



# MAGAZINE

AGENCY

Nº 157 | YEAR XIII SEPTEMBER '25  
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# Frou Frou

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**Villa Oak** is an extraordinary retreat where architectural brilliance seamlessly harmonizes with the splendor of nature. Nestled in the heart of a serene cork-oak forest within the prestigious Altos de Valderrama, this exceptional estate stands as a testament to meticulous design and natural beauty.

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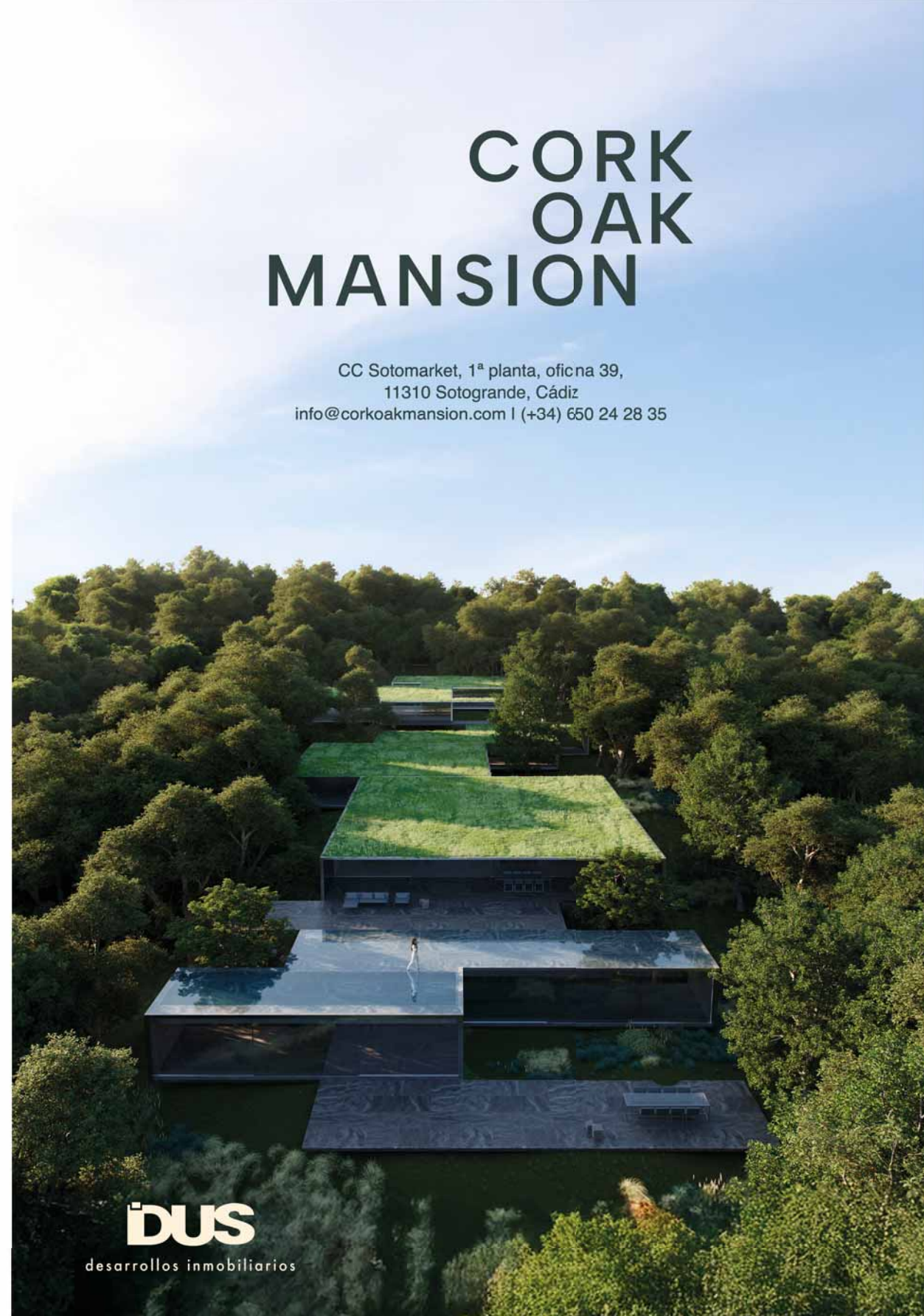
This villa embraces zero energy consumption without compromising comfort or luxury. Designed to integrate nature and open spaces, it aims to virtually eliminate environmental impact. Powered entirely by renewable energy, including a geothermal system, solar panels, and battery storage, it meets all energy needs and the equivalent of 60,000 km of electric car usage annually. These sustainable features are achieved without sacrificing aesthetics, high-quality materials, or exclusivity.



1.742m <sup>2</sup> Built	4.047m <sup>2</sup> Plot	8 Bedrooms	8 Bathrooms
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**KERY  
SANKOH**



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Dear readers,

This month we invite you to discover Aquí Te Quiero Ver, a true Marbella beach classic since 1977. With the sea as your backdrop, your feet in the sand and an atmosphere that breathes relax, this chiringuito is a symbol of the Costa del Sol.

From its Russian salad and sardine skewers to the traditional fried fish, Andalusian-style calamari or seafood paella, every dish is full of Mediterranean flavour. Not to be missed are the grilled octopus or fried anchovies, perfect for sharing by the sea.

A place where time stands still, the sea is always close and every visit feels like a holiday. A must for those who love good food by the beach!

Estimados lectores,

Este mes os invitamos a descubrir Aquí Te Quiero Ver, un clásico de la playa de Marbella desde 1977. Con el mar de fondo, los pies en la arena y un ambiente que respira relax, este chiringuito es todo un símbolo de la Costa del Sol.

Desde su ensaladilla rusa y los espetos a la brasa, hasta la fritura malagueña, el calamar a la andaluza o la paella de marisco, cada plato sabe a tradición y Mediterráneo. No faltan delicias como el pulpo a la brasa o los boquerones fritos, ideales para compartir frente al mar.

Un lugar donde el tiempo se detiene, el mar se disfruta de cerca y cada visita sabe a vacaciones. ¡Un imprescindible para quienes aman el buen comer junto a la playa!

Xavi Márquez  
CEO X Magazine



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**PULPO A LA PLANCHA CON PURÉ DE PATATAS**  
Y PIMIENTON DE LA VERA  
GRILLED OCTOPUS WITH POTATO PUREE AND  
PIMIENTON DE LA VERA (SMOKED PAPRIKA)



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## BARBILLON MARBELLA, UNO DE LOS MEJORES BEACH CLUB Y RESTAURANTES DE LA COSTA DEL SOL



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 m<sup>2</sup>, 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.

