

ESTEPONA

UGUST 2025



eva.estepona.es

CORK OAK MANSION

CC Sotomarket, 1ª planta, oficina 39, 11310 Sotogrande, Cádiz info@corkoakmansion.com I (+34) 650 24 28 35



VILLA HALO

1.906m² 2.451m² 6 7
Built Plot Bedrooms Bathrooms

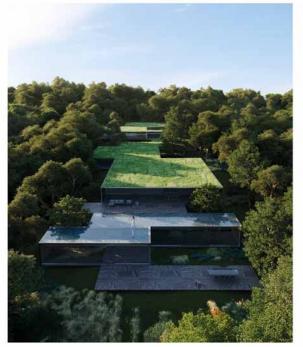
8.800.000€



VILLA STERN

 $\begin{array}{ccccc} 1.255\text{m}^2 & 2.212\text{m}^2 & 7 & 7 \\ \text{Built} & \text{Plot} & \text{Bedrooms} & \text{Bathrooms} \end{array}$

5.060.000€



VILLA OAK

1.742m² 4.047m² 8 8 Built Plot Bedrooms Bathrooms

PRICE ON REQUEST



VILLA NOON

2.756m² 4.502m² 8 7
Built Plot Bedrooms Bathrooms

12.000.000€



A NEW STYLISH CONCEPT OPENS IN JULY...



AV. DEL PRADO, 3, PLANTA 1, NUEVA ANDALUCÍA, MARBELLA,



SUMMER 2025

JULY

- 2 DÍMELO FLOW X PERREOLAB
- 3 REMA
- 4 ALEX WANN X LA MISA
- 5 SOSA & ART NO LOGIA
- 9 LENNY TAVAREZ X PERREOLAB
- 10 L2B
- 11 JOEZI X LA MISA
- 12 ARGY
- 13 ARCÁNGEL
- 14 JASON DERULO
- 15 JUAN MAGAN
- 16 BLESSD
- 17 SURPRISE
- 18 SPARROW & BARBOSA X LA MISA
- 19 MIGUELLE & TONS
- 20 SURPRISE
- 21 SUPER STAR
- 22 JUAN MAGAN
- 23 WADE
- 24 OMAH LAY
- 25 STEPHAN JOLK X LA MISA
- 26 NICKY JAM
- 27 GONZY
- 28 ELENA ROSE
- 29 JUAN MAGAN
- 30 TYGA
- 31 KYBBA

AUGUST

- 1 ALAN DIXON X LA MISA
- 2 DENNIS CRUZ
- 3 OVY ON THE DRUMS
- 5 JUAN MAGAN
- 6 CLOONE
- 7 TAYC
- 8 NITEFREAK + EMMANUEL JAL X LA MISA
- 9 GIANLUCA VACCHI
- 12 JUAN MAGAN
- 13 GORDO
- 14 BURNA BOY
- 15 SPARROW Y BARBOSA X LA MISA
- 16 PACO OSUNA
- 17 MORAD
- 19 JUAN MAGAN
- 20 MIGUELLE AND TONS
- 21 CENTRAL CEE
- 22 EL ROW
- 25 SURPRISE
- 26 JUAN MAGAN
- 28 SOOLKING
- 29 LAOLU X LA MISA
- 30 SONNY FODERA

WWW.FITZMARBELLA.COM

ODDDDDO





2025



02 AGOSTO BELLA FESTIVAL

Crystal Fighters, Dorian, Amaia, Duncan Dhu y ¡muchos más!



08 AGOSTO
I LOVE
REGGAETON





omafest.es VENTA ENTRADAS



09 AGOSTO
LOVE
THE 90'S



14 AGOSTO
MANUEL
CARRASCO



23 AGOSTO ELROW TOWN



Oasis Marbella Fest Recinto Ferial De San Pedro Alcántara Marbella, Málaga





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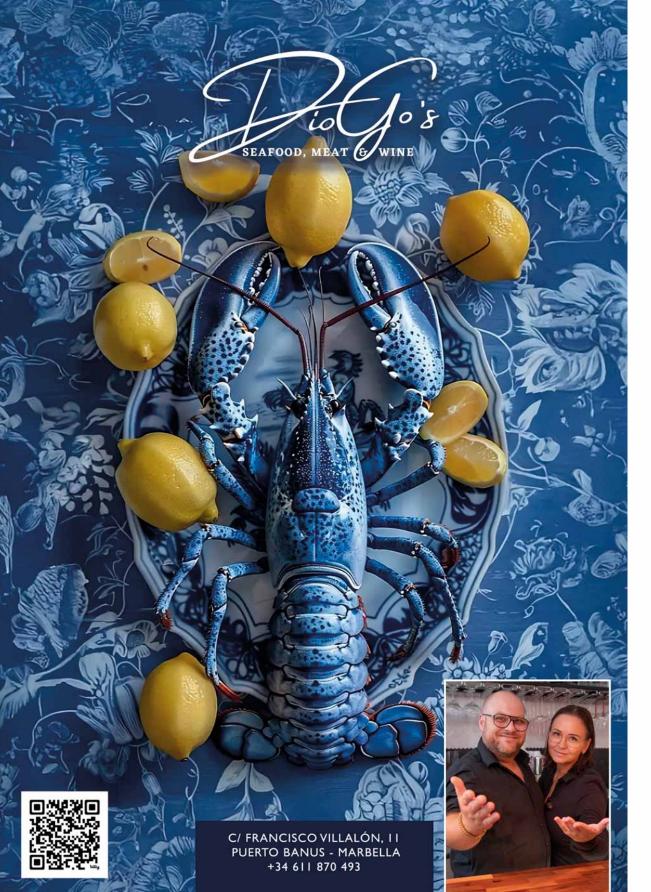


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Dear readers,

This month, we invite you to discover Bazlama, a slice of Turkey in Marbella. Specialising in breakfast, brunch and mezzes, Bazlama offers an authentic experience with homemade flavours and beautifully presented dishes. From traditional menemen to succulent grilled meats, every plate reflects the warmth and hospitality of Turkish culture. Perfect for sharing with family or friends, its cosy atmosphere and freshly baked bread make each visit truly special. A must-visit for those who love Mediterranean cuisine with an oriental soul.

Don't miss it!

Xavi Márquez CEO X Magazine

Estimados lectores,

Este mes os invitamos a descubrir Bazlama, un rincón de Turquía en Marbella. Especializado en desayunos, brunch y mezzes, Bazlama ofrece una experiencia auténtica con sabores caseros y una presentación que conquista a primera vista. Desde el tradicional menemen hasta suculentas carnes a la parrilla, cada plato refleja la calidez y hospitalidad turca. Ideal para compartir en familia o con amigos, su ambiente acogedor y su pan recién horneado hacen de cada visita un momento especial. Una parada obligatoria para los amantes de la buena cocina mediterránea con alma oriental.

¡No dejéis de probarlo!

Xavi Márquez CEO X Magazine































SABORES EXCLUSIVOS Y LUJO RELAJADO: LA NUEVA TEMPORADA DE BARBILLÓN MARBELLA YA ESTÁ AQUÍ.



Barbillón Marbella reabre sus puertas con una nueva temporada que mantiene intacto su espíritu: gastronomía de inspiración mediterránea, hospitalidad cuidada al detalle y un entorno inmejorable junto al mar.

Ubicado en la exclusiva urbanización de Guadalmina Baja, este restaurante y Beach Club se ha consolidado como uno de los destinos imprescindibles de la Costa del Sol. Su propuesta gastronómica, fresca, refinada y con sutiles toques internacionales, se basa en una cocina de producto que rinde homenaje al mar y a la tierra, donde la calidad, el sabor y la presentación se dan la mano.

