

PROPERTY PULSE

Your Local Autumn Real Estate Update

JURIDICAL SERVICES

Notaries: Beyond the
signature & Seal

MAINTENANCE

Keep your home ready
for this season

WELLNESS

Autumn Tips for
Healthy Living

A NOTE FROM **ALFONSO LACRUZ TEAM**



Alfonso Lacruz | Team Leader

Dear current and future clients,

Welcome to your autumn Real Estate magazine of the Costa del Sol! Dive into the vibrant world of real estate and discover the hidden gems that this dazzling region has to offer. From stunning villas with panoramic views to beachside apartments, here you will find the most exclusive and tempting properties to make your dreams come true.

The Costa del Sol, with its year-round warm and sunny climate, golden sandy beaches and rich culture, is the perfect destination for those seeking a tranquil lifestyle with plenty of quality.

From Marbella to Estepona, Puerto Banus to Benahavis, you will discover a wide variety of first class properties. Whether you are looking for a modern villa with infinity pool and sea views, a stylish apartment with direct access to the beach or a traditional finca in the mountains, our magazine will help you find the perfect property to suit your desires and needs.

In addition to properties, our magazine will also provide you with information about the best things to do in the area, cultural highlights and outdoor activities you can enjoy on the Costa del Sol.

Our summer magazine is here to guide you every step of the way, providing you with detailed market insights and expert advice to help you make informed decisions.

Discover the true meaning of the Mediterranean lifestyle and find the property of your dreams in this sunny paradise!

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ALFONSO LACRUZ
Real Estate in Marbella & Benahavis

kw MARBELLA
KELLERWILLIAMS

A QUARTER IN REVIEW

Marbella Market Snapshot

	2Q 2023	2Q 2022	% Differ.
 Number of Homes Sold	1.287	1.743	-26,2 %
 Average Sales Price	** 3.461 €/m2	3.218 €/m2	4,5 %
 * Stock of Homes for Sale	5.790	6.035	-4,1 %

Benahavis Market Snapshot

	2Q 2023	2Q 2022	% Differ.
 Number of Homes Sold	224	317	-26,5 %
 Average Sales Price	** 3.352 €/m2	2.490 €/m2	34,6 %
 * Stock of Homes for Sale	1.752	1.701	3,0 %

More information on the real estate market of Marbella and Benahavis on this link:

<https://www.alfonsolacruz.com/real-estate-market-info-marbella-benahavis>



* The stock of properties for sale is not an official number but an estimation -- Source: Registradores, Notariado, Idealista
 ** The value of the average sales prices is provisional and may suffer variations -- Source: Registradores

AUTUMN 2023

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Discover our last sold properties

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YOUR LOCAL | CULTURAL AGENDA

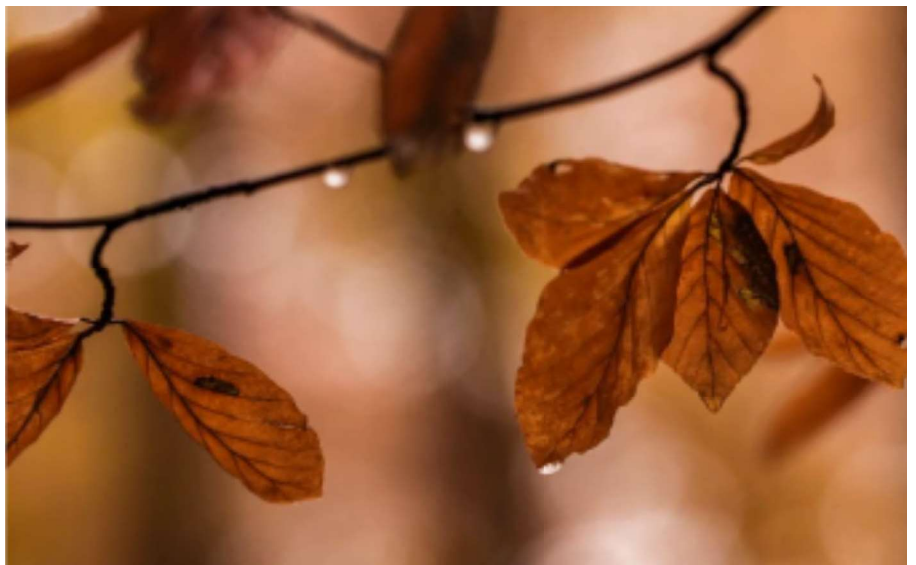
Know first hand all the plans that
you can do this season on the
Costa del Sol

FEATURED LISTINGS

Don't miss out on our new
exclusive properties for this season

AUTUMN WELLNESS

Autumn Tips for Healthy Living



Autumn 2023

Notaries: Beyond the Signature and Seal

Notaries are institutions that play a fundamental role in everyday society, although their function is often underestimated or misunderstood. At first glance, they are mainly associated with the signing and sealing of legal documents, but their work goes far beyond this superficial image. In this article, we will explore in detail what notaries really do and why they are so important for legal security and the protection of people's rights.