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# SERGEY YURCHYSHYN

CHEF AT BULLDOZER GRUP

## Who is Sergey Yurchyshyn?

My grandmother was a chef and dedicated her entire life to cooking. I learned from her as a child. At 15–16 years old, I joined the kitchen of my first restaurant, Bulevar Group, in my hometown of Odesa. That's where I was taught, given the opportunity to grow, and began my career as a Head Chef.

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

I was inspired by the moments when guests tasted the food and truly enjoyed it. I admired French chefs, especially Paul Bocuse. I studied a lot of foreign culinary literature and applied it in practice. Growing up in a coastal city like Odesa, I had access to fresh fish and seasonal vegetables from a very young age, which awakened my love for ingredients and experimenting with flavors and techniques.

## What can you tell us about your work at Bulldozer Group?

I've been working with Bulldozer Group for about 12 years, and during this time I've opened more than 25 projects worldwide. I took part in the launch of restaurants with diverse concepts: from ICHU Peru in Hong Kong with Virgilio Martínez to projects in Paris, Dubai, London, Azerbaijan, Kazakhstan, and Ukraine. My daily work focuses on overseeing flavors and balance in dishes, as well as ensuring product quality. Even small details, such as the temperature of a tomato, matter — cuisine depends on many nuances that require constant attention.

## What projects are you currently working on?

Right now, my main focus is the restaurant Frou-Frou in Marbella, Eva in Estepona and the launch of the Italian project La Baia in Paris. After these openings, my attention will shift to the United Arab Emirates, where I'll be creating a new seasonal menu for the Dubai projects.

## What do you love most about your profession?

I enjoy moving between countries, meeting new people and chefs, building and training teams, and creating new kitchens. I pay great attention to kitchen design, menu and concept development, and the choice of tableware — often handmade. This is the most exciting, adrenaline-filled part: seeing ideas come to life. And the opening moment, when guests react with enthusiasm, is a true “wow” and the greatest satisfaction. Of course, having a team that shares my vision and tastes is fundamental.



Photos by Oscar Viedma Morales

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

In my free time, I prefer being with my family. I have three children — twins and a younger son. I try to instill good taste in them, develop their culinary skills, and we cook together at home. I love active leisure: sailing, sports, cycling, running. My children are judo champions, and sometimes they say they want to be chefs like me.

## What do you think of X Magazine?

I believe this magazine has great value in sharing information about new businesses and talents. It highlights both new openings and established projects, serving as a guide for people who arrive in Spain and want to navigate the gastronomic and cultural scene. I'm glad such a magazine exists in the Spanish market. Moreover, X Magazine inspires with its mission to unite the community and shape a modern vision of gastronomy and lifestyle.

Xavi Márquez  
CEO X Magazine





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# RAQUEL PÉREZ

HUMAN RESOURCES IN GRUPO MOSH

## Who is Raquel Pérez?

I am from Marbella and I work in Human Resources. Although I studied Tourism and Hotel Management, over time I discovered that what truly inspires me is working with people, especially from the internal side of management. Currently, I am building my career in the administrative area of HR, a fundamental part that not only ensures all processes are in order, but also allows the team to have everything they need to focus on their work efficiently and calmly. I love being able to contribute in this way, combining management, structure, and a close approach that promotes organizational well-being.

## How did you start in the world of Human Resources?

I started working in hotels, in reception and customer service, and from there I realized the importance of having strong teams behind every experience. Seeing how good internal management influences the final result made me interested in the "behind the scenes." So I decided to train in Human Resources and, since then, I haven't stopped learning and growing in this field.

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

My day-to-day at Grupo Mosh is very connected to the administrative side of HR: contracts, onboarding, offboarding, documentation, coordination with other departments... It's very detail-oriented work, but also very rewarding. What I like the most is knowing that, even if my role is not always visible, it helps everything run more smoothly and ensures the team has what they need to work comfortably.

## What projects are you currently working on?

Right now, we are very focused on improving internal processes. We are digitalizing a lot of documentation and looking for ways to make procedures faster and simpler. The idea is for both the company and employees to have everything more accessible and clear, which ultimately translates into fewer complications and more time for what truly matters.

## What do you enjoy most about your profession?

Without a doubt, the human factor. Although my work is strongly tied to administrative tasks, there is always a person behind every process: someone starting a new challenge, needing a quick solution, or simply looking for support. Knowing that what I do contributes to the team's well-being motivates me. That balance between order, responsibility, and closeness to people is what makes me truly enjoy my profession.

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

When I'm not in the office, I try to disconnect completely. I love being near the sea, going for walks, doing sports, or escaping to a quiet place. I spend a lot of time with my family, partner, and friends, and whenever I can, I try to travel, even if it's just a short getaway. I believe those moments of disconnection are key to coming back with fresh energy.

## What do you think about X Magazine?

I love it. It's a magazine that goes beyond the surface and gives space to real stories that people can relate to. I find it very enriching to read experiences from professionals in different fields; you always come across something that inspires you or makes you reflect.

GRUPO  
MOSH



## ¿Quién es Raquel Pérez?

Soy de Marbella y me dedico a los Recursos Humanos. Aunque estudié Turismo y Dirección Hotelera, con el tiempo descubrí que lo que realmente me apasiona es trabajar con personas, sobre todo desde la parte interna de la gestión. Actualmente desarrollo mi carrera en el área administrativa de RRHH, un ámbito esencial que no solo asegura que todos los procesos estén en orden, sino que también permite que el equipo tenga lo necesario para concentrarse en su trabajo de forma eficiente y tranquila. Me encanta poder aportar desde allí, combinando gestión, estructura y un trato cercano que favorece el bienestar organizacional.

## ¿Cómo empezaste en el mundo de Recursos Humanos?

Empecé en hoteles, en recepción y atención al cliente, y desde ahí fui entendiendo la importancia de tener buenos equipos detrás de cada experiencia. Ver cómo una buena gestión interna influye en el resultado final me hizo interesarme por el "detrás de cámaras". Así que decidí formarme en Recursos Humanos y, desde entonces, no he parado de aprender y crecer en este campo.