Con una carta que evoluciona cada temporada y una puesta en escena elegante pero desenfadada, Barbillón Marbella es el lugar perfecto para quienes buscan disfrutar sin prisas: desde una comida frente al mar hasta una tarde relajada en la piscina, pasando por una cena vibrante que se alarga entre cócteles de autor y una atmósfera única.

La experiencia se completa con un espacio amplio y versátil de más de 4.000 m², dividido entre restaurante, zona de piscina y área de playa, que invita a dejarse llevar y disfrutar del día de principio a fin. Cada rincón está pensado para ofrecer confort, estilo y ese aire sofisticado pero cercano que define el alma de Barbillón.

Con la llegada de la nueva temporada, Barbillón Marbella reafirma su esencia: un refugio frente al Mediterráneo donde la gastronomía, el entorno y el buen gusto se fusionan para crear momentos memorables.

Urb. Guadalmina baja, C. 3 | 318 29670 San Pedro Alcántara, Málaga De lunes a domingo de 10:00 h a 02:00 Reservas: 683 24 21 76 | 952 48 91 23 www.barbillon.com





ALEJANDRO RIVERA

EXECUTIVE CHEF GRUPO BULLDOZER

Who is Alejandro Rivera?

I'm someone deeply passionate about gastronomy and hospitality, with a career built on constant hard work, curiosity, and a love for detail. I was born in Colombia with a profound admiration for the art of service and creating unforgettable experiences, and that passion has guided me throughout my entire journey.

How did you get started in the world of gastronomy?

Like many in this profession, I started from the bottom, helping out in a small family-run restaurant where I learned the value of fresh ingredients, close customer relationships, and teamwork. That first spark took me to Spain, where I deepened my studies, gained experience in renowned restaurants, and eventually became involved in international projects.

What can you tell us about your work with Grupo Bulldozer?

I'm the Executive Chef in Spain. Working here means living every day with intensity and focus. We take part in high-level gastronomic projects where every detail matters—from product selection to the music playing in the background.

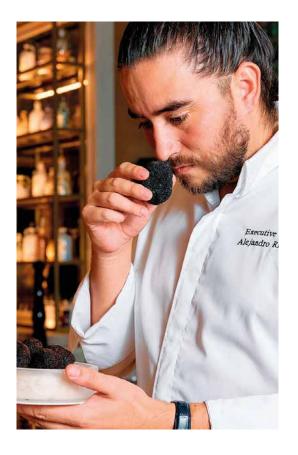
A special anecdote I remember fondly happened during the opening of one of our restaurants in Paris. Just minutes before our first service, a key member of the kitchen team had an emergency and couldn't make it. Instead of panicking, we all rolled up our sleeves and pulled off the service as if we'd been working together for years. That night was not only a success—it was a perfect example of what true teamwork in the kitchen means: commitment, communication, and passion.

What projects are you currently working on?

We're developing new openings both in Spain and abroad. Right now, I'm involved in two very exciting projects: "Eva Estepona", a unique beach club based on a Greek-Mediterranean concept full of vibrant energy, and "Frou Frou" in Puerto Banús, a fresh and elegant venue inspired by Mediterranean lifestyle with a contemporary twist. Both places aim to bring something completely different to the Costa del Sol, and we're putting our heart and soul into making that happen.

What do you love most about your profession?

What I love the most is being able to turn a meal into an unforgettable experience. Seeing customers enjoy, be surprised, and feel cared for—there's nothing more rewarding. I also get a lot of motivation from building a team that feels like family and from the constant learning this industry offers every single day.



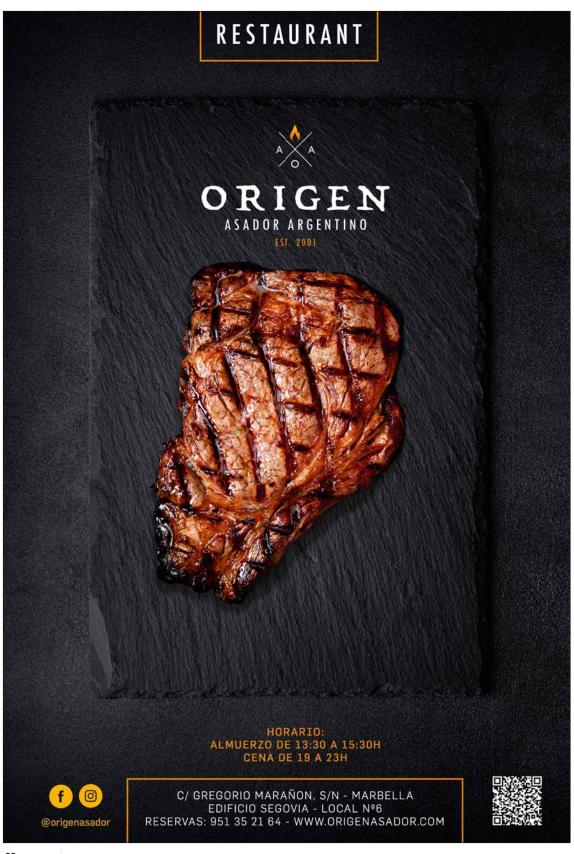
What is a typical day like for you when you're not working?

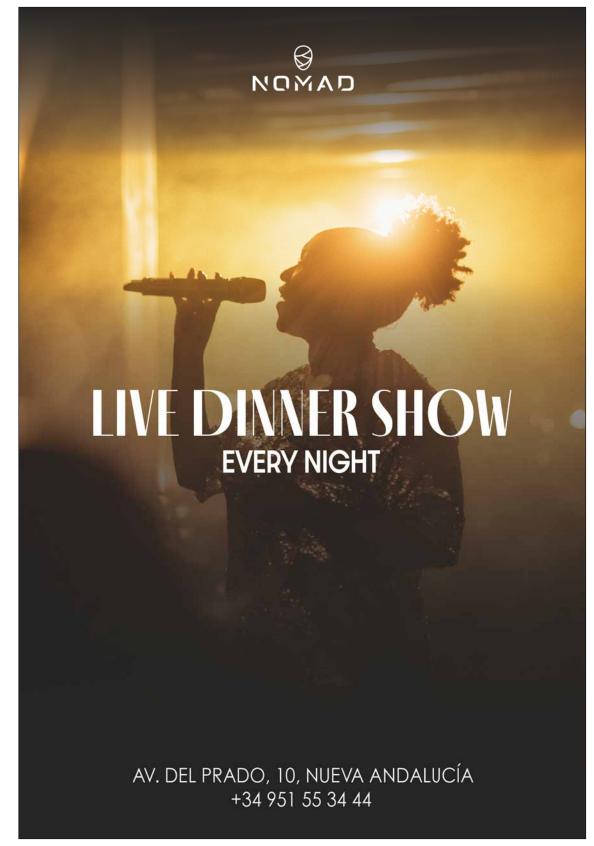
Spending time with my family is the most important thing. I try to disconnect and recharge—going on a motorbike ride helps spark new ideas. I love walking by the beach, discovering new places to eat, or simply relaxing at home. I'm also very curious, so I take the opportunity to learn new things, even if they're not directly related to gastronomy.

What do you think of X Magazine?

I think X Magazine is a fresh and stylish editorial proposal. I love how they blend leisure, sports, lifestyle, and gastronomy, offering a modern view of what's happening in Marbella and beyond. It's a pleasure to be featured in its pages.

