and after photo comparisons to demonstrate their effectiveness, and often include "natural" products sold as result-boosters, although they lack scientific evidence. It's important to note that "natural" isn't always safe.

Furthermore, these diets often have a first and last name, they're monotonous, and attribute specific properties to certain foods or products.

In today's society, these diets have become normalised through substitutes such as bars, shakes, or juices. However, it's important to understand that these methods do not promote adherence and can be harmful to health, causing a poor relationship with food, anxiety, and erroneous beliefs that hinder the learning of healthy eating habits. Additionally, they can lead to loss of muscle mass and the rebound effect.

To avoid falling for these kinds of diets, and focus on sustainable healthy habits in the long term, it's essential to prioritise gradual and progressive lifestyle changes. This is the only way to achieve a healthy body composition without compromising our physical and mental health.



## TAPEO SELECTO LA TABERNA DEL PINTXO

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SPORTS  
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BEAUTY



# BEAUTY CLINIC IN MARBELLA



**FANTASTIC YOU**  
— beauty clinic —



"Fantastic You" is a beauty and aesthetic medicine clinic in Marbella, where all the most modern methods for body correction, healing, body restoration and appearance improvement are collected.

The Fantastic You Clinic is proud of its modern devices for modeling the desired figure, including "Endospheres therapy," "ICOONE Laser," cryolipolysis Cryo T-Shock for freezing fat deposits, and **the only alexandrite laser for hair removal Deka in Marbella**. However, the clinic's standout feature is the **Japanese detox module, the IYASHI DOME**.

For maximum results, it is recommended to combine procedures, avoiding habituation of the body. Alternation and combination of procedures brings amazing and rapid results of body improvement.

**Welcome to the world of beauty and perfection in "Fantastic You"!**



## IYASHI DOME

unique Japanese detox capsule

IYASHI DOME technology is based on centuries-old Japanese traditions, when the Japanese buried themselves in the warm sand of hot springs to cleanse themselves of toxins.



### Japanese detox module IYASHI DOME:

- Detoxification of the body from toxins;
- Natural weight loss up to 1200 kcal per session;
- Rejuvenation and improvement of skin condition;
- Drainage of excess fluid from the body;
- Recovery after illness.

**In one course: fat mass is reduced to 20%, and weight is reduced to - 6 kg.**

## Modern cosmetology devices for your beauty at the Fantastic You clinic:

### Laser hair removal

Alexandrite laser Deka Moveo

The latest laser device for removing all types of hair Deka (Italy) with Moveo technology, released in 2023.

This procedure is allowed at any time of the year and on any part of the body.

Painlessly removes hair, providing comfort during the session. The laser treats each area several times to ensure 100% hair removal.

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### Endospheres therapy

Hardware massage for weight loss

The Endospheres therapy device is a unique and effective tool that allows you to solve a wide range of problems:

- cellulite in problem areas;
- overweight;
- localized fat deposits;
- swelling or sagging skin;
- decreased muscle tone;



**For a full course of procedures you can reduce up to -2 sizes in body volume**

### ICOONE LASER

Face and body lifting

Procedures with the ICOONE Laser device are a technology that breaks down fats through laser lipolysis, activates collagen production, which promotes rejuvenation and tightening of the skin of the face and body, which gives amazing results after the first procedure.

The procedure has no contraindications and is permitted during pregnancy.



### Effectively eliminates the following problems:

- correction of body contours, treatment of cellulite
- dissolution of the subcutaneous fat layer
- reduction of volume per course up to - 5 cm
- non-surgical skin tightening of the body and face



The Fantastic You Clinic offers a wide range of services for the face and body, including all types of manual massage and a variety of beauty treatments from the brands Styx, Thalgo, Mesoesthetic, Bruno Vassari and Biologique Recherche. The most popular are body massages, facials, Styx wraps and Bruno Vassari Yesotherapy.



**FANTASTIC YOU**  
— beauty clinic —

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CONFLICTS

We could say that a timely retreat avoids many conflicts. We all know it, and sometimes we've put it into practice, seeing that, in general, the strategy leads to good results. However, persistent use of retreat is not an ideal response for every circumstance, not when there's injustice, and in these cases, adopting a defensive stance, setting boundaries, and reacting, is the only option. **Continuously resorting to avoidance will gradually lead us into the circle of suffering.**

Fears can serve as an evolutionary function: they help us survive, react better to risks. The real problem of our modern world is that we no longer have predators that endanger our survival; **threats have ceased to be physical and have become almost exclusively pathological fears.** These, whether we want it or not, limit our growth, our social and emotional competence.