## ¿Qué nos puedes contar sobre tu trabajo en Grupo Mosh?

Mi día a día en Grupo Mosh está muy ligado a la gestión administrativa de RRHH: contratos, altas, bajas, documentación, coordinación con otros departamentos... Es un trabajo muy detallista, pero también muy agradecido. Lo que más me gusta es saber que, aunque mi labor no siempre se vea, ayuda a que todo funcione mejor y que el equipo tenga lo que necesita para trabajar a gusto.

## ¿En qué proyectos trabajas actualmente?

Ahora mismo estamos muy centrados en mejorar procesos internos. Estamos digitalizando bastante documentación y buscando maneras de hacer las gestiones más rápidas y sencillas. La idea es que tanto la empresa como los empleados lo tengan todo más accesible y claro, lo cual al final se traduce en menos complicaciones y más tiempo para lo importante.

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

Sin duda, el factor humano. Aunque mi trabajo está muy ligado a la parte administrativa, siempre hay una persona detrás de cada gestión: alguien que empieza un nuevo reto, que necesita una solución rápida o que simplemente busca sentirse respaldado. Me motiva saber que, con lo que hago, estoy contribuyendo al bienestar del equipo. Esa combinación entre orden, responsabilidad y cercanía con las personas es lo que realmente me hace disfrutar de mi profesión.

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

Cuando no estoy en la oficina, intento desconectar del todo. Me gusta estar cerca del mar, pasear, hacer deporte o escaparme a algún sitio tranquilo. Paso mucho tiempo con mi familia, mi pareja y mis amigos, y siempre que puedo, intento viajar, aunque sea una escapada corta. Creo que esos momentos de desconexión son clave para volver con energía.

## ¿Qué opinas de X Magazine?

Me encanta. Es una revista que va más allá de lo superficial y da espacio a historias reales, con las que te puedes sentir identificado. Me parece muy enriquecedor leer experiencias de profesionales de distintos sectores, siempre encuentras algo que te inspira o que te hace reflexionar.

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 industry.

## 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.

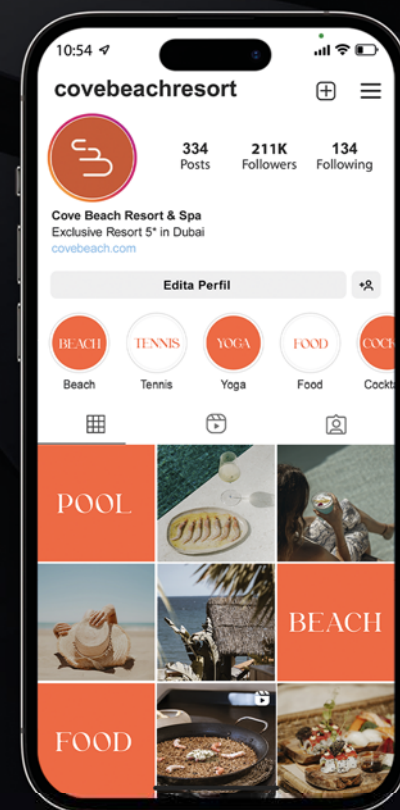
In addition to our digital campaigns, we continue to invest in print media as a powerful tool to reach an exclusive audience. With a strategic distribution network across key locations in Marbella and the Costa del Sol, we ensure that our clients achieve maximum visibility and recognition.



## 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, prestigious restaurants, and exclusive clubs, we guarantee that every message reaches the right environment.

We also leverage digital channels such as social media, email marketing, and WhatsApp marketing, where we have over 46,000 active followers. Through targeted strategies, we ensure that every campaign achieves the desired reach and impact.



## 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.



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#### INGREDIENTS

Red Pepper Oil  
50ml Extra virgin olive oil  
1 small spoon of Spanish red pepper powder

Potato emulsion  
400gr potatoes  
150ml milk  
1 small spoon of salt  
200ml cream for cooking

Octopus  
1 cooked octopus leg

#### INGREDIENTES

Para el aceite al pimentón.  
50 ml de AOV extra  
1 cucharadita de pimentón

Para la crema de patata:  
400 g. de patata  
150 ml. de leche  
1 cucharadita de sal.  
200 ml. nata ( para cocinar )

Para el pulpo.  
Una pata de pulpo cocido

#### Octopus on potato emulsion

##### Directions

##### - Red Pepper Oil

Warm the olive oil in a saucepan at medium-heat. Then add the red pepper powder, mix, and let blend. Remove the saucepan from the heat and let the oil acquire the flavour and colour of the red pepper. Finally leave to cool down.

##### - Potato Emulsion

Peel, wash, and cut the potatoes, then place it in a saucepan along with the milk and salt, and leave to cook.

Grind the whole with a mixer until achieving a soft cream texture without lumps. Add the cream and blend with the mixer.

##### - Presentation

Add a spoonful of red pepper oil to the bottom of the jar/shot-like recipient. Then add on top of the oil a spoonful of potato emulsion. Cut the octopus in small pieces, add a pinch of salt, and finally place a small portion of octopus on top of the potato.



#### Emulsión de patata con pulpo

##### Preparación

##### El aceite al pimentón

- Ponemos el aceite en un cazo a fuego medio. Cuando esté caliente, añadimos el pimentón, removemos y reservamos. Retiramos el cazo del fuego y dejamos que el aceite tome el sabor y color del pimentón. Dejamos enfriar.

##### La crema de patata.

- Pelamos las patatas, las lavamos, cortamos y las ponemos en una cazuela junto con la leche y la sal. Dejamos que las patatas se cuezan. Trituramos enérgicamente con la batidora o cualquier robot de cocina para formar una crema suave y sin grumos. Añadimos la nata y volvemos a batir para que la nata se integre.

##### Para montar el chupito

Ponemos una cucharadita de aceite de pimentón en el fondo del chupito. Sobre el aceite, colocamos una cucharadita de crema de patata. Cortamos el pulpo en cachitos pequeños, ( mejor si la pata de pulpo no es muy grande ), ponemos un pelín de sal y lo colocamos encima de la crema de patata.



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Modern technologies are important, but **manual massages** remain essential for health, balance, and overall well-being. At Fantastic You, we offer a wide range of massages, including sports massage to relieve muscle fatigue and aid recovery after intense workouts. Our physiotherapist also provides specialized treatments to accelerate rehabilitation after injuries, helping your body regain strength and energy.

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PADEL TIPS

## TIPS TO IMPROVE YOUR BANDEJA OR TRAY SHOT

During a padel point, one of our main objectives is to get to the net in order to develop a more aggressive game. However, at the same time, our rivals will try to take us far from the net to counterattack, usually with a lob.