A notary is a public office responsible for certifying acts and contracts, as well as authenticating legal documents. Notaries, highly trained professionals authorized by the State, are responsible for carrying out these functions.



Functions of notaries

- 1 Document Authentication:** This is the most well-known service offered by notaries. When a person needs a document to be official and legally valid, such as a purchase agreement, a will, a power of attorney, or a property deed, they turn to a notary. The notary ensures that the parties involved are who they claim to be, verifies the authenticity of the signatures, and seals the document to give it legal validity. This prevents fraud and future litigation.
- 2 Legal Advice:** Notaries not only certify documents but also provide legal advice to the parties involved. They can explain the scope and implications of a contract, clarify questions about applicable laws, and ensure that all parties fully understand the terms and conditions of the agreement.



3 Fraud Prevention: Notaries always play a crucial role in preventing fraud and protecting people's rights.

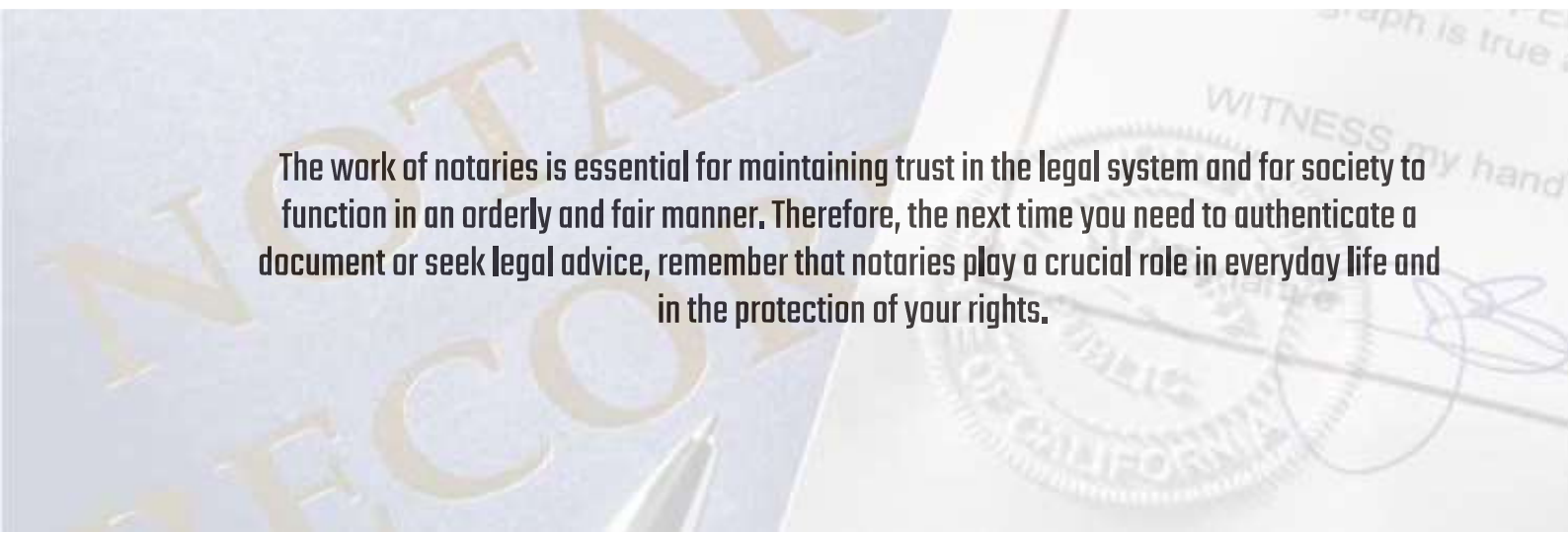
Authenticating docs and verifying the identity of the parties, they significantly reduce the risk of illicit activities or fraudulent transactions.