Xavi Márquez CEO X Magazine





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— **DISCOVER** — PAN-ASIAN CUISINE

HOYANE

BY CHEF RICHARD SANDOVAL

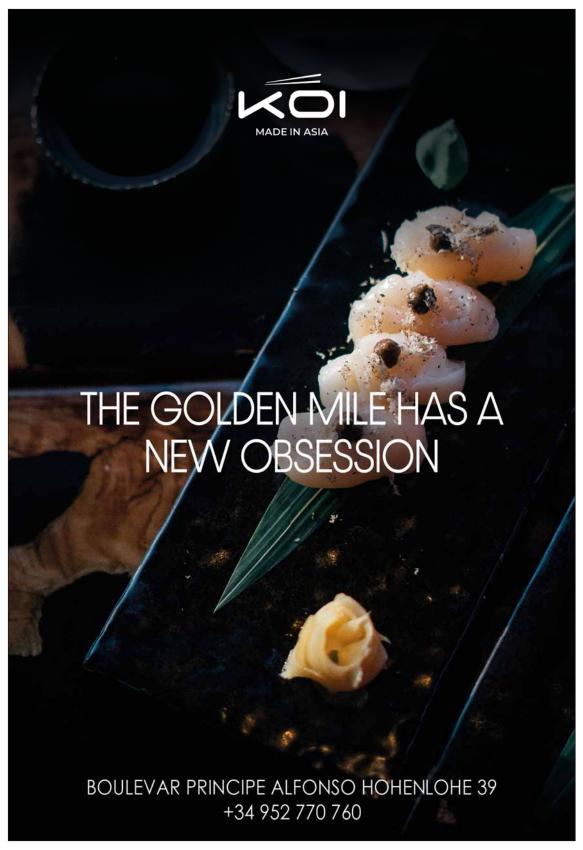
MARBELLA - MALTA - DENVER - MIAMI - NEW YORK - ATHENS LOS CABOS- ABU DABI-DUBAI-DOHA

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BY INTERNATIONALLY
RENOWNED
CHEF RICHARD SANDOVAL,
LOCATED AT THE
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Experience bold Asian flavors with Latin soul, signature cocktails and a contemporary flair in an immersive atmosphere where live music ignites every night.



Open Daily from 7:00 pm to 2:00 am, with kitchen service available until 1:00 am.





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TANG CONTROL TART OF FIRE I

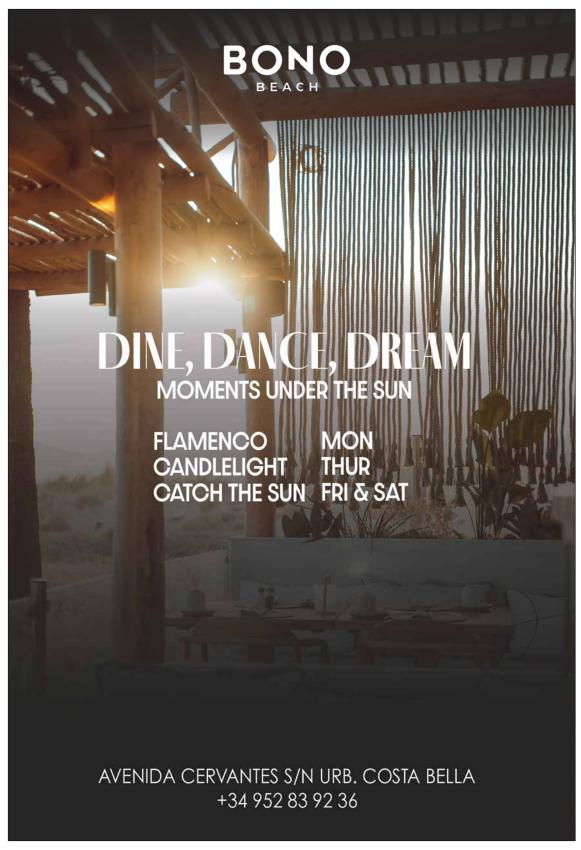








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YOUR 360° AGENCY



CREATION

We create content for your Social Media and websites

SOCIAL MEDIA MANAGEMENT

We create strategies and monitor results

PHOTOGRAPHY SERVICES

Media Photoshoots for your product for online stores

CREATIVE PRODUCT PHOTOGRAPHY

We showcase your product in a very attractive way

BRAND CREATION

We create and incubate your brand to help you grow

WEB DESIGN AND PROGRAMMING

We design and develop your website. Basic and Online Stores

ADVERTISING AGENCY X AGENCY

CORPORATE

We showcase your company under the best light

EVENTS VIDEOS

Filming and editing for your events

MERCHANDISING

Your image present in different advertising places, highly visible

GRAPHIC DESIGN

Flyers, Posters, Business Cards, Catalogues, Restaurant Menus...

PRINTING AND INSTALLATION

We convert to offline advertising anything you can imagine



ALEJANDRA ARAUJO

EVENTS MANAGER AT METRO GROUP

Who is Alejandra Araujo?

My name is Alejandra Araujo. I was born in Málaga, but my Mexican roots have enriched both my cultural and professional outlook. A few years ago, I completed my degree in Gastronomic Sciences and Hotel Management, and since then I've been dedicated to organising and managing private events at Metro Grupo. I coordinate weddings, private celebrations and corporate events in exclusive venues.

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

I began as a receptionist at one of the group's restaurants, Max Beach. There, I improved my language skills and developed key abilities in organisation, handling bookings, group coordination and managing events. After three years at Max Beach, with over 500 guests walking through the doors daily, I learnt to multitask, communicate effectively and work as part of a team. Those years provided me with valuable lessons and experiences I hold very dear. When I finished my studies, I was offered the chance to move into events, with a new team and fresh ways of working – and I'm still learning every day.

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

My job is a rollercoaster, and that's exactly what motivates me to give 100% all the time. One Monday I might be in the office answering calls, messages and confirming events; on Tuesday I'm doing site visits with clients at Nomad or Max; Wednesday could involve planning a hen party in Banús; and by Friday, I'm coordinating a wedding. It's the opposite of a monotonous job, and I love how much I keep learning, especially as trends and tastes evolve each year.

Event planners create long-term connections with clients – especially when it comes to weddings, which are not arranged overnight. We get to know their tastes, friends, families and even traditions based on their culture. When their big day arrives, we feel just as excited and involved as they do.

What projects are you currently working on?

Right now, I'm managing all end-of-season weddings and events, finalising bookings for next year, and working on some new projects. Recently, the group welcomed a new restaurant called "Aqui te quiero ver", located in Marbella. It has a spacious beachfront area perfect for weddings that want to combine a natural setting with a unique seaside experience.

What do you love most about your profession?

Without a doubt, it's the people. I'm very social and love creating genuine connections with my clients. I enjoy hearing their stories, getting to know their preferences and being part of their journey. Every event is an opportunity to connect and share something truly special in their lives.



What's a typical day like when you're not working?

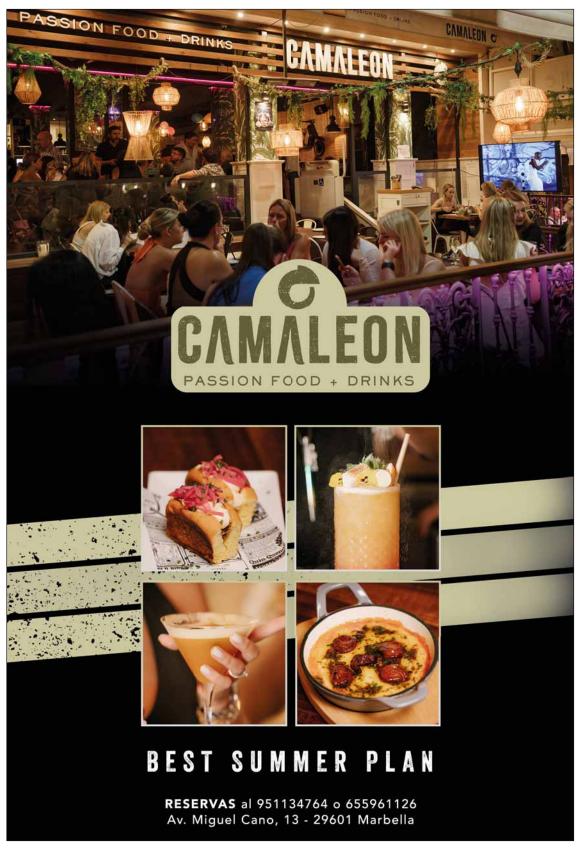
When I'm not working, I try to do the exact opposite of planning. What I value most is spending quality time with my parents and sisters. I love making spontaneous plans, going out to eat, enjoying a good cocktail or attending the many parties Marbella has to offer. Though sometimes, I prefer escaping to the beach or just staying home and enjoying some peace and quiet.