Living on the edge of permanent insecurity is not quality life. **Dwelling in that refuge of immobility in the face of injustice is not healthy.** Being able to react to what displeases us and defend our rights is a principle of well-being and health. Facing conflicts and managing them effectively also helps us grow.

People afraid of conflicts gradually fill the world with their silent rages and frustrations, swallowing what hurts and letting it pass until it's too late and it ends up exploding in their own hands or, worse, in innocent hands outside of that context and responsibility.

**They end up somatising that frustration,** including mental problems, such as anxiety disorders.

People afraid of conflicts must understand several things. First, that these situations can have a positive outcome. Effectively resolving these discrepancies impacts our identity and self-esteem, and also sanitises relationships.

Settling for passivity or fleeing distances us from our own social role. Thus, **we're obliged to know how to reach consensus,** dialogue, solve problems, negotiate, and also meet our own needs and integrity.

Doing so is not bad; achieving it requires work, perseverance, and adequate training in social skills, emotional management, and self-awareness.

Let's stop running away from ourselves and face life to achieve our well-being.

IRENE MUÑIZ

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CONFLICTOS

Podríamos decir que una retirada a tiempo evita muchos conflictos. Todos lo sabemos y a veces lo hemos puesto en práctica viendo que, en general, la estrategia conlleva buenos resultados. Ahora bien, el uso persistente de la retirada no es una respuesta idónea para toda circunstancia. No cuando hay injusticias y lo que toca es defendernos, delimitar y reaccionar. **Hacer uso continuado de la evitación hará que poco a poco nos instalemos en el círculo del sufrimiento.**

Los miedos cumplen una función evolutiva: nos ayudan a sobrevivir, a reaccionar mejor ante los riesgos. El auténtico problema de nuestra modernidad es que ya no tenemos depredadores que pongan en riesgo nuestra supervivencia, **las amenazas han dejado de ser físicas para convertirse casi en exclusiva en miedos patológicos.** Esos que, lo queramos o no, limitan nuestro crecimiento, nuestra solvencia social y emocional.

Vivir en la frontera de la inseguridad permanente no es vida. **Habitar en ese refugio de la inmovilidad ante las injusticias no es sano.** Ser capaces de reaccionar ante lo que nos disgusta y defender nuestros derechos es un principio de bienestar y salud. Enfrentar los conflictos, manejarlos con efectividad, nos ayuda a crecer.

Las personas con miedo a los conflictos van llenando el globo de sus rabias y frustraciones en silencio, engullendo lo que duele, y dejándolo pasar, hasta que al final es tarde y acaba estallando en sus propias manos o lo que es peor, en manos inocentes fuera de ese contexto y esa responsabilidad.

**Terminan somatizando esa frustración,** incluyendo los problemas mentales, como los trastornos de ansiedad.

Las personas con miedo a los conflictos deben entender varias cosas. La primera, que estas situaciones pueden traernos dimensiones muy positivas. Resolver con efectividad esas discrepancias repercute en nuestra identidad y autoestima, además, higienizamos relaciones.

Instalarnos en la pasividad o la huida nos aleja de nuestro propio rol social. Así, **estamos obligados a saber consensuar, dialogar, resolver problemas, negociar y satisfacer también las propias necesidades e integridad.**

Hacerlo no es malo, conseguirlo exige trabajo, constancia y un adecuado entrenamiento en habilidades sociales, gestión emocional y autoconocimiento.

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PADEL TIPS

**1. STRETCH AND WARM UP BEFORE THE GAME**

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

**2. ENSURE YOUR RETURN**

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

**3. TAKE THE TIME TO PREPARE YOUR POINTS**

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

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

**4. STAY IN COMMUNICATION WITH YOUR PARTNER**

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

**5. LOBS AND MORE LOBS**

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

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

**6. COVERING AREAS AS YOU SHOULD**

Games in pairs involve coordination between each other during attack and

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

**7. AIM AT CONQUERING THE NET**

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

**8. DON'T TAKE UNNECESSARY RISKS**

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

**9. TRAIN AND PRACTICE**

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

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

**10. UNWINDING AND STRETCHING**

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

fuelle: padelstars

# MORE THAN JUST A PADEL CLUB



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**INDIA**

Today we introduce one of our veterans. India has been with us for over 3 years. She is a 12-year-old senior girl who's still waiting for her second chance. Due to her age and her somewhat reserved and relaxed nature, we are looking for a home without children and with a calm environment for her to peacefully enjoy her remaining years. Despite this, India enjoys company and gentle strokes with patience. She can live with both males and females, preferably non-dominant ones.

Do you want to give her a warm place to rest and be part of her last years?