This is why the Bandeja was developed in padel. It's a shot to recover the net, and is used against a lob. Even though it won't let us achieve the point, it will save us from moving away from the net towards the back of the court. When used correctly, it's one of the most used shots in padel, so it is convenient to remember the following tips:

- Stand sideways to the ball when about to receive the lob
- Keep your elbow up at shoulder-level and make sure to draw a 90 degrees-angle when lifting your arm.
- Hit the ball at head-level and far enough from yourself so that your arm is extended on the right (or left if you're left-handed).
- Your movement must be wide with your arm towards the front, to lead the ball so that it is sent back in depth.
- At impact, your racquet should be slightly open to emulate a cutting effect, descending gradually as we hit the ball.
- The Bandeja is a control shot. Don't use more than 60% of your strength when hitting the ball.

Above all, a good Bandeja must give you enough time to go back to your optimal net position.

## CONSEJOS PARA MEJORAR TU "BANDEJA"

Con bastante frecuencia sucede que cuando estamos jugando desde la zona de defensa, los jugadores de la

Durante un punto de pádel, uno de nuestros objetivos principales será lograr alcanzar la red para poder desarrollar un juego más agresivo. Pero igualmente, nuestros rivales intentarán desplazarnos lejos de ella para poder contraatacar, utilizando normalmente el globo.

Es por esta razón que nace la "bandeja" en el pádel. Es un golpe de recuperación de la red utilizado para la devolución de un globo. Aunque no nos permite acabar el punto, nos evita desplazarnos al fondo de la pista.

Utilizado correctamente, es uno de los golpes más usados en pádel, por ello es conveniente recordar los siguientes puntos:

- Colócate de lado cuando vayas a recibir el globo.
- Eleva tu codo hasta la altura del hombro y asegúrate de dibujar un ángulo de 90 grados levantando el brazo.
- Impacta la bola a la altura de tu cabeza y lo suficientemente lejos de ti como para que tu brazo esté extendido hacia la derecha (izquierda si eres zurdo).
- Realiza un movimiento amplio con tu brazo hacia delante para acompañar la bola de manera que ésta vuele con profundidad.
- En el punto de impacto, mantén la pala ligeramente abierta para poder conseguir un efecto cortado, descendiendo a medida que vayamos a impactar la bola
- La bandeja es un golpe de control. Utiliza un máximo del 60% de tu fuerza en el golpe.
- Por encima de todo, una buena bandeja debe ofrecerte el tiempo suficiente para recuperar tu posición óptima de red.



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**CANELA**

Canela is a dog who was abandoned by her family at the shelter. She truly is a human's best friend: she adores and seeks out human company, loves playing with volunteers, and forms strong bonds with the people who spend the most time with her, such as staff members. For dogs like her, living in a shelter can be especially difficult. Due to her attachment to humans, in her future home she will need guidance to manage her "over-attachment" to family members, as this could become stressful for both her and her new family. Canela lives with other dogs, both males and females, and is very sociable with them, although she prefers to eat alone.

Do you want to be her family forever? Help her feel at home again.

Canela es una perra que fue abandonada en el refugio por su familia. Realmente es la mejor amiga del humano: adora y busca la compañía de las personas, le encanta jugar con los voluntarios y forma vínculos fuertes con quienes más tiempo pasan con ella, como los empleados. Para perros como ella, vivir en un refugio puede ser especialmente difícil. Debido a su apego hacia las personas, en su futura casa será necesario trabajar el "hiperapego" hacia los miembros convivientes, ya que esto podría generar estrés tanto para ella como para su familia. Canela convive con otros perros, machos y hembras, y es muy sociable con ellos, aunque prefiere comer sola.

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**TIGRE**

Tigre is a tabby cat who arrived at the shelter on July 19, 2023, without a microchip and is approximately 2 years old. He is playful and full of energy. Tigre is selective with other cats and does not get along with all of them. He is territorial and interacts better with calm female cats than with males. With humans, Tigre is affectionate and enjoys attention, but he is also very clear when he needs space—and he will let you know if you do not respect it. His unique personality makes him a special companion for those who understand and respect his boundaries. If you are looking for a cat with character, Tigre is the right choice! Adopt him and give him the chance to be part of your family.

Tigre es un gato atigrado que llegó a la protectora el 19 de julio de 2023, sin chip y con aproximadamente 2 años de edad. Es juguetón y lleno de energía. Tigre es selectivo con las compañías gatunas y no se lleva bien con todos los gatos. Es territorial y se relaciona mejor con gatas tranquilas que con machos. Con los humanos, Tigre es cariñoso y disfruta de las atenciones, pero también es muy claro cuando necesita su espacio, y si no lo respetas, te lo hará saber. Su carácter único lo convierte en un compañero especial para quienes entienden y respetan sus límites. Si buscas un gato con personalidad, ¡Tigre es el indicado! Adóptalo y dale la oportunidad de ser parte de tu familia.