What do you think of X Magazine?

To me, X Magazine is a constant source of inspiration. I love the way it highlights both local and international talent with such freshness and style. It's a magazine that knows how to combine visually attractive content with real, authentic stories – something I value deeply, both professionally and personally. Every issue offers new and unique ideas.

Xavi Márquez CEO X Magazine





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WHAT IS X MAGAZINE AGENCY?

X Magazine Agency is much more than just a magazine; we are an innovative marketing agency specialized in creating high-impact strategies for brands looking to stand out in the world of leisure and entertainment. With unique blend of creativity, strategic content, and media expertise, we help businesses connect with their audience in an authentic and effective way.

From restaurants and bars to gyms, boutiques, and nightclubs, at X Magazine Agency, we design tailored campaigns that enhance our clients' visibility. Through digital marketing strategies, social media management, print advertising, and exclusive events, we transform businesses into leading brands.

Our innovative and dynamic approach allow us to offer customised solutions for each client, ensuring a strong presence across both physical and digital platforms. We don't just tell stories - we create them. X Magazine Agency is your strategic partner in reaching new audiences and solidifying your brand in the entertainment and lifestyle

HOW WE WORK

At X Magazine Agency, we turn ideas into experiences. We develop marketing strategies that go beyond the conventional, combining engaging visual content, effective storytelling, and cutting-edge technology. Our team of experts in branding, graphic design, social media management, and advertising work to position every brand exactly where it deserves to be.

In addition to our digital campaigns, we continue to invest in print media as a powerful tool to reach an exclusive audience. With a strategic distribution network across key locations in Marbella and the Costa del Sol, we ensure that our clients achieve maximum visibility and recognition.





STRATEGIC ADVERTISING & DISTRIBUTION





At X Magazine Agency, we don't just create campaigns - we make sure they reach the right audience. Thanks to our extensive distribution network across luxury hotels,

covebeachresort

⊕ ≡



X MAGAZINE: OUR EXCLUSIVE PLATFORM

As part of our marketing tools, X Magazine is our premium print and digital magazine, designed to connect brands with an exclusive and high-end audience.

HOW IS IT PRINTED?

Each month, X Magazine comes to life with 15,000 copies printed using state-of-the-art technology, ensuring vibrant colours, flawless design, and engaging content. Our editorial team captures the best of leisure and entertainment, presenting high-quality experiences, interviews, and recommendations.

WHERE IS IT DISTRIBUTED?

The distribution of X Magazine is highly strategic, ensuring it reaches the most exclusive locations in Marbella and the Costa del Sol. You can find it at:

- Luxury hotels
- High-end restaurants
- Exclusive nightclubs and beach clubs
- Boutiques and premium venues
- Business receptions and VIP spaces

Additionally, X Magazine is available in digital format, extending its reach through our website, social media, and WhatsApp distribution campaigns, where we engage with over 46,000 active followers.



TOTAL BEACH EXPERIENCE

COCOA BEACH MARBELLA









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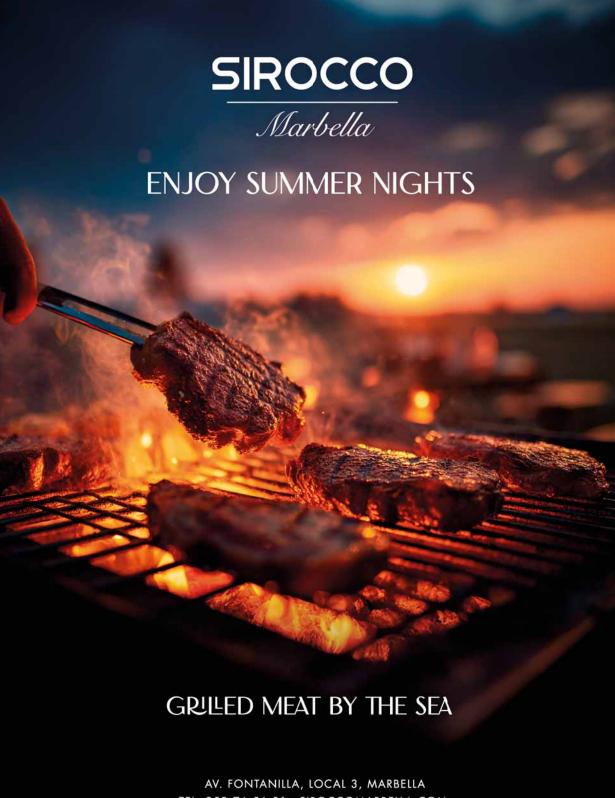
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INGREDIENTS

75gr Butter 500gr Leek 500gr Potatoes 1l Poultry Stock 250ml Cream Salt White Pepper

INGREDIENTES

75 gr de mantequilla 500 gr de puerros 500 gr de patatas 1 l de caldo de ave 250 ml de nata liquida Sal Pimienta blanca

Vichysoisse Soup

Directions

Clean the leek, make crossed cuts on the greener end, slice and rinse thoroughly in water. The soil can ruin any dish, thus the importance of cleaning. Clean, peel and chop the potatoes.

Sauté the leek in butter, making sure they stay white. When softened, add the potatoes and the stock. Season with salt and white pepper and leave to cook for 30 minutes. Grind and allow to cool down.

Once cold, sieve the \min along with the cream. Adjust seasoning if necessary, then serve.

Preparation Time | 1h Difficulty Level | Easy



Vichysoisse

Preparación

Limpiamos bien los puerros, haciendo incisiones en cruz en el extremo más verde y lavándolos generosamente bajo un chorro de agua. La arenilla puede estropear cualquier comida, así que conviene limpiarlos bien. Los cortamos en rodajas. También lavamos, pelamos y cortamos las patatas en trozos.

Rehogamos el puerro en la mantequilla, teniendo la precaución de que quede blanco, sin nada de color. Cuando esté blando añadimos las patatas y el caldo. Sazonamos (con sal y pimienta blanca molida) y cocemos durante media hora. Después lo trituramos y dejamos enfriar.

Una vez bien frío, lo pasamos por el chino junto con la nata. Rectificamos el sabor y lo servimos.