Hoy os presentamos una de nuestras veteranas. India lleva más de 3 años en nuestras instalaciones. Es una chica senior de 12 años a quién aún no ha llegado su segunda oportunidad. Debido a su edad y su carácter un poco más retraído y relajado, buscamos una casa sin niños y con un ambiente tranquilo para que India pase sus últimos años. A pesar de esto, India disfruta de la compañía y de unas suaves caricias con paciencia. Puede convivir con machos y hembras, preferiblemente no dominantes.

¿Quieres ser parte de sus últimos años y darle un lugar calentito donde descansar?

Do you want to become their lifechanger? Contact us!

¿Quieres cambiar su vida? ¡Contáctanos!

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**COCA**

Coca was brought to our facilities along with her sister almost 3 years ago. When she arrived, she was the perfect cat, but due to the daily stress at the shelter, she has developed urinary problems that are managed with special food, bladder protector, and stress reduction. It has been proven in foster care that she gets considerably better, but every time she returns to the shelter, the problems return. She gets along well with other non-dominant cats or that are too clingy, as she enjoys having her own space. However, she adores dogs and seeks them out to sleep next to them. Her behaviour towards people is great, being very playful and cuddling, although she can sometimes be a bit rough.

Do you want to be the one to help her have a better quality of life?

Coca fue traída a nuestras instalaciones junto a su hermana, hace casi 3 años. Cuando llegó era la gata perfecta, pero debido al estrés diario de la protectora ha desarrollado problemas urinarios que se controlan con pienso especial, protector de la vejiga y reducción del estrés. Se ha comprobado en casa de acogida que sus problemas mejoran considerablemente, pero cada vez que vuelve a la protectora los problemas vuelven.

Se lleva bien con otros gatos que no sean dominantes o muy cariñosos con otros gatos, ya que prefiere su espacio, sin embargo, adora a los perros y los busca para dormir junto a ellos. Con las personas es ideal, busca juego y mimos de forma constante, aunque puede ser un poco bruta.

¿Quieres ser quien la ayude a tener una mejor calidad de vida?

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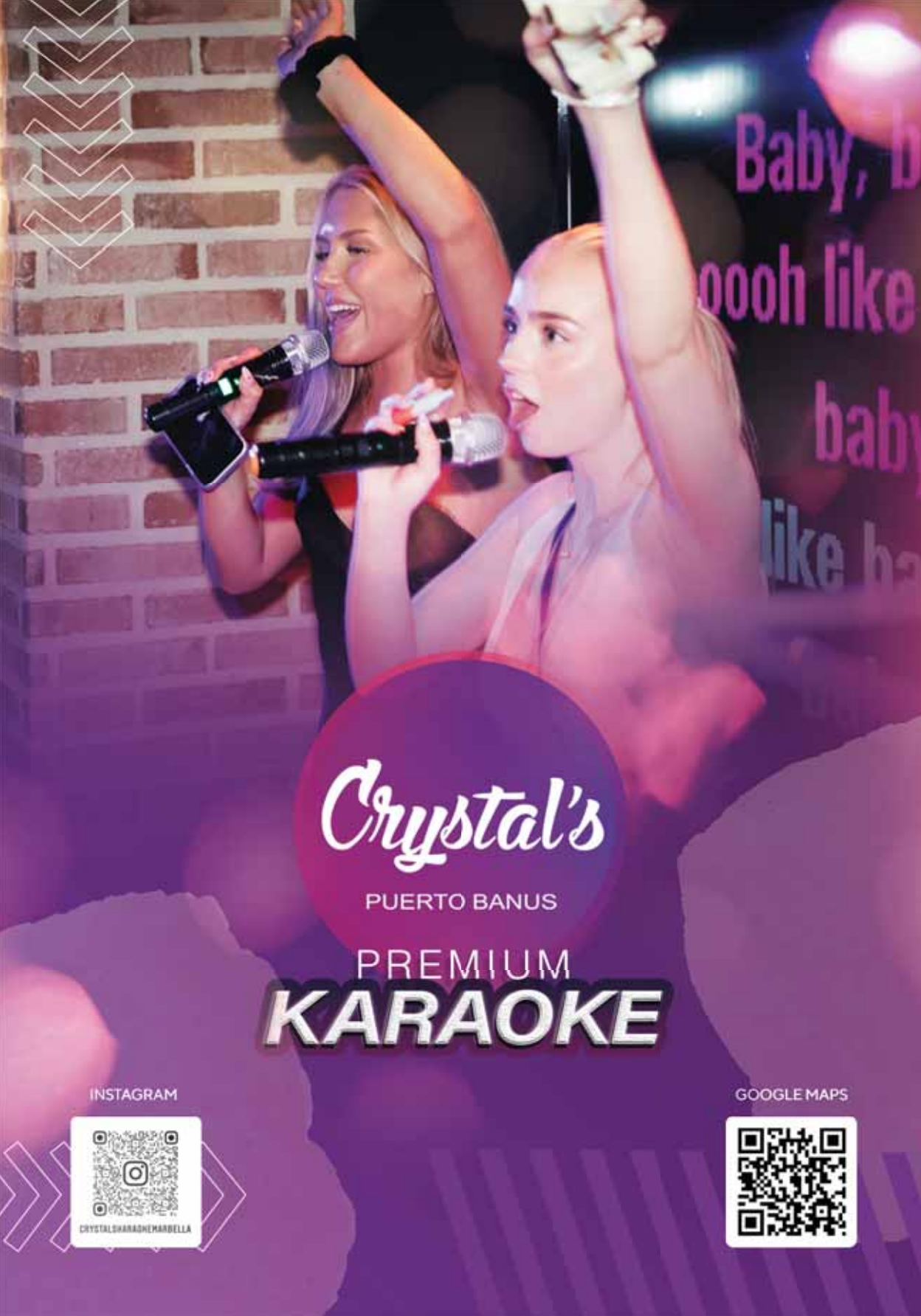
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**NIGHT  
LIFE**