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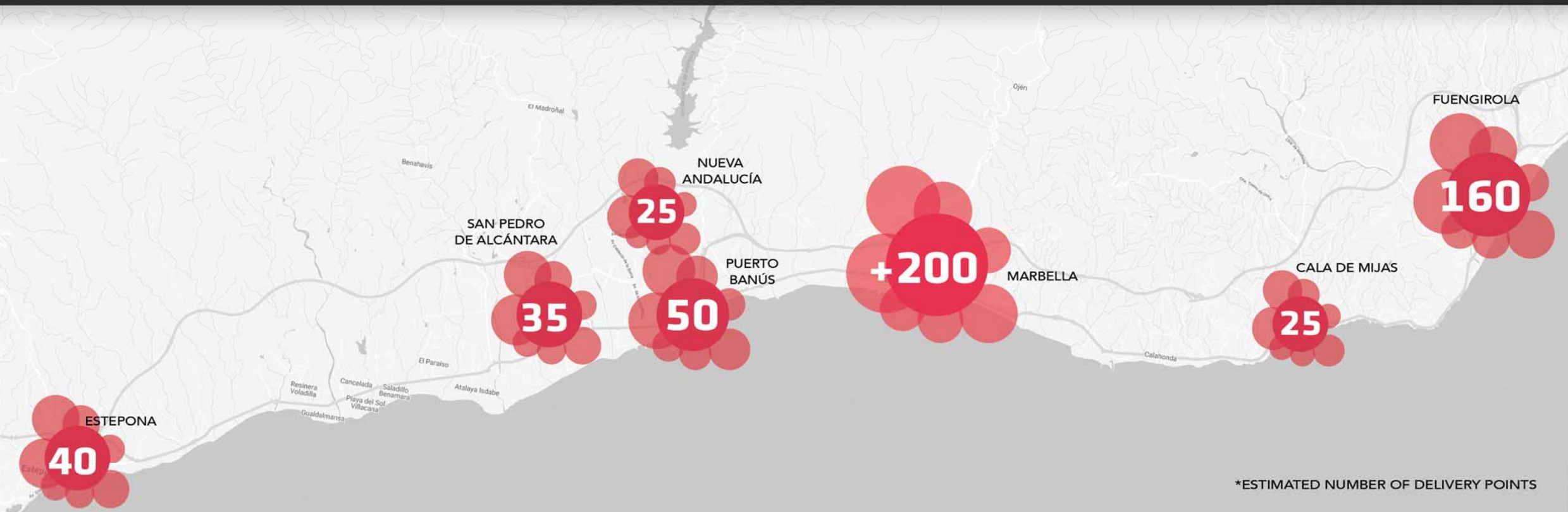
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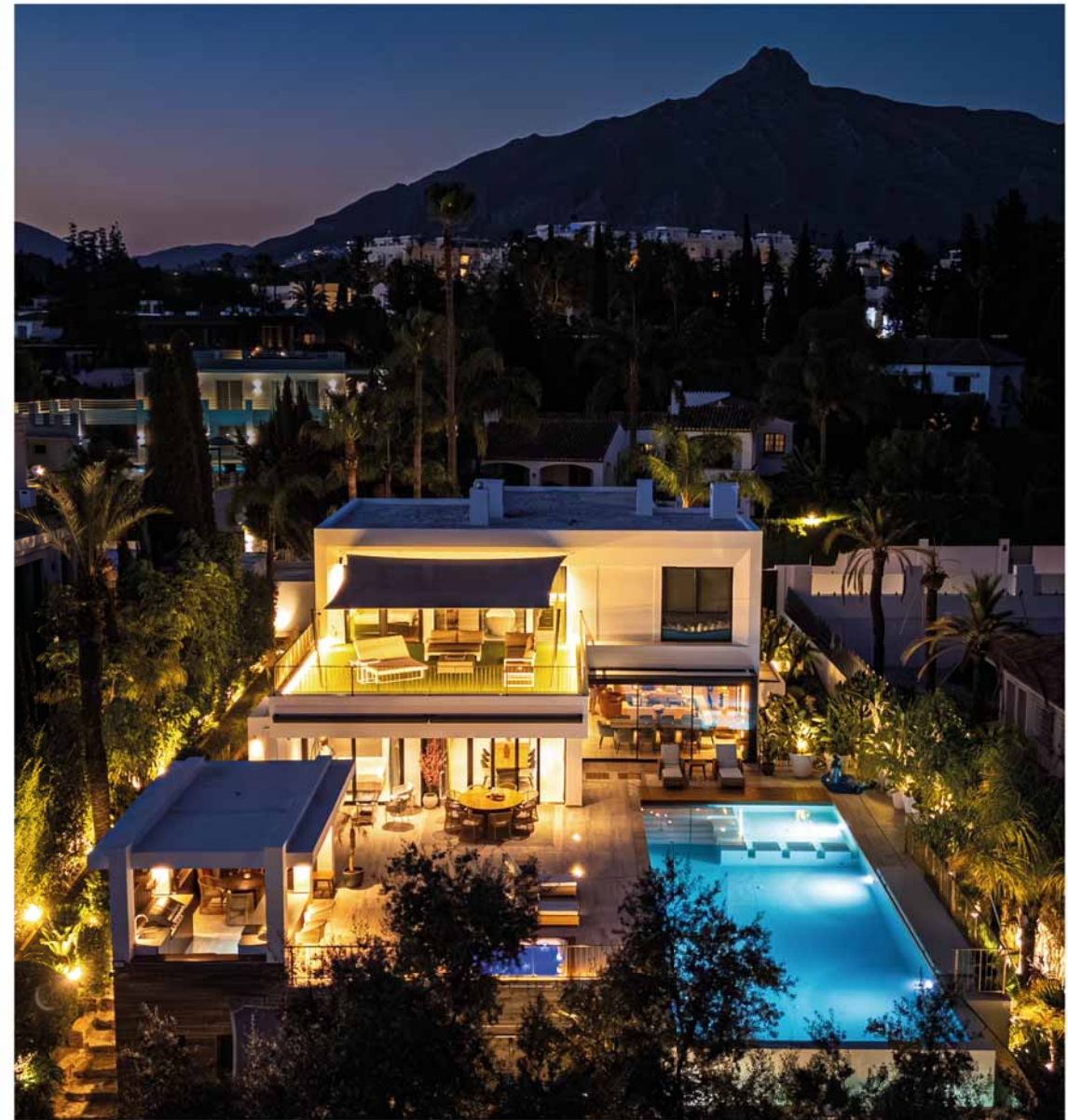


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#### EAT ACCORDING TO YOUR BIOLOGICAL CLOCK: HOW TO APPLY CHRONONUTRITION WHEN RETURNING TO ROUTINE

September often marks a turning point: we return to work, school, and fixed schedules. For many, it feels like the real start of the year. And although “getting back on track” is usually associated with adding more vegetables, quality protein, and fewer ultra-processed foods to the plate, we rarely stop to think about **when** we eat. Yet science has shown that meal timing is just as important as food quality.

This approach is known as **chrononutrition**, a discipline that combines nutrition, physiology, and chronobiology to study how the timing of meals influences metabolism, hormones, and overall health.

##### The Internal Clock That Guides Your Metabolism

Our bodies don't work the same way at all hours. They're regulated by biological clocks: one central clock in the brain, and others distributed in organs like the liver, gut, and fat tissue. These clocks set the rhythms for digestion, glucose regulation, hormone production, and even how we store energy.

##### Eating in Sync With the Day

In the morning and midday, your metabolism is more “awake.” Cortisol helps mobilize energy, insulin works more efficiently, and digestive enzymes are at their peak. At night, however, melatonin rises to prepare for sleep, digestion slows, and the body struggles to process excess calories.

This explains why eating breakfast and lunch earlier — and having a light, early dinner — is linked to better weight control, lower risk of diabetes, and fewer cardiovascular issues.