Tiempo de elaboración | 1 hora Dificultad | Fácil TAPEO SELECTO

LA TABERNA DEL PINTXO

MARBELLA CENTRO



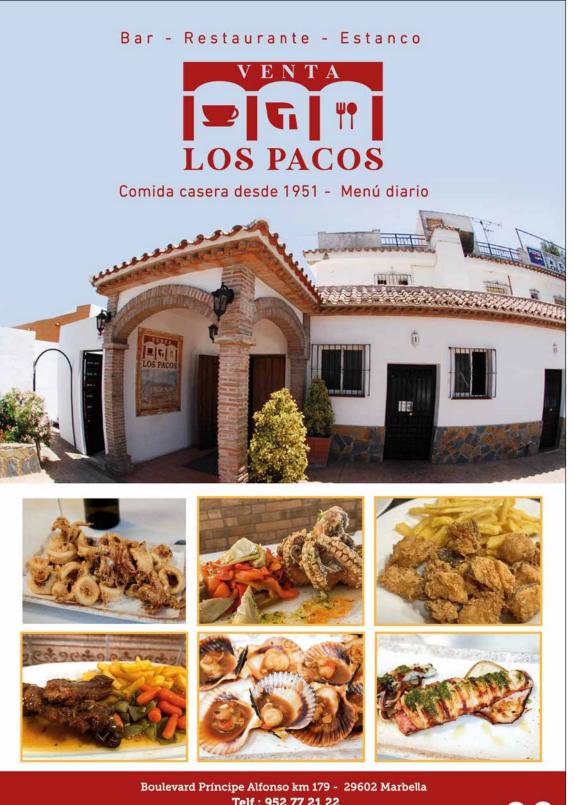






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X Magazine Distribution

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
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Concesionarios
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Rotonda C/ Ronda
Guadalmina

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ISDABE CC Diana

Estepona

El Paraiso
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

Fuengirola

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Big presenters

(1,20m presenter for 100 magazines)

La Cañada

Farmacia Benavista (Estepona)

Real Club de Padel Marbella

Oficinaa Turismo Banús

Barbulla

Los Currantes

Venta los Pacos

Palacio Congresos

Los Mellizos

Sirocco

Gallery

Panaderia Troyano

Cerrado del Aguila

Max Beach

Bono Beach

Simbad

40

Small presenters (30cm presenter for 30 magazines)

Hotel Benabola

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 Café y Magna Golf

Hammam Living Room

Mosh

Chelo Lebanese Restaurant

Besaya Beach Origen

Café de Ronda Frank's Corner

Piave

Casa Pablo

Vinacoteca La Cartuja

Oficina Casanis Sacristia

Kanaloa (Srocco)

Lamar

Matuya Sushi

Camaleon

La Lonja

Hacienda Patagónica Oficina Turismo Paseo

La Barca Lemmon

Taboo

Punto Faro L'Angolo

Buenos Aires

Cafeteria Manolo

Casa Curro / La Tienda

Moet Triple A Cascada Fantastic You

The Point

Opium Playa Padre (Oficina)

Motofusion **EACIS**

Body & Soul Poké Boulevard

Sansa **Pub Charles**

DOSS

Azza Cars

Bono Beach La Plage

Cocoa Beach

Max Beach Florida Beach

El Oceano

Simbad Tikitano

Vanity Restaurante Los Arqueros Golf

Chiringuito Paraíso DaBruno Express

МО Nomad Aüa Dune Barbillon Benisty Ichiban Ensue

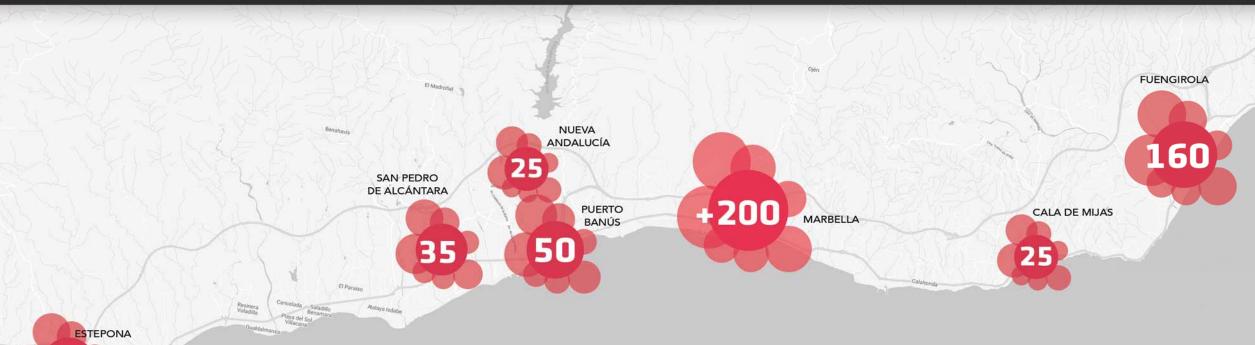
> Style Óbal Urban Hotel Six Barber Shop

La Pappardella Nintai

Aloha Barber Shop

Dental Mahfoud-Serrano Fitz Gala Balagan Japaneses Cake El Grifo Tango Banús

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SPORTS



BEAUTY



KNOWING WHEN TO EXECUTE A LOB IN PADEL

The lob is one of the most common and effective shots during a game, but, when should we best execute it? Many believe that they must hit a lob when they're not sure how to return the ball, and this is a mistake.

We must hit a lob when we have time to execute a performing shot, thus it is vital to use the back walls in order to gain extra time to play this shot. This is how we can execute performing shots, and the lob is one of them.

A badly executed lob will become an opportunity for our rivals to return it with a definite smash, or we'll simply fail by hitting it too far, and send it straight to the back wall.

Therefore, always remember to execute a lob when the ball comes easy, and you will increase your options to attack your rivals.

CUANDO USAR EL GLOBO EN PADEL

El globo es uno de los golpes más usados y efectivos que puede haber durante un partido, pero, ¿cuándo debemos realmente usarlo? Mucha gente piensa que el globo ha de usarse cuando no sabemos qué golpe ejecutar, y esto es un error.

Debemos jugar el globo cuando disponemos realmente de tiempo para poder ejecutar un golpe de calidad, por eso es vital usar las paredes de fondo para poder disponer de más tiempo para jugar dicho golpe.

Así es como podemos jugar golpes de calidad, y el globo ha de ser uno de ellos. Un mal globo se convertirá en una oportunidad para nuestros rivales de realizar un smash definitivo, o simplemente fallaremos en la profundidad de nuestro golpe, lanzándolo directamente a la pared de fondo.

Así que recuerda: usa el globo cuando dispongas de una bola realmente cómoda, y tus opciones para atacar a los jugadores de red aumentarán.





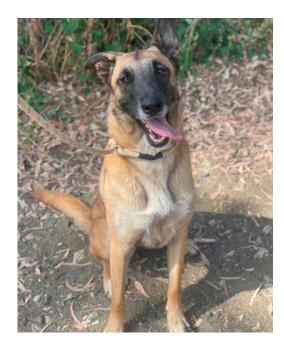




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KIRA

This gorgeous girl is the perfect dog. You read that right—she's a 10 out of 10!

Friendly, energetic, full of joy and good vibes. She loves people, inviting you to play, asking for belly rubs, going on long walks... And on top of all that, she gets along wonderfully with all kinds of dogs. She has lived with both males and females of various sizes and energy levels and always finds the right balance with her companions. She also rides perfectly in the car and "loves" going to the beach for a swim!

Although she's a large dog, she's not the calm type—her mix gives her plenty of energy and a lively spirit. Her future family will need to be prepared to invest time in her walks and meet her physical and mental needs.

Are you ready to be her lifelong adventure buddy?

Está preciosa chica es la perra perfecta. Como lo estáis leyendo, es una chica 10. Simpática, enérgica, llena de alegría y de buen rollo. Adora a la gente, invitarte al juego, que la rasques, que vayas de largas caminatas con ella... Pero es que además es una perra que se desenvuelve perfectamente con todo tipo de perro, ha convivido con machos y hembras de diferentes características y energías y siempre consigue encontrar el balance con sus compañeros. Además va estupendamente bien en el coche y jadora ir a la playa para meterse en el agual Aunque es de tamaño grande, no es una perra tranquila, su mezcla, le hace ser una chica con una gran energía y mucha marcha, así que su futura familia necesitará tener en cuenta que requerirá invertir gran tiempo en sus paseos y en adaptarse a sus necesidades físicas y mentales. ¿Te atreves a ser su compañero de aventuras para toda la vida?