# JAVIER CALLE MORA

## Tell us more about you, Javier Calle.

I define myself as an idealist in love with my profession, with an overflowing passion for building strong teams. I've had the privilege of witnessing the transformation of the entertainment industry in Marbella for over two decades. I'm a staunch advocate for my city and consider myself an ambassador for Marbella to the world. Currently, I have the honour of holding the position of CEO of Costa Este Group.

## How did you get started in the world of management?

My journey in management began with a solid education in hospitality. I had the privilege of studying at the prestigious Les Roches University, with campuses in Switzerland and Marbella, and I did my internships at Four Seasons, in iconic cities for the group such as London, Paris, and French Polynesia (Bora Bora). At the young age of 22, I started as a director and promoter in renowned nightclubs like Funky Buddha, Opera Room, and Seven, organising events with renowned artists such as Marc Anthony, David Guetta, and Steve Angello.

## Tell us more about your work at Costa Este Group.

This year I've taken on the full responsibility of the group, which fills me with enthusiasm as it also means to return home for me. I've witnessed and participated in all its development, and returning to my roots is always a pleasure.

## What projects are you currently working on?

Currently, we are immersed in four exciting projects that we'll be launching throughout the season. The next opening will be Funky Buddha Banús on May 3rd, followed by Xcess on May 4th with a performance by Claptone. This project fills me with excitement, as the group has invested 3.5 million euros to give Puerto Banús a new lease of life.

## What do you love most about your profession?

I can proudly say that I've never worked a single day in my life, as I'm completely in love with my profession. I've dedicated my entire life to the same industry, and I love instilling commitment and professionalism in each department, watching the people I work with grow.



## Describe a day in your life when off work.

I like to start the day early, meditating and watching the sunrise. I enjoy walks with my dogs in the countryside, horse riding, and spending time with family, as my profession involves long hours away from home.

## What do you think of X Magazine?

I consider that X Magazine plays a fundamental role in promoting local businesses. I've followed the magazine since its beginnings and positively value its contribution to the Marbella community. Without a doubt, it's one of my favourite magazines.

Xavi Márquez  
CEO X Magazine





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**ABIERTO DE MIÉRCOLES A DOMINGO**





# ANTON BODNAR

## ¿Who is Anton Bodnar?

I'm passionate and in love with music, always eager to innovate and grow, sharing my experiences with others: a maestro.

## ¿How did you start in the world of music?

I started from a very young age, influenced by my mother, who was a singer. She tried to instill that love for music in me, but I preferred to play football, following in my father's footsteps. At first, my dream was to become a professional footballer and come to Spain to achieve it. I arrived in Spain in 2005 without speaking a word of Spanish and at the age of 18. My mother gave me a flyer from a DJ academy in Malaga, as I always talked to her about my friends from Ukraine who were DJs, so I decided to sign up for a course there to meet new people and seek new experiences. In a short time, I went from being a student to a teacher, where I worked for 10 years. Over time, I began to enjoy music more than football, and at the age of 23, I decided to retire from professional football to dedicate myself 100% to music. I ended up playing in the most important clubs on the Costa del Sol.