#### How to Apply Chrononutrition

##### 1. Eat an early, complete breakfast

Aim for 7:00–8:00 a.m., representing about 30% of your daily intake. Combine complex carbs (whole-grain bread, oats), protein (eggs, fermented dairy, canned fish), healthy fats (olive oil, avocado, nuts), and fresh fruit.

##### 2. Stick to regular meal times

Eat at roughly the same hours every day. Irregularity confuses your internal clock, disrupts hormones like insulin and leptin, and may increase unnecessary hunger.

##### 3. Have an early, light dinner

Ideally between 7:00–8:00 p.m., at least 2–3 hours before bedtime. Choose lean proteins (fish, eggs, light legumes), cooked vegetables, and low-glycaemic carbs if needed. This supports better sleep and avoids nighttime glucose spikes.

##### 4. Match meals to your physical activity

If you train in the morning, load more carb s into breakfast and lunch. If you exercise in the afternoon, prioritise them at snack time or dinner. This optimises energy and muscle recovery.

##### 5. Try time-restricted feeding (TRF)

A simple strategy is to eat within an 8–12-hour window and extend the overnight fast. The most studied method is 16:8: have an early breakfast, lunch at midday, and dinner around 7:00 p.m. This has been shown to synchronise circadian rhythms, improve insulin sensitivity, and promote fat loss without calorie counting.



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# KERY SANKOH

PROFESSIONAL SINGER

## Who is Kery Sankoh?

Kery Sankoh is an actress and singer born in Barcelona to a Sierra Leonean father and a Spanish mother. She studied musical theatre and singing in Barcelona before moving to Madrid, where she performed in Gran Via productions such as **The Lion King**, **The Bodyguard**, **Forever King of Pop**, and **Tina: The Musical**. In 2022, she starred as Tina Turner, a role that earned her the Best Leading Actress award at the XIV Musical Theatre Awards in Madrid.

## How did you get started in the world of performing arts?

I've been singing for as long as I can remember, initially as a hobby at events and with orchestras. At the same time, I studied Laboratory and Pathological Anatomy, working eight years in a hospital pharmacy in Badalona preparing chemotherapy.

The turning point came when I watched **Les Misérables** from the front row with my sister. I knew right then that I wanted to be on stage, singing, acting, and telling stories. I enrolled in a musical theatre school while still working. It was tough, but worthwhile: I passed the audition for **The Lion King** at Teatro Lope de Vega, and that opened the door to Gran Via.

I later joined **The Bodyguard**, where I was both backing vocalist and cover for the lead role, and toured internationally with **Forever King of Pop**, performing in Mexico, France, and Germany.

The biggest challenge was **Tina: The Musical**. Seven auditions, a pandemic in between, and months of preparation: I studied Tina's life, watched every interview and concert, and trained tirelessly. Playing Tina was like being a professional athlete — three hours on stage, 22 songs, dancing, acting, and channeling her energy and resilience. It was both a professional and personal transformation.

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

This is my first year with Grupo Mosh, and I'm truly grateful. Marbella has given me the chance to explore new artistic sides of myself. I first met Marcel Bosh during **\*The Lion King\***, where he was Company Manager — and now, years later, he's my "boss" again, producing Motel Particulier alongside Vanesa Bravo.

The best part is the creative freedom: we can propose ideas, try new styles, and adapt the show to fit each artist. I also get to work with incredibly talented colleagues who inspire me. And, of course, the funniest moments happen backstage — quick costume changes, missing shoes, juggling outfits in seconds... yet somehow, we always make it on stage in time!

## What projects are you currently working on?

This year, I starred in **Villanas**, a comedy musical at Teatros Luchana in Madrid featuring Disney villains battling to be freed from limbo. It's fun, thought-provoking, and visually stunning, produced by the up-and-coming company Brodwei from Málaga.

I also appeared in an Amazon Prime series and film. At the moment, I want to focus on expanding into audiovisual projects while continuing my stage career. Currently, I'm performing as a singer at Motel Particulier.



## What do you love most about your profession?

The power to communicate and connect with people. Sometimes it's a smile, a look, or a lyric that creates magic. When someone says, "**You've made my day**" or "**My daughter wants to do this because of you**", it makes everything worthwhile.

More than recognition, I love being a role model, inspiring emotion, making people laugh or cry. At the same time, I think it's important to highlight the less glamorous side: it's a tough profession, with ups and downs, and sometimes months without work. Learning to navigate that uncertainty is part of the job.

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

I train about four times a week and try to maintain a healthy lifestyle. I also spend a lot of time studying: singing lessons, voice acting, courses... This career requires constant growth. A day in my life can include the gym, recording a casting, studying, and ending with a singing class.

## What do you think of X Magazine?

I think it's a great magazine because it highlights the people working in Marbella and gives us space to share our stories. It helps us understand this place better and appreciate the diversity of experiences that shape it.