4 Wills and Estates: Notaries are also responsible for drafting and authenticating wills. This ensures that the wishes of the deceased are carried out in accordance with the law and prevents family disputes later on. Additionally, it facilitates the probate process and the legal transfer of assets to heirs efficiently.

5 Notarial Powers: Notaries issue notarial powers that grant a person the legal capacity to act on behalf of another in specific situations or on behalf of a company. This is particularly useful in legal and financial matters, such as buying real estate abroad or managing assets in the absence of the owner.

6 Notarial Records: Notaries also create notarial records, which are official documents used to certify facts or events. This can include verifying a person's identity at a given moment, confirming the date of an important event, or certifying the delivery of a valuable item.

7 Liquidation of Companies: In cases of company or partnership dissolution, notaries intervene to ensure that all legal formalities are met and that assets and liabilities are distributed properly among partners.



The work of notaries is essential for maintaining trust in the legal system and for society to function in an orderly and fair manner. Therefore, the next time you need to authenticate a document or seek legal advice, remember that notaries play a crucial role in everyday life and in the protection of your rights.

Notaries List & Contacts

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REAL VALUE REAL EXPERIENCE



Alfonso Lacruz
**CEO and Founder of
Alfonso Lacruz Team**

CREDENTIALS

BA History
**Naval Architect and
Marine Engineer**

Master
**Massachussetts Institute
of Technology**

Results
**Top #1 Agent of Keller
Williams Spain in 2015, 2016,
2017 and 2018**

KW Millionaire Agent 2022

**Example and commitment
award as Operations
Director 2023**

“When you choose to work with me, you’re partnering with a trained agent that has the backing of the world’s largest real estate company, consisting of 200,000+ associates around the globe. That puts your search in the hands of the largest, most resourceful real estate network.

And, by choosing to partner with me and the Keller Williams family, you gain access to a suite of technology that keeps you informed and engaged with what’s happening in the neighborhoods you’re eyeing.

Keller Williams was built on a simple-yet-revolutionary principle: people are what matter most. To help cement this understanding, we’ve formalized a belief system that guides how we treat each other and how we do business.”

20

YEARS IN
BUSINESS

89%

PERCENTAGE OF
LISTINGS SOLD

2%

NEGOTIATION
RATE

76%

REPEATED AND
REFERRED CLIENTS

ALFONSO LACRUZ
Real Estate in Marbella & Benahavis

kw **MARBELLA**
KELLERWILLIAMS

WIN-WIN
INTEGRITY
CUSTOMERS
COMMITMENT
COMMUNICATION

or no deal
do the right thing
always come first
in all things
seek first to understand

CREATIVITY
TEAMWORK
TRUST
EQUITY
SUCCESS

ideas before results
together everyone achieves more
starts with honesty
opportunities for all
results through people

A QUARTER IN REVIEW

CLOSED TRANSACTIONS - MARBELLA

The first semester of 2023 remains fairly active although slower than 2022

The Ministry of Housing has recently released data for the second quarter of 2023, revealing that in Marbella, there has been a 26% decrease in closed transactions compared to the same period in 2022. It's worth noting that this comparison is against the exceptional year of 2022, which saw the highest number of closed home sales in Marbella ever recorded. Despite this decline, 2023 ranks as the third-best year for home sales in Marbella.

In reality, our on-the-ground experience suggests that the market is not as frenzied as it was last year. During that time, we were closing sales shortly after properties were introduced to the market. Nevertheless, we are still witnessing significant interest from prospective buyers in Marbella, resulting in closed sales. Looking back, our impression at the end of the first quarter remains consistent: the market remains active, albeit with a more normalized state.

In summary, while 2023 may be progressing at a slightly slower pace than the previous year, it remains a fairly active year for real estate in Marbella.