## Tell us more about your work at Casanis Group.

My work at Casanis Group is wonderful; I enjoy it a lot, and wouldn't even call it a job. I feel it's a great responsibility and I feel valued and loved by everyone there; we're all like a family. Everything we do is done with passion, love, and responsibility, and I feel that I improve every year, both professionally and personally.

## ¿What projects are you currently working on?

I'm working on several projects that will be coming to light very soon, mainly on improving and helping people who want to grow as artists.

## ¿What do you love most about your profession?

What I love most is my day-to-day life, helping people, and seeing how my music makes every person happy.



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

Every day is special to me; I especially enjoy meditation, working on my inner self, exercising, and playing football with friends. Every day I learn something new that I can apply to my life.

## ¿What do you think of X Magazine?

I love X Magazine; you're doing an incredible job. The photographs are of high quality, and the information about events is very comprehensive. I really enjoy reading it!

Xavi Márquez  
CEO X Magazine



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# E1 PUERTO BANÚS GP MARBELLA

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CHAMPIONS  
OF THE WATER



El concierto de Marc Anthony en Oasiss Marbella Fest inaugurará el E1 Puerto Banús GP la noche del viernes 31 de mayo.

Marc Anthony, uno de los capitanes de Escudería del E1, será el encargado de inaugurar el próximo 31 de mayo en Oasiss Marbella Fest el E1 Puerto Banús GP con un concierto ante 15.000 personas.

Cada uno de los equipos participantes del E1 Series está capitaneado por personalidades de renombre internacional: Rafa Nadal, Marc Anthony, Sergio Pérez, Didier Drogba, Tom Bradi y Steve Aoki, entre otros.

El concierto del día 31, que tendrá lugar dentro del ciclo musical Oasiss Marbella Fest y que dará comienzo a partir de las 22:00h con presencia de personalidades, supondrá la apertura por todo lo alto del E1 Puerto Banús GP, posibilitando a más de 15.000 personas disfrutar de la música Marc Anthony en el primer concierto que el artista puerorriqueño dará en España dentro de su gira "Historia Tour".

## Sobre el E1 Series

E1, la fórmula 1 Off Shore Eléctrica, es un nuevo deporte global con el único motor eléctrico autorizado por la Unión Internacional de Motonáutica. Ideado por Alejandro Agag y Rodi Basso (Ingeniero italiano que ha colaborado con la NASA, Ferrari y Red Bull Racing), E1 Series se está celebrando a lo largo de 2024 en enclaves internacionales del nivel de Mónaco, Hong Kong, Ginebra, Venecia... y en junio en Puerto Banús.

Ha sido posible traer este evento internacional a Puerto Banús gracias al apoyo decidido de las Administraciones que nos acompañan: Consejería de Turismo, Cultura y Deporte de la Junta de Andalucía, Ayuntamiento de Marbella, Diputación de Málaga y Mancomunidad de Municipios de Costa del Sol.

Todos los equipos estarán compuestos por un hombre y una mujer que han de competir exactamente el mismo tiempo en las carreras. Las pilotos son profesionales del Dakar, Trial W Series o Fórmula Ford. España está representada por Laia Sanz y Cris Lazarraga, ambas referentes internacionales del motor.

**MARC ANTHONY**  
*HISTORIA TOUR* 2024

**MAYO 31**  
**OASISS MARBELLA**  
**CONCIERTO OFICIAL E1 PUERTO BANÚS GP**  
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Puerto Banús acoge el evento sostenible con mayor proyección internacional del 2024: Audiencia estimada acumulada superior a 1.000 millones en RRSS en 4 plataformas.

Tras el concierto inaugural de Marc Anthony, el evento deportivo comenzará el primer sábado de junio, día 1, en Puerto Banús

El sábado 1 de junio competirán los equipos en las carreras clasificatorias, y el domingo será la semifinal y final.

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Ticketmaster y El Corte Inglés.

# X Magazine Distribution

## Per-unit distribution

(3-4 magazines)

### Marbella

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Playas del Duque  
Muelle de la Ribera  
Zona Benabola  
Marina Banús  
Plaza Antonio Banderas  
Concesionarios Banús  
CC Cristamar  
Azalea Beach  
Vüdü  
Villa do Grove

#### Nueva Andalucía

Centro Plaza  
Zona Casino  
Campana  
Aloha  
Olivia Valere  
Loubnane  
Dooal  
Valentino's

#### Concesionarios Marbella

Zona Quirón  
Avda. Severo Ochoa  
Hotel Fuerte

#### Centro Marbella

Alameda  
Hotel Fuerte  
Casco Antiguo  
Zona la Lonja  
Puerto Deportivo  
Paseo Marítimo  
Jacinto Benavente  
Ricardo Soriano  
Zona Rio Verde  
CC Plaza del Mar  
Zona Lekune  
Zona Frank's Corner  
Casa Curro