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



BERTA

Berta has been with us for 3 years. She was picked up by Marbella's Animal Health Service without a microchip and with a clipped ear. According to the neighbors who called the authorities, Berta used to live in an apartment, but after her owner passed away, she sought shelter in another home. At first, Berta kept to herself in a corner, but those days are long gone—now she interacts with us and enjoys our affection. However, her relationship with other cats isn't great, so she'd do best as the only feline in her new home. If you're interested in meeting Berta and giving her a forever home, write to us!

Berta lleva con nosotros 3 años. Fue recogida por el servicio de Sanidad animal de Marbella sin chip y con un corte en la oreja. Según los vecinos que llamaron a Sanidad, Berta solía vivir en un apartamento, pero después de que su dueña falleciera, buscó refugio en otra vivienda. Al principio, Berta se mantuvo escondida en un rincón, pero eso ya quedó atrás y ahora se relaciona con nosotros y disfruta de nuestras caricias. Sin embargo, su relación con otros gatos no es buena, por lo que sería mejor que fuera el único felino en su nuevo hogar. Si estás interesado en conocer a Berta y brindarle un hogar, escríbenos.

¿Te atreves a ser su compañero de aventuras para toda la vida? **WWW.TRIPLEAMARBELLA.ORG**

If you want to become their new family, contact us! Si quieres ser su nueva familia, ¡escríbenos! gatos@tripleamarbella.org











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SUGARY OR "ZERO" SOFT DRINKS? WHAT SCIENCE SAYS (AND WHAT'S BEST IN SUMMER)

In summer, outings and social gatherings increase — and so does the consumption of refreshing drinks. Among the most common choices are soft drinks, which often raise a recurring question: Is it better to choose the sugary version or the "zero" one (sugarfree, with sweeteners)?

From the perspective of evidence-based nutrition, the answer is clear: The sugar-free version is the smarter option.

WHY?

Although sweeteners have been demonised on social media and in alarmist headlines, current scientific evidence shows they are safe when consumed within the recommended limits set by international bodies.

These limits, known as the Acceptable Daily Intake (ADI), are far above what people actually consume.

For example, aspartame has an ADI of 40 mg per kg of body weight. A 60 kg person would need to drink more than **13 cans of sugar-free soft drink per day, every day**, to even approach that threshold. For sucralose (ADI: 5 mg/kg), the required intake would also be extremely high.

Additionally, the adverse effects mentioned in some studies (such as metabolic disruptions or changes in gut microbiota) have mostly been observed in **animals or in vitro** – not in humans under real-life, moderate consumption conditions.

AND WHAT ABOUT SUGAR?

Sugary soft drinks provide a significant amount of **added sugars**, which increase the risk of cavities, weight gain, type 2 diabetes and cardiovascular disease.

They offer no essential nutrients and cause a **rapid spike in blood glucose levels**.

SO, CAN WE DRINK SUGAR-FREE SOFT DRINKS?

Yes.

In the context of a healthy lifestyle, "zero" drinks can be a better occasional alternative. Especially in summer, when socialising is part of wellbeing, this option allows us to enjoy without compromising metabolic health.

That said: they're **not water**, nor are they essential. Your base should still be **hydration through water** and eating nutrient-rich foods.

But if you're choosing between the sugary one and the sugar-free one... Go for the zero version — guilt-free and myth-free.*



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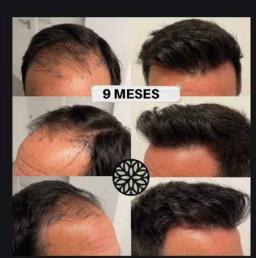
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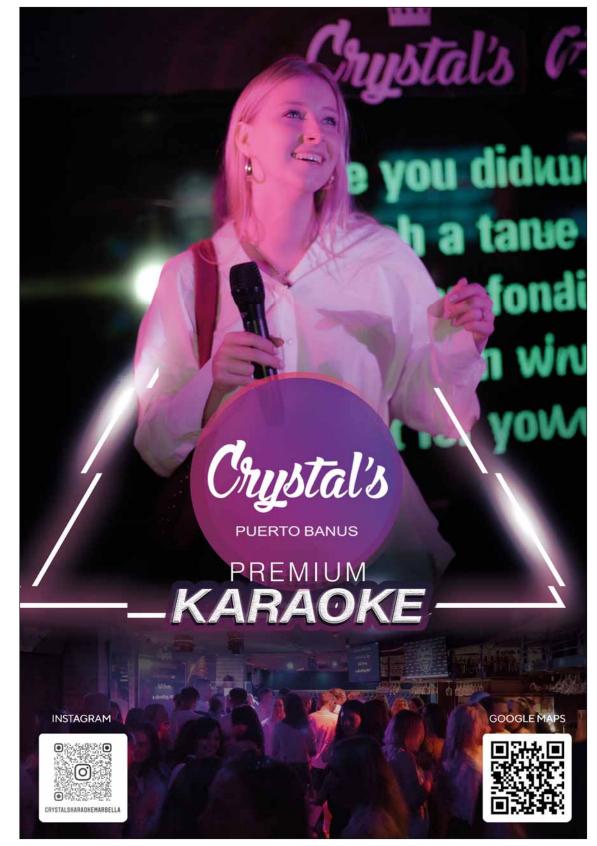




NIGHT







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TAMARA PEREAU

ACTRESS, DANCER AND PROFESSIONAL MODEL

Who is Tamara Pereau?

I was born in Málaga in the year 2000, to a Martiniquais mother and a Spanish father.

I'm a professional actress, dancer, and model. I graduated from the Málaga School of Dramatic Arts while working as a model and training as a dancer at the same time. Since I first experienced acting at the age of 16, I've devoted myself to art in all its forms.

How did you get started in the world of show events?

When I was 15, I joined a contemporary dance competition and exhibition group. That's where I discovered not only my love for dance, but more importantly, my passion for conveying emotions and telling stories through movement. I believe my training in acting was key to starting my career as a professional performer in the entertainment world. I began working as a dancer in Marbella with the Events Side B crew, a company with over 20 years of experience organising themed events. Thanks to the amazing opportunity they gave me and the trust they placed in me, I was able to boost my career and continue growing professionally in this incredible field.

From that moment on, my days became a ritual of rehearsals, makeup, hair, costumes, and the full staging process to deliver an unforgettable experience to the audience.

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

I couldn't be happier to be part of Grupo Mosh. This company truly stands out for the way it pays attention to every detail.

The shows at Grupo Mosh go beyond entertainment — they aim to create a unique connection with the audience, ensuring no one leaves unmoved. I also have to mention the amazing group of dancers I'm sharing this season with. My colleagues are not only top professionals, but more importantly, genuinely kind people. That's essential for making the team work. Humour is a key part of our day-to-day.

I'm eternally grateful for this season, surrounded by the best of friends.

What projects are you currently working on?

Continuing to grow and setting myself new challenges is what keeps my art alive. That's why this year I've started working with fire for the first time. I've achieved things I never thought I'd be capable of—and I never imagined I'd be putting fire on my skin!

I plan to keep training in both dance and acting in Madrid. I'm excited for all the good things I know are coming my way, because I'll keep working hard to make them happen.

What do you love most about your profession?

For me, art is what moves the world. I can't imagine life without art, without stories, without dance, cinema, music or theatre.

What I love most about my profession is the ability to transmit emotions. Connecting with people — and with yourself. Reaching places you didn't even know existed. Exploring, creating, changing, making mistakes, and starting over.



There are many ways to dance. It's not always about having perfect technique. For me, it's far more important to reach people's souls. Whether I'm dancing on stage or painting on a blank canvas — that's what matters most.