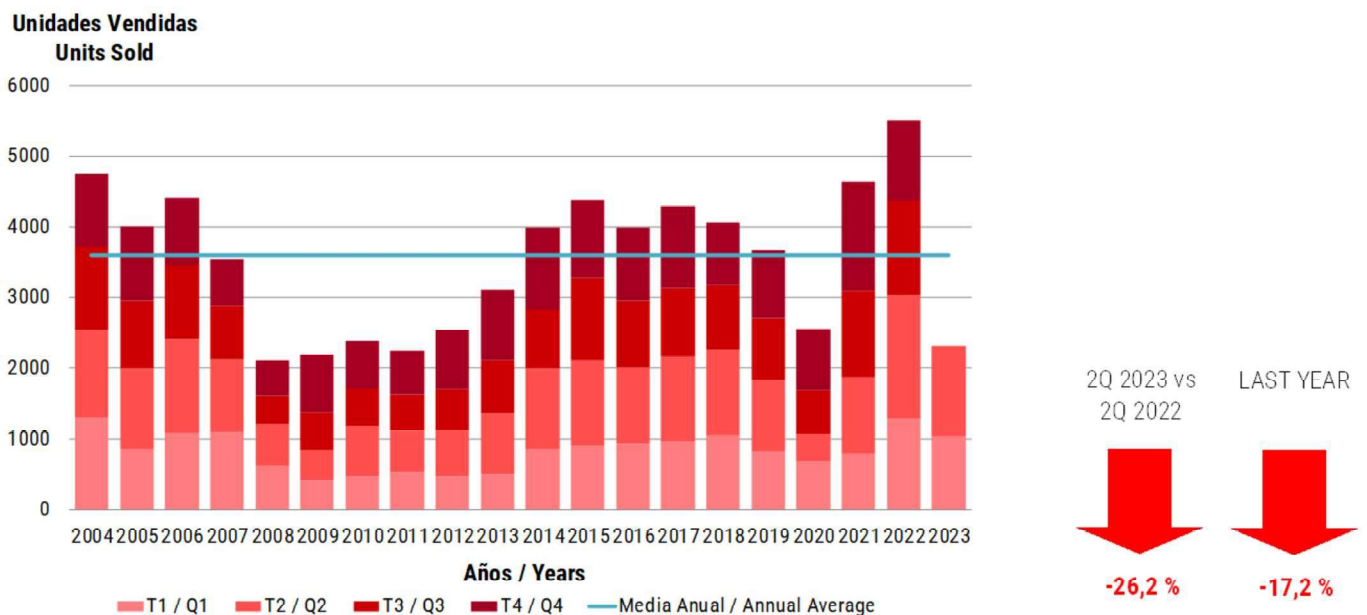


CHART 1 - HOMES SOLD PER QUARTER AND YEAR - MARBELLA

A QUARTER IN REVIEW

CLOSED TRANSACTIONS - BENAHAVIS

As for Benahavis, the figures closely mirror those of Marbella, with a decline of 26.5% in home sales. This decrease primarily impacts the resale market, while there is a notable uptick in the sales of newly constructed units compared to the same quarter in 2022. However, this increase in new property sales has a limited impact on the overall number, accounting for only 12% of the total home sales in Benahavis.

In general, echoing the earlier discussion about Marbella, there is a significant reduction in closed transactions when compared to the previous year. Nonetheless, it's worth highlighting that the first half of the year remains one of the most robust periods in Benahavis' real estate market despite all negative news that are impacting it.