#### Milla de Oro

Momento  
CC Capricho  
Zona Puente Romano  
Oasis Business Center  
San Pedro  
San Pedro Centro  
Boulevard  
CC Colonia  
Concesionarios  
Halcones  
Rotonda C/ Ronda  
Guadalmina

### Benahavís

#### Centro y Restaurantes

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### Estepona

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Cancelada  
Zona Parque Antena  
Las Dunas  
Laguna Village  
C/ Real  
C/ Terraza  
Paseo marítimo  
Puerto Deportivo

### Elviria - Rosario

### Las Chapas

### Cabopino Puerto

### Cala de Mijas

### Calahonda Playa

### Doña Lola

### Riviera

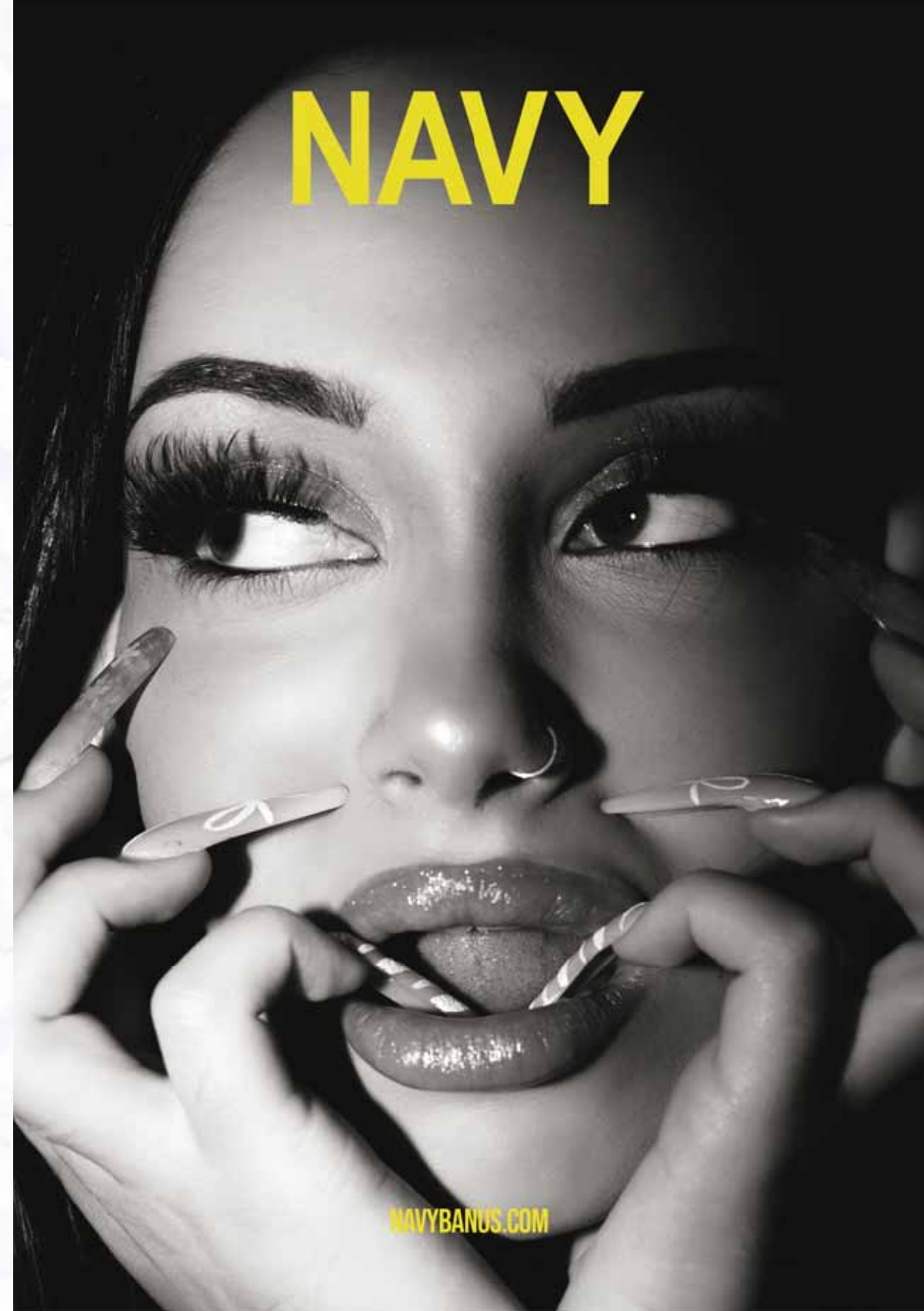
### Fuengirola

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# X MAGAZINE DISTRIBUTION

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(1,20m presenter for 100 magazines)