What is a typical day like for you when you're not working?

In my everyday life, I enjoy the simplest things. Spending quality time with my partner, family, and friends. I try to use my free time to experience new things, like travelling and discovering new places — always surrounded by the people I love the most.

What do you think of X Magazine?

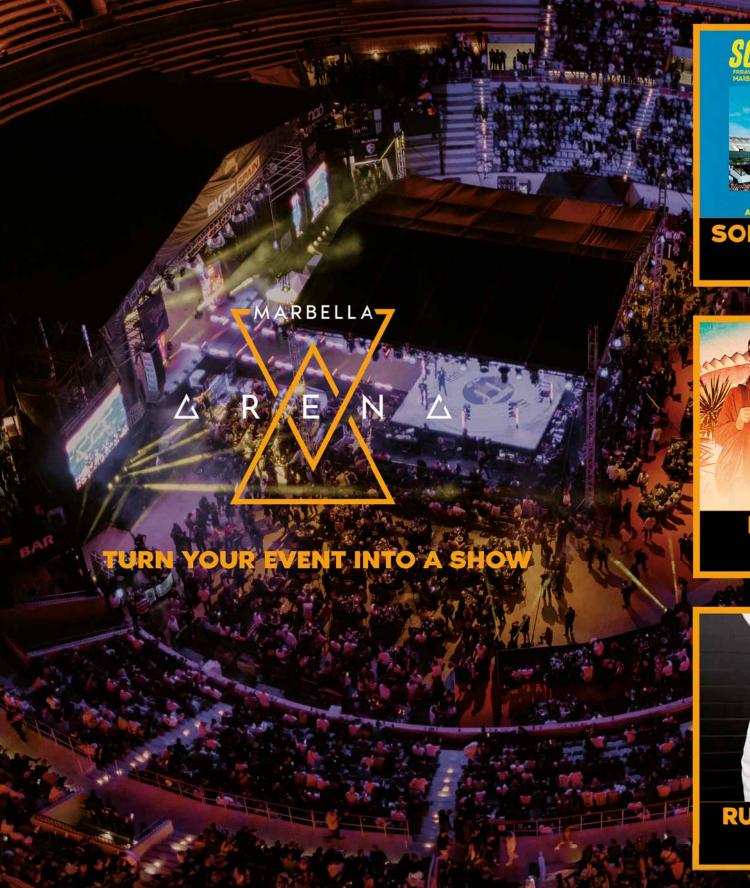
X Magazine is the best. For years, I've been able to discover all the best places of interest in Marbella through its pages.

My colleagues and I always get excited when we see ourselves in the photos. It's a way of seeing our work reflected in print. The photographs they've taken of us over the years are beautiful memories we'll treasure for life.

I'll always have a special place in my heart for this magazine, and I'm so grateful to be part of it once again through this interview.

Xavi Márquez CEO X Magazine







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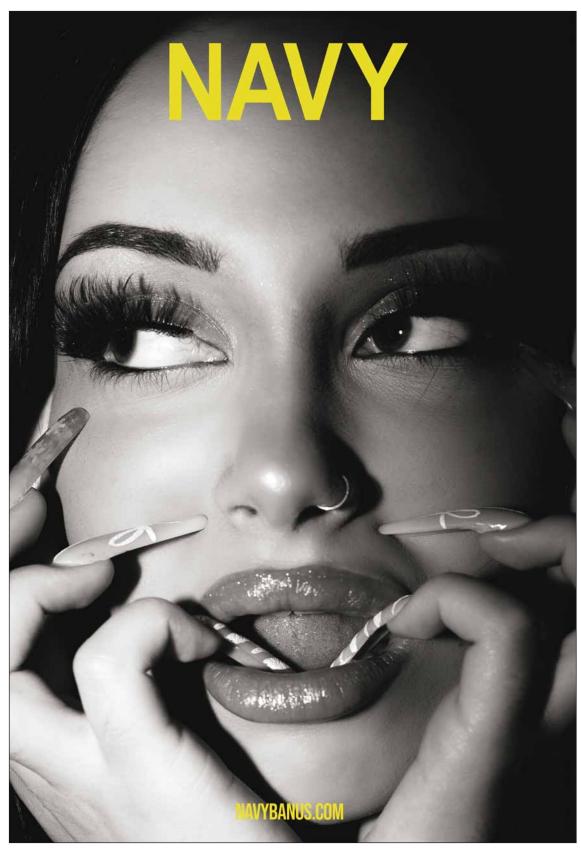


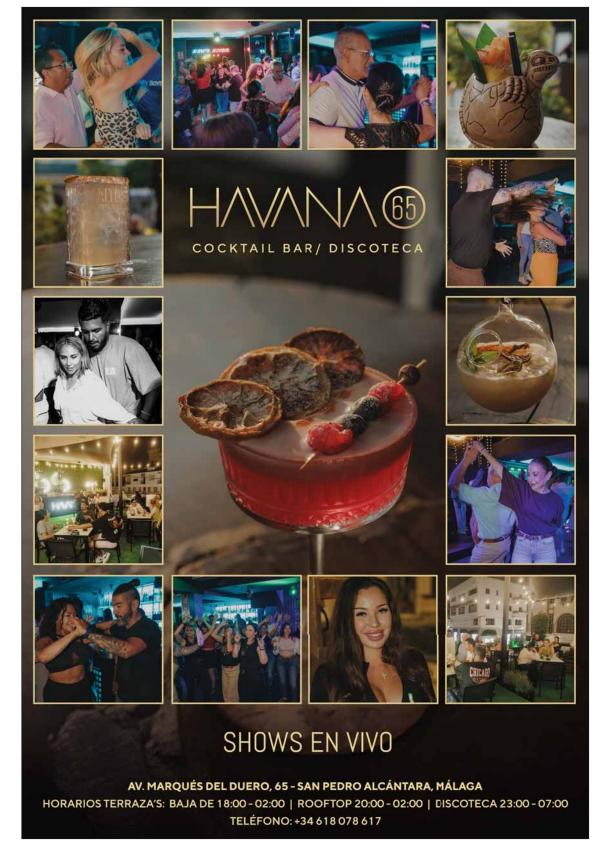


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JUAN CARLOS BENÍTEZ MARTÍN

HUMAN RESOURCES DIRECTOR AT GRUPO MOSH

Who is Juan Carlos Benítez Martín?

I'm passionate about Human Resources, born in Málaga, and my journey has been shaped by curiosity, adaptability, and constant learning. Over the years, I've lived in diverse places like Madrid, New Delhi, Rome, and Leeds, which has given me a deeply valued multicultural perspective. I hold a Law degree, but I found my true calling in the field of HR, where I've been building my career for over a decade, mainly within strategic marketing and hospitality sectors.

How did you start out in administration?

It happened almost by chance. In 2012, I was offered a temporary role to cover maternity leave in the Human Resources department of the company I was working for. At first, I saw it as a short-term opportunity, but I immediately felt a deep connection with the field. I discovered that it was about much more than just "managing people": it was about designing strategies, resolving conflicts, optimising structures, and actively contributing to the company's culture. Since then, I haven't wanted to do anything else.

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

Working at Grupo Mosh is as intense as it is rewarding. It's a company in constant motion, always evolving, with a very dynamic and creative approach to the hospitality sector. What I value most is the team spirit, the culture of innovation, and the refreshing energy that runs through every corner.

I remember one time, during peak season, when we had to assemble several new teams in record time for the opening of a new venue. Thanks to the coordination and commitment of the HR team, not only did we pull it off — we exceeded the client's expectations. That adaptability and quick response are part of Mosh's DNA.

What projects are you currently working on?

At the moment, I'm involved in several strategic projects within the group, including the opening of a new venue. One major initiative is the implementation of an integrated talent management system that will help us not only attract but also retain top talent.