Unidades Vendidas
Units Sold

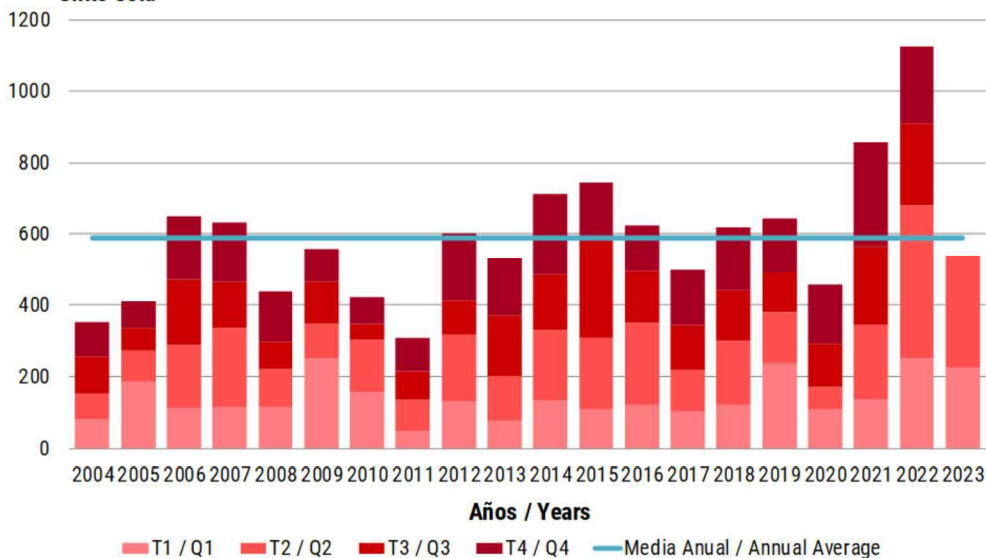


CHART 2 - HOMES SOLD PER QUARTER AND YEAR - BENAHAVIS

A QUARTER IN REVIEW

HOME SALES PRICES - MARBELLA

And home prices keep on going up, even in the face of a slowdown

The analysis of home prices reveals a consistent upward trend, not only in Marbella but also in Benahavis. This applies to various metrics, including asking prices, closed transaction prices, the prices at which homes are ultimately sold, and valuations, which are the estimates provided by professional appraisers.

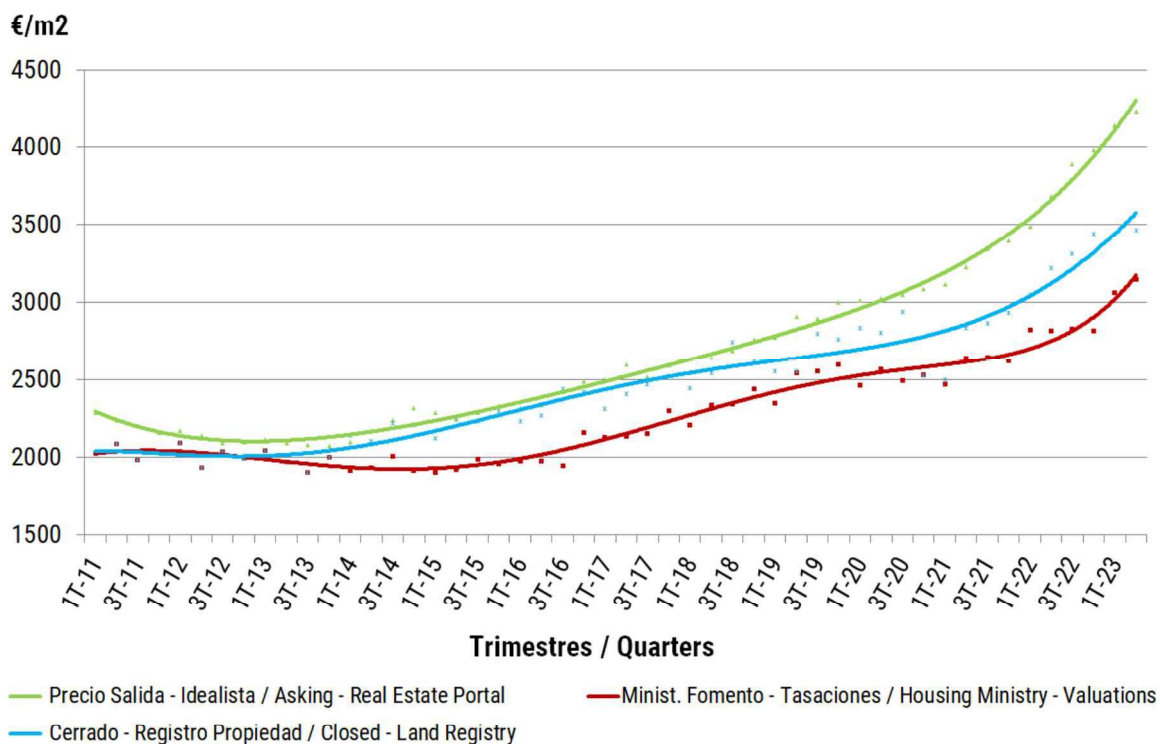


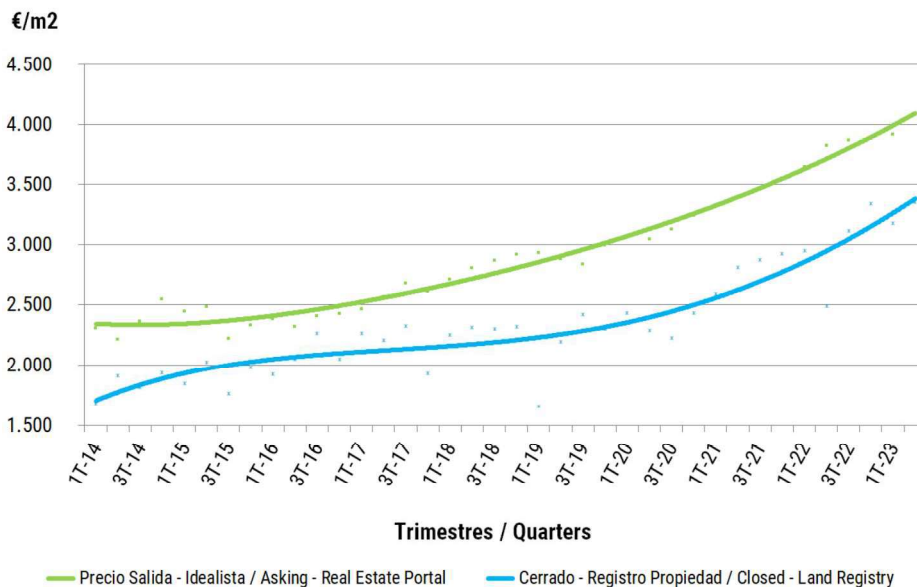
CHART 1 - ASKING, CLOSING AND VALUATION HOME PRICES - MARBELLA

It's also accurate to note that the rates of growth vary significantly depending on the specific metric we examine. For instance, asking prices are increasing at an annualized rate of 15%, whereas closing prices are rising at a more modest 4.5%. This widening disparity between asking and closing prices has now reached a historic high of 22%. In essence, many property owners may not yet have come to the realization that maintaining these levels of growth in asking prices is unsustainable. Consequently, a significant number of them may be compelled to make substantial price reductions of 20% or more in order to facilitate sales.

A QUARTER IN REVIEW

HOME SALES PRICES - BENAHAVÍS

The situation in Benahavís mirrors a similar pattern, with prices steadily increasing since 2014.



The trajectories of asking and closing prices run in parallel, demonstrating a substantial difference of 733 € per square meter, equating to a notable 22% gap. This 22% represents the average discount that property owners must concede to facilitate a sale.

CHART 2 - ASKING AND CLOSING HOME PRICES - BENAHAVÍS

What holds true is that the rate of increase has shifted from 9.5% last year, a pace we previously noted as unhealthy and unsustainable in the long term, to a more moderate 4.5% when we consider the current increases on an annualized basis.

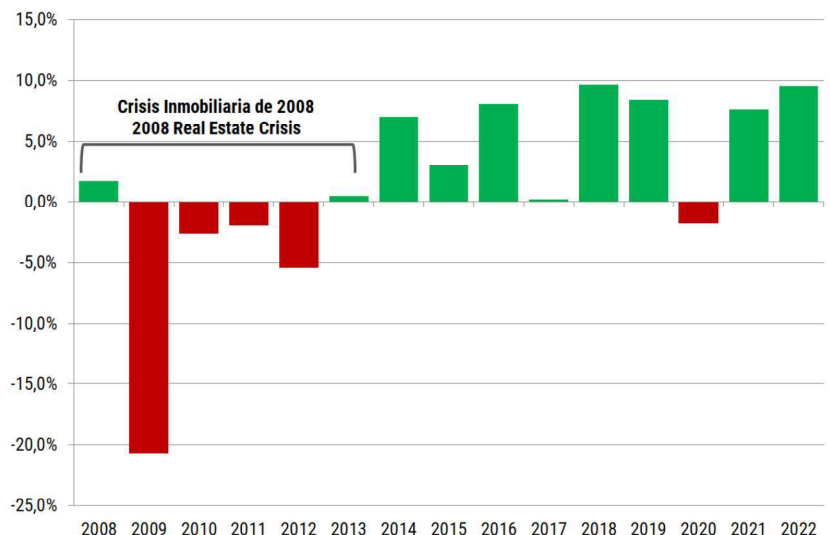
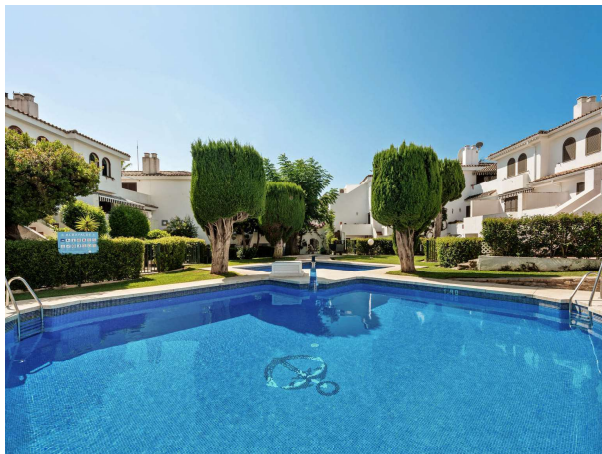


CHART 3 - CLOSING PRICE - EVOLUTION OF PRICES - MARBELLA

SUCCESS STORIES



WHAT THEY SAID

“ I have had the opportunity to meet Alfonso Lacruz and his team and entrust them with the sale of our house. Alfonso is a person with extensive knowledge of the real estate sector and possesses a strong work ethic. He has consistently responded with integrity and professionalism. I highly recommend Alfonso as a sales professional without a doubt.

Javier P. M. R
10 | 2023



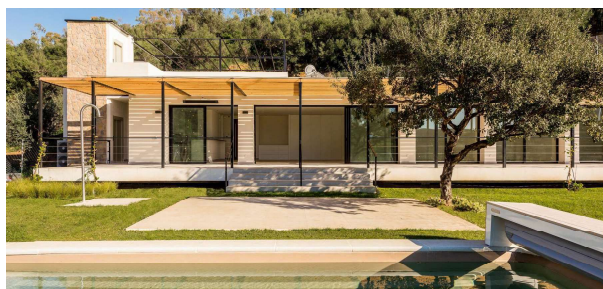
WHAT THEY SAID

“ Alfonso and his team have recently dealt with the sale of my apartment in Spain and the service I received was absolutely first class. Despite changing my mind at one point and asking them to withdraw my property from the market and then deciding to go ahead again some months later, Alfonso was always helpful, understanding and willing to offer advice. I'm now pleased to say the sale is complete and I would thoroughly recommend the services of Alfonso and his team to others.

David J. S.
10 | 2023

SOLD

SOLD PROPERTIES



VILLA B2 | PUERTO DEL ALMENDRO

3 Bed | 3,5 Bath | 372 sqm
List Price 1.090.000 €

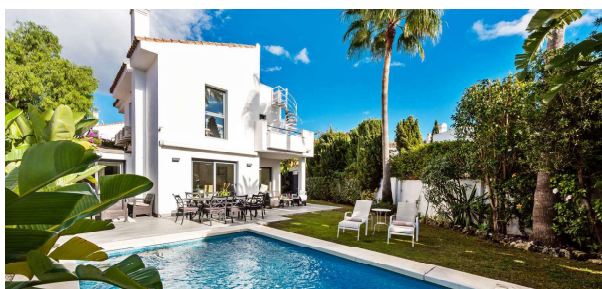
Sold for 1.152.000 €
Sold for **105,5%** of the listing price



PENTHOUSE | COSTALITA

4 Bed | 2 Bath | 130,37 sqm
List Price 449.500 €

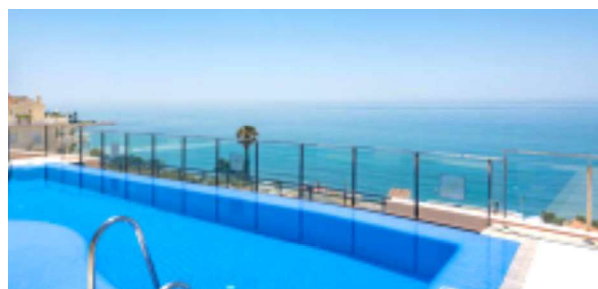
Sold for 400.000 €
Sold for **89%** of the listing price



VILLA LA PERDIZ | ATALAYA

4 Bed | 3 Bath | 169 sqm
List Price 829.000 €

Sold for 800.000 €
Sold for **96,5%** of the listing price



APARTMENT | COSMO BEACH

3 Bed | 2 Bath | 156 sqm
List Price 410.000 €

Sold for 400.000 €
Sold for **98%** of the listing price



VILLA MARGARITA | MONTEMAYOR

3 Bed | 2 Bath | 397,18 sqm
List Price 890.000 €

Sold for 875.000 €
Sold for **98%** of the listing price



APARTMENT | LOS ARQUEROS

3 Bed | 2 Bath | 102,70 sqm
List Price 299.000 €

Sold for 299.000 €
Sold for **100%** of the listing price

THE PROOF IS IN OUR NUMBERS

These numbers depict not only the trajectory of my business, but the expertise, dedication and commitment that you will receive.

TEAM'S RESULTS IN 2022:

2022 has been not only a record year in Benahavis and Marbella in the number of transactions closed but also for our local team that achieved our historical, and outstanding, record in sold volume and client's recognition:

100 % FIVE STARS'S
REVIEWS

98 % LIST - TO - SALE
RATIO

99 % PRICE OBTAINED
FROM ASKING PRICE

60 M € SOLD
VOLUME

FEATURED LISTING



Brand New Villa, Puerto del Almendro Benahavis

1.295.000 €

384 sqm built | 900 sqm plot

3 bed | 3.5 bath

This contemporary design villa with stunning panoramic views and flooded with light due to its open plan layout and an entire wall of sliding doors, offering views of the garden, private pool and surrounding nature.

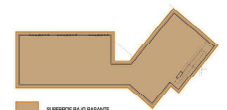
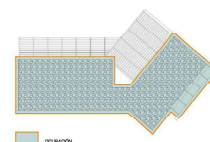
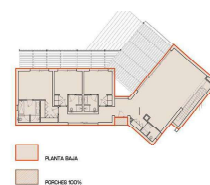
Built on one level plus a basement, the property boasts 3 bedrooms, 3 bathrooms, and the open plan area, which includes the living room, dining area and kitchen, plus a guest toilet.

Its beautiful modern design, fully equipped kitchen, gorgeous exterior and great location make this the perfect villa for anyone looking to enjoy holidays or living on the Costa del Sol.

It will be completed in the second quarter of 2024.

SCHEDULE A TOUR

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SUPERFICIES JUSTIFICACIÓN

PLANTA BAJA	
SUP. CERRADA COMPUTABLE	132.25 m ²
PORCHES (OTRO)	1.75 m ²
TERRAZA PERIFONEADA	22.50 m ²
ACCESO	36.88 m ²
PLANTAS	20.41 m ²
TOTAL SUP. COMPUTABLE P. BAJA	213.79 m ²
PLANTA SÓTANO	
SUP. CERRADA NO COMPUTABLE	132.51 m ²
TOTAL SUP. COMPUTABLE P. SÓTANO	30.30 m ²
TOTAL SUP. COMPUTABLE	184.09 m ²
TOTAL SUP. OCCUPACIÓN	111.89 m ²
SUPERFICIE PÁNDELA	1.042.00 m ²
EDIFICABLE (D.O. MÍNIMA 20%)	677.20 m ²
OCCUPACIÓN MÁXIMA (20%)	231.79 m ²

FEATURED LISTING



Luxury Apartment in Mirador del Paraiso Benahavis

1.449.000 €

270 sqm built | 2 Garages | 2 Storage rooms

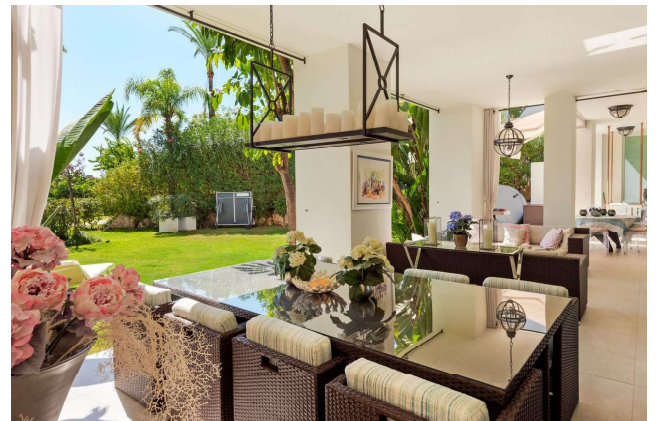
5 bed | 5,5 bath

This special luxury apartment combines exquisite decoration with cutting-edge designs. It offers a spacious and bright living space immersed in a natural environment that exudes tranquility. This is a unique property, the result of meticulous renovation that merged two apartments with 2 and 3 bedrooms.

The heart of this home is a spacious living-dining area that connects to a cozy lounge. From here, you access a generous terrace & a very beautiful community garden of 269 sqm for private use that opens to a pool with panoramic views of the sea and the mountains. The kitchen is fully equipped and conveniently adjoins a laundry room. It is also super warm, surrounded by vegetation.

SCHEDULE A TOUR

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FEATURED LISTING



Villa in Montemayor Benahavis

1.395.000 €

346 sqm built | 2.438 sqm plot

4 bed | 4 bath

This Villa of traditional Andalusian style, this residence spans three levels, characterized by abundant natural light, and top-notch finishes. The upper floor has a grand double-height entrance hall, an impressive staircase area, a guest toilet, an inner courtyard, a designer kitchen with