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 Los Currantes  
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 Palacio Congressos  
 O2  
 Los Mellizos  
 Sirocco  
 Gallery  
 Panaderia Troyano  
 Cerrado del Aguila  
 Max Beach  
 Bono Beach  
 Simbad

## Small presenters

(30cm presenter for 30 magazines)

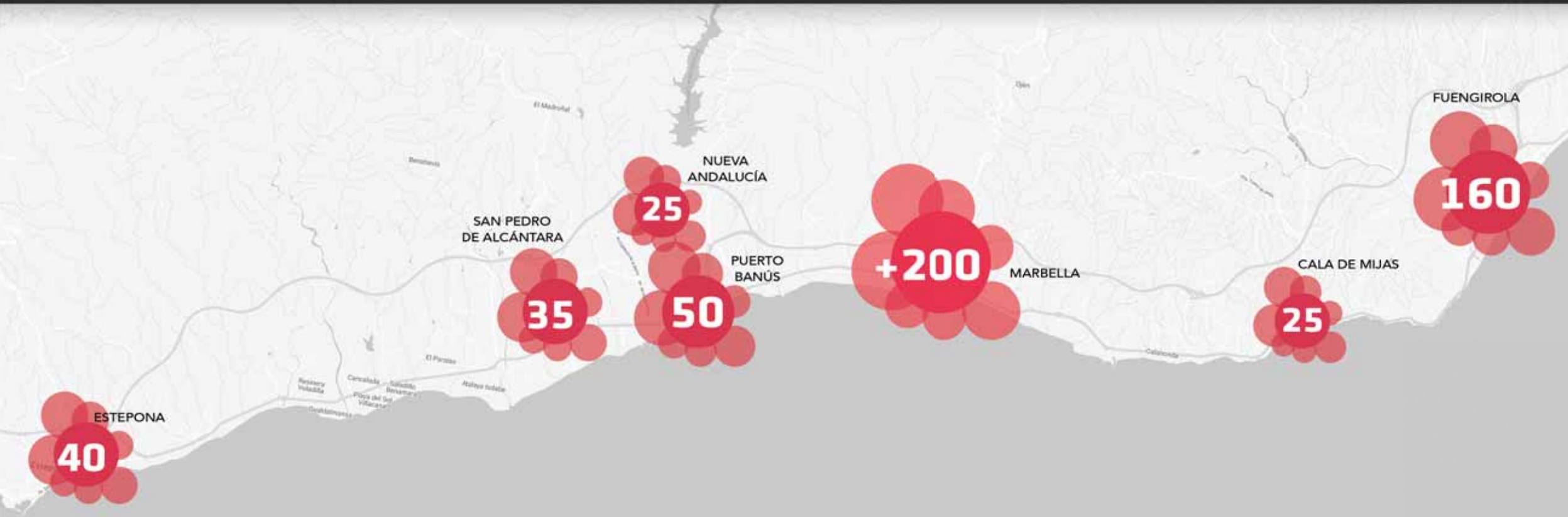
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 Fat Mamma  
 La Pappardella  
 Ambar Restaurante  
 El Gaucho  
 News Café  
 Chow Banus  
 Leone Banus  
 Carpaccio  
 Joys Live  
 Aretusa  
 Habana  
 O'Grady's  
 Incontro Banus  
 VÜDÜ  
 La Pasta  
 Burguer Bar  
 Tango  
 Viveri  
 Crystals Karaoke  
 Afendi  
 Asiatic Restaurant  
 Breathe Life  
 Miss Raw  
 Marbella Arena



Starz Restaurant  
 COA Restaurant  
 Vovem  
 Magna Cañé y Magna Golf  
 Barber Shop  
 Hammam  
 Living Room  
 Mosh  
 Chelo Lebanese Restaurant  
 Besaya Beach  
 KONG  
 Origen  
 Café de Ronda  
 Frank's Corner  
 Piave  
 Mintage  
 Casa Pablo  
 Vinacoteca La Cartuja  
 Oficina Casanis  
 Sacristia  
 Kanaloo (Srocco)  
 Lamar  
 Matuya Sushi  
 Camaleon  
 La Lonja  
 Hacienda Patagónica  
 Oficina Turismo Paseo  
 La Barca  
 Vovem Paseo  
 Tequila  
 Coyote  
 Tonteo