I'm also working on redefining internal communication processes between departments, aiming to boost operational efficiency. And of course, I'm focused on developing and closely monitoring personnel budgets — a key factor for maintaining sustainability in such a fast-paced industry.

What do you love most about your profession?

What I love most is seeing how a strong HR strategy can transform a company. It drives me to know that through my work, I can improve people's day-to-day experiences, promote healthier and more productive work environments, and directly contribute to business outcomes.

I especially enjoy designing structures and processes that work — ones that are useful and create real value for both teams and the organisation.



What is a typical day like for you when you're not working?

When I'm not working, I try to disconnect and focus on the things that recharge me: spending time with family, getting away into nature, or simply reading a good book.

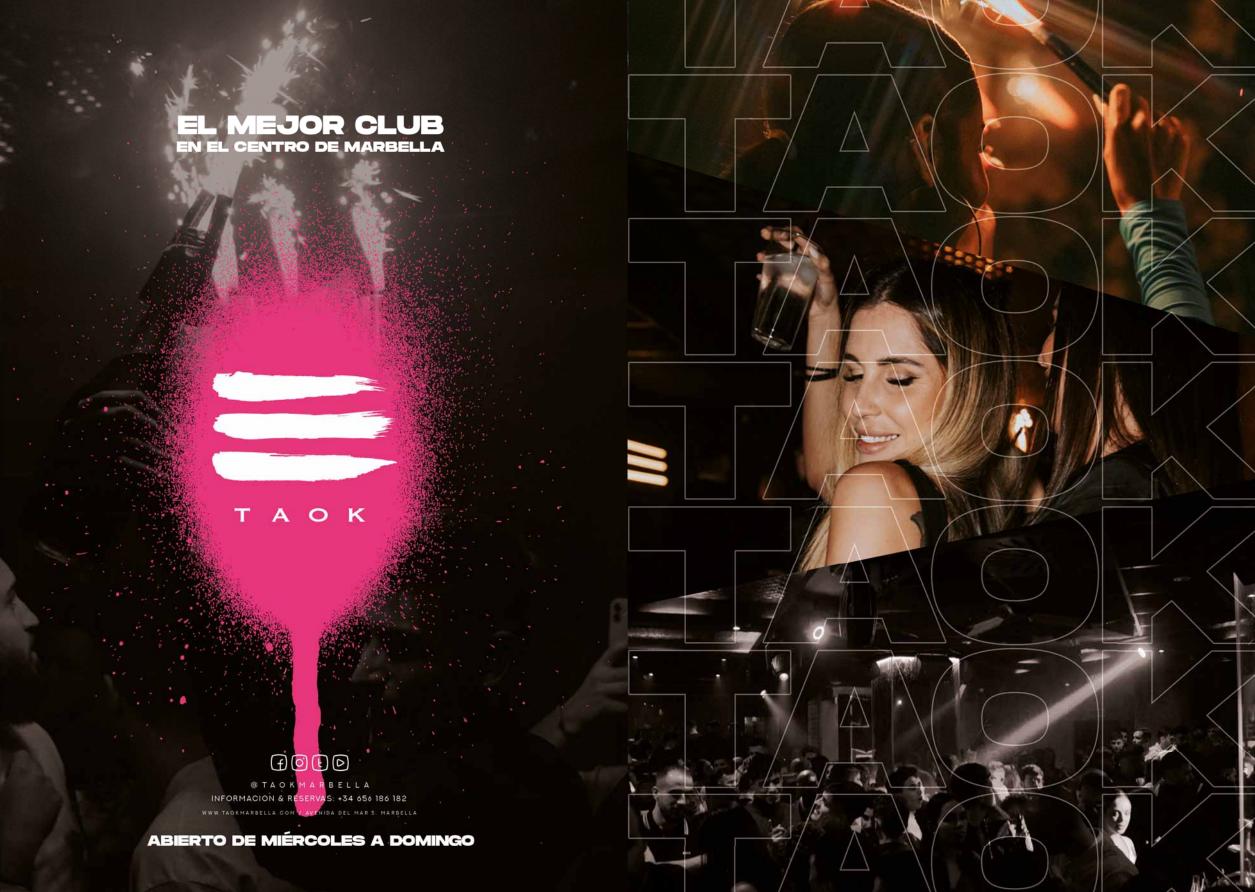
I'm also very passionate about gastronomy, so discovering new restaurants or experimenting in the kitchen are small pleasures that help me balance the pace of my work life. I also always try to make time for learning — whether through a course or simply by listening to an interesting podcast.

What's your opinion of X Magazine?

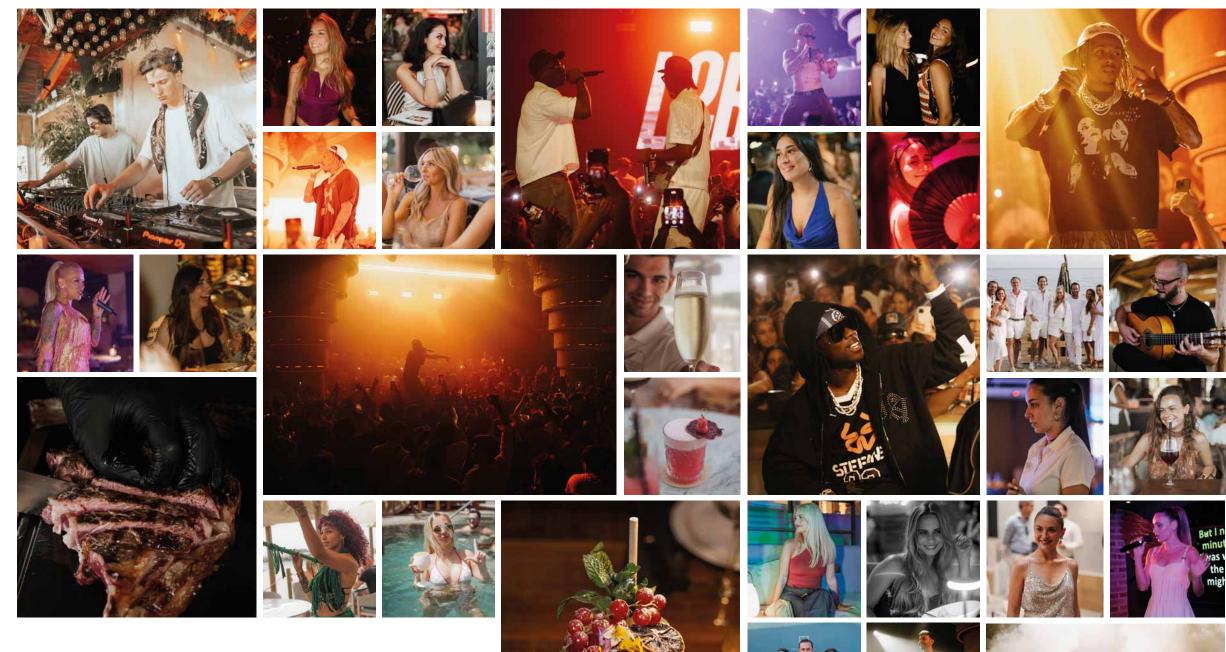
I think X Magazine is a fresh and engaging platform with a unique perspective, very in tune with current trends. I especially appreciate its ability to give a voice to professionals from different sectors and to showcase the more human side of each story.

It's an ideal outlet for sharing experiences, inspiring others, and sparking conversations around talent, innovation, and creativity.

Xavi Márquez CEO X Magazine







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- 4 ALEX WANN X LA MISA
- 5 SOSA & ART NO LOGIA
- 9 LENNY TAVAREZ X PERREOLAB
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