Xavi Márquez  
CEO X Magazine



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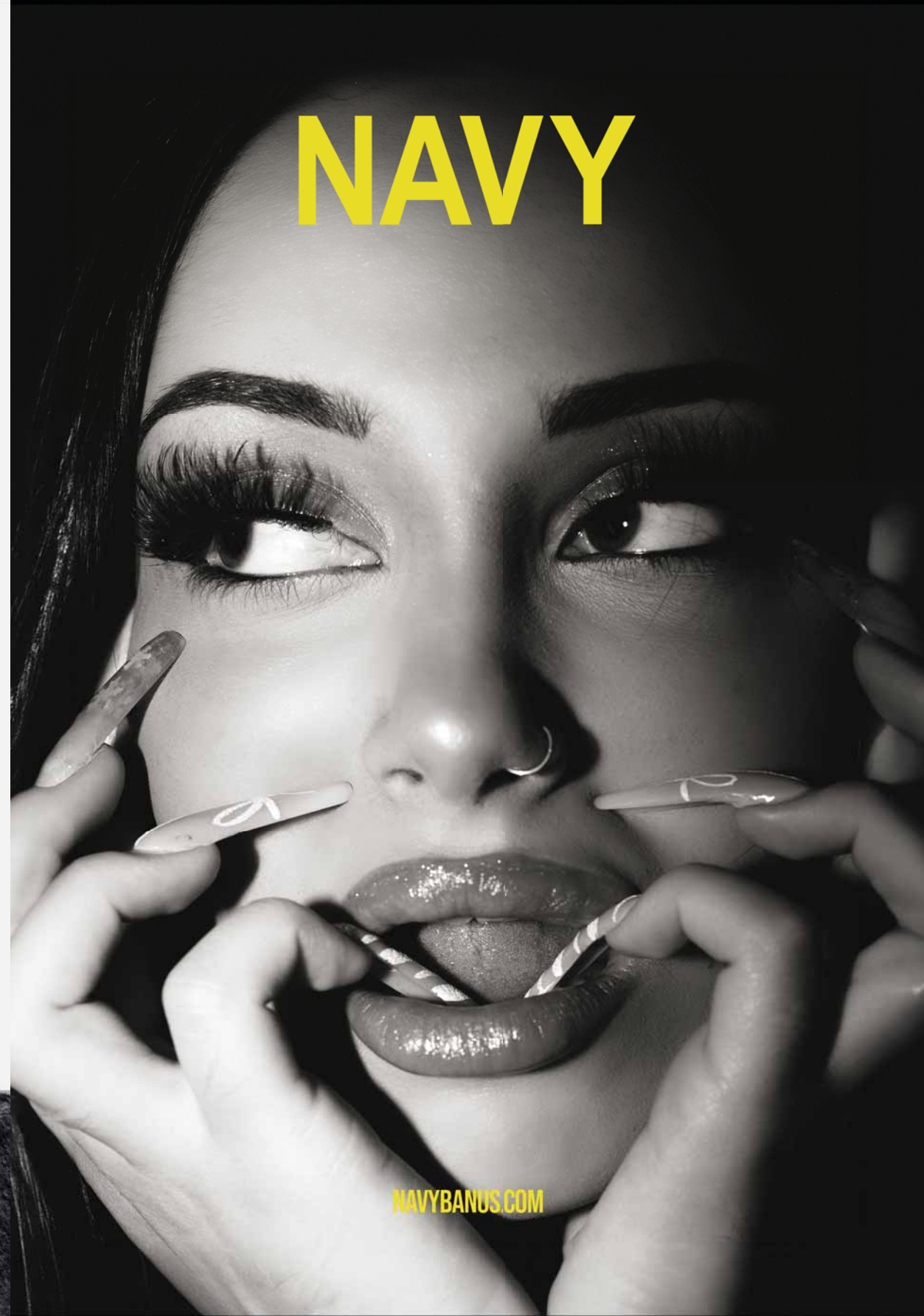
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# ALEKSANDAR REN

FILM DIRECTOR PHOTOGRAPHER AND VIDEO EDITOR

## Who is Aleksandar Ren?

I'm a 27-year-old film director, photographer, and video editor. I'm half Bulgarian, half Macedonian, but I've been moving across Europe since I was four. I studied film directing, photography, and art, and honestly, a camera has always been part of my life.

## How did you get started in audiovisual production?

Quite early, actually. Moving around a lot as a kid made social aspects a bit tricky, so film became my safe space. I started editing at 11, and I honestly can't remember a time without a camera in my hand.

The defining moment came at the cinema with my mother. Instead of focusing on the film, I was watching the audience — laughing, crying, feeling all sorts of emotions. When it ended, I broke down and told her: "This is what I want to do for the rest of my life — to make people feel this way". That's when I knew. Professionally, I've been in the industry for about 8–9 years now.

## What can you tell us about your work at Metro Group?

Metro has been my "creative home" for almost three years now. It's an amazing place, and the team we've built over the past couple of years is just incredible.

My role is to lead major campaigns — film, still image, publishing — and bring artistic direction to projects. We're always searching for new ways to merge hospitality with visual arts.

Before Metro, I had never worked in hospitality — my background was in film, fashion photography, and publishing. So adapting to this industry was a fascinating process that opened new perspectives and possibilities. I draw much inspiration from Asia and directors like Kurosawa, Fan Ho, Lee Chung-hyeon, Wong Kar-wai, and Cho Gi-seok. It's a constant creative challenge, and I love that.

## What projects are you working on now?

We've been preparing winter campaigns, and one of them recently gained international recognition — featured by publishers in New York and ending up on major magazine covers across Europe. It was surreal to see our work reaching that level in two different industries. On a more personal note, I really enjoy the projects we're creating with Chef Stan. To me, kitchens and film sets are very alike — both are fast-paced, creative, and collaborative. Working with him has been a lot of fun and very inspiring.

## What do you love most about your profession?

Storytelling. Whether through film or photography, what drives me is creating something that people can connect with, interpret in their own way, and hopefully feel deeply. That emotional connection through image is what I love most.



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

Honestly, I'm always working on something (laughs). But when I do have downtime, I like to cook, listen to a lot of music, write poetry, watch films, and take long walks on the beach. This is not just a job, it's my passion. And outside my professional projects, I've been working on my own independent feature film for about a year now, which we're about to wrap up.

## What do you think of X Magazine?

I think X is a fantastic platform for everything happening along the coast. It gives voice to new places, businesses, people, lifestyles, as well as established ones. I've always seen it as "the" coastal reference for whatever is going on at any given moment.

Xavi Márquez  
CEO X Magazine



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**EN EL CENTRO DE MARBELLA**



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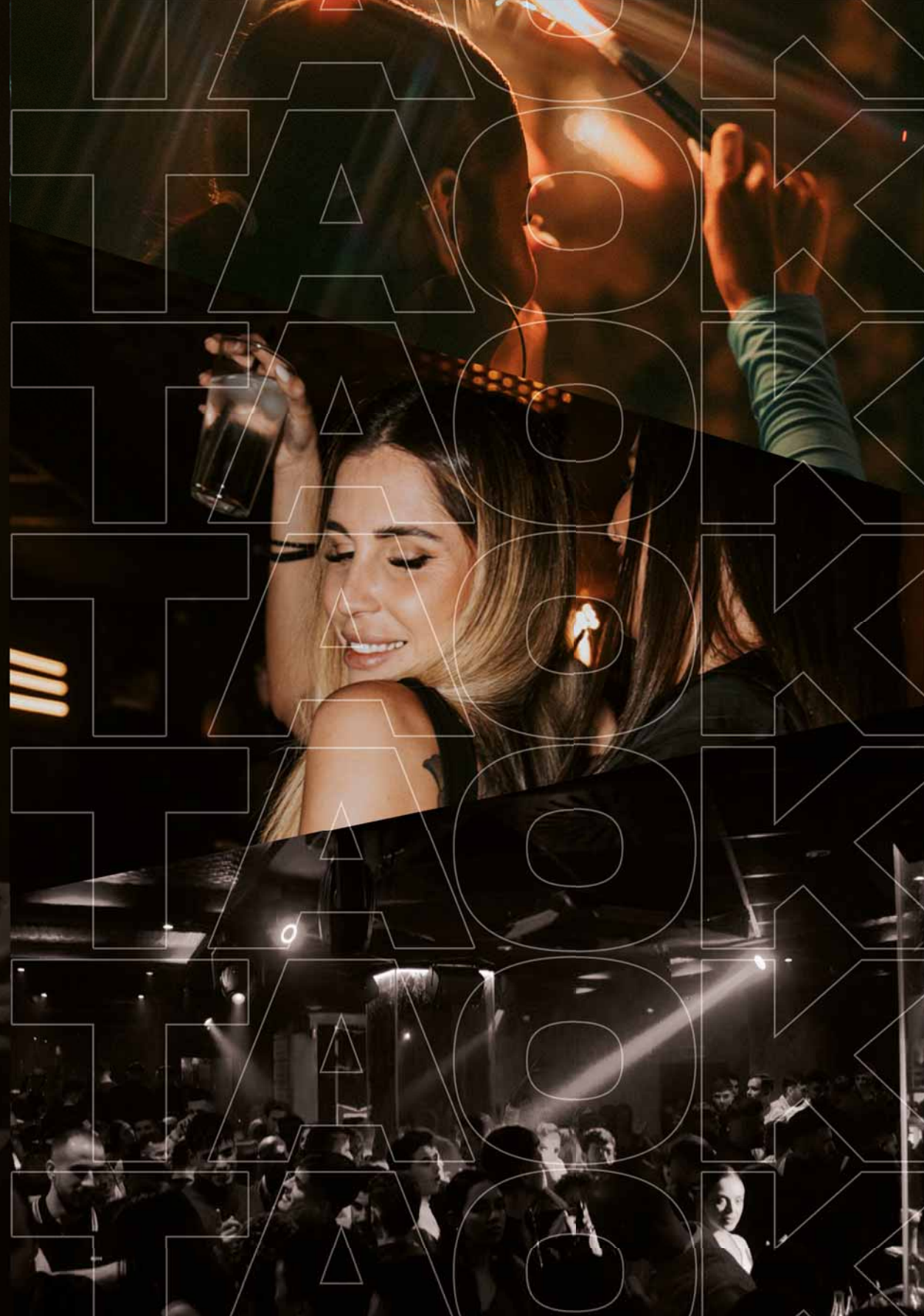


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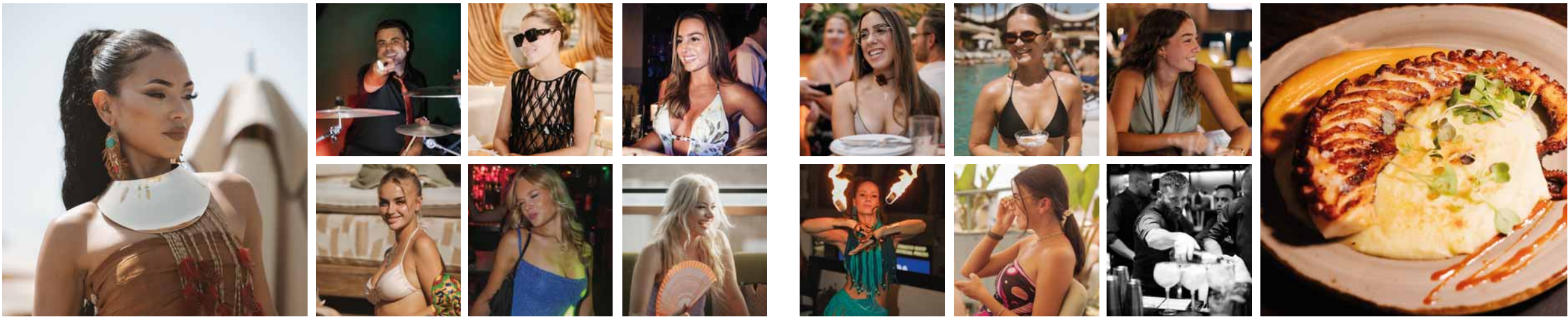




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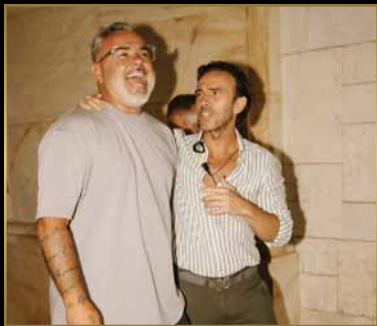




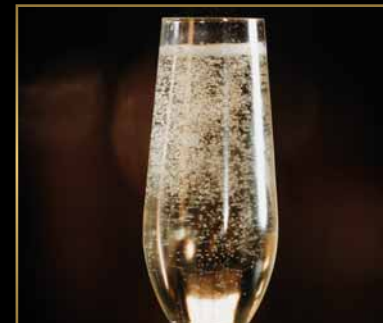
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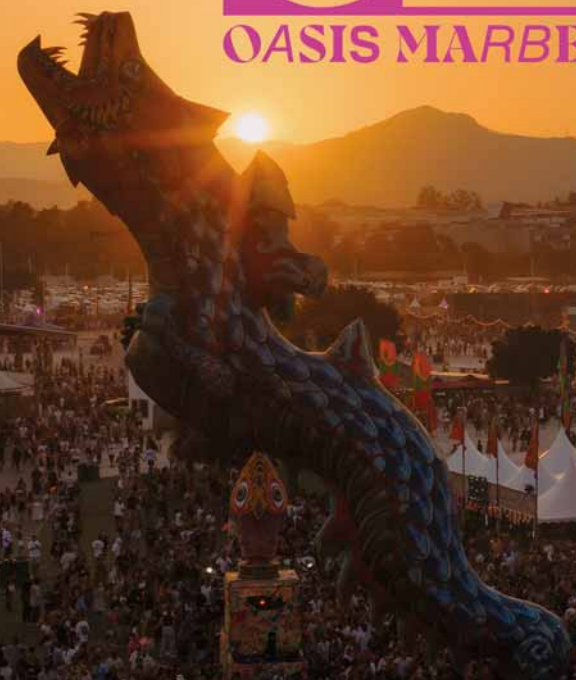
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