Lemmon  
 Taboo  
 Sunset  
 Punto Faro  
 Kokoro  
 Témpora  
 L'Angolo  
 Buenos Aires  
 Cafeteria Manolo  
 Casa Curro / La Tienda  
 Moet  
 Triple A  
 Cascada  
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 Niche  
 Play Events Mijas  
 EACIS  
 Woolf Meow  
 Conspiracy  
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 Sansa  
 Pub Charles  
 DOSS  
 Azza Cars  
 Bono Beach  
 La Plage  
 Cocoa Beach

Max Beach  
 Florida Beach  
 El Oceano  
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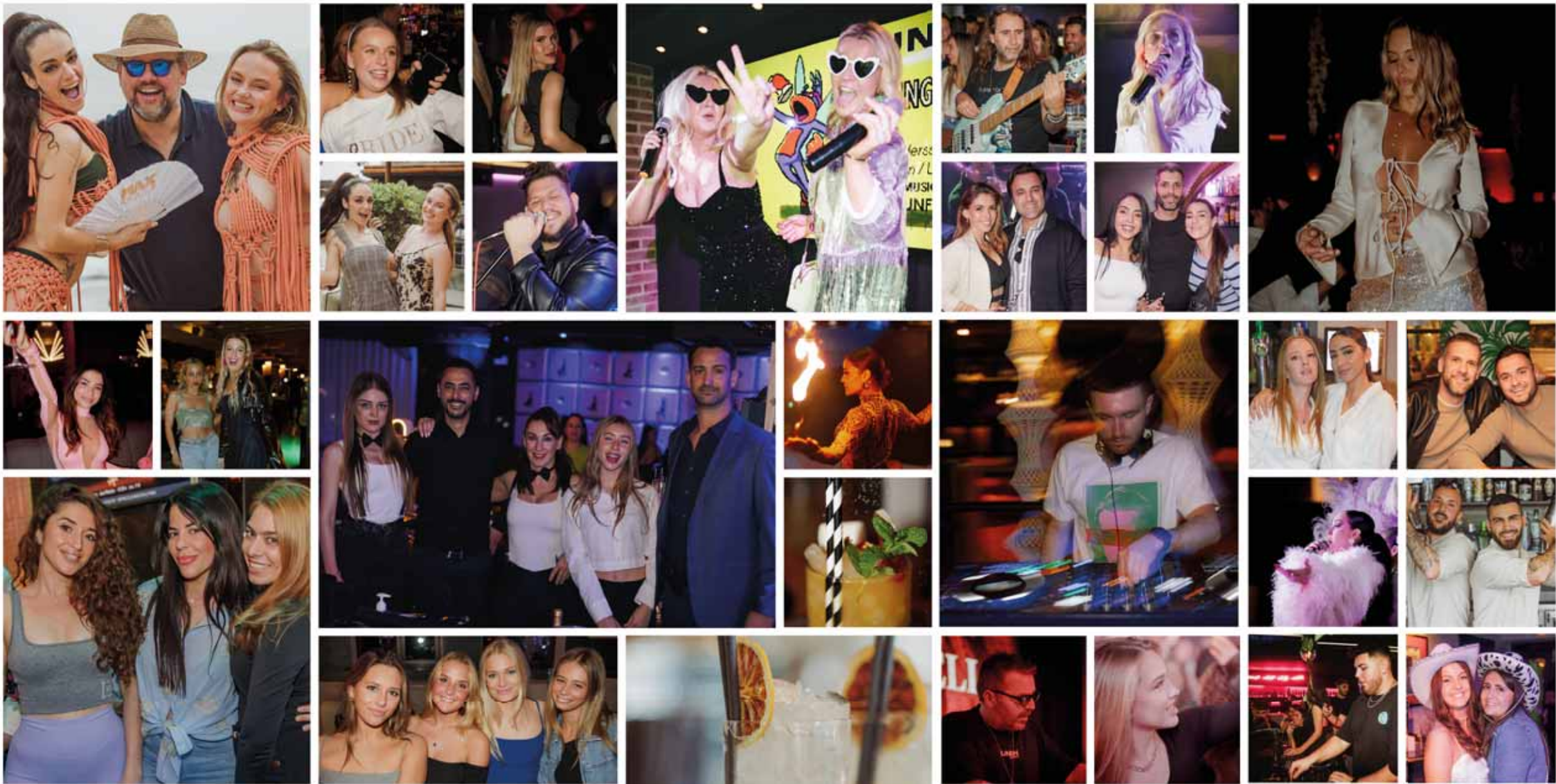
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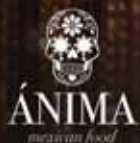
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# X MAGAZINE



### 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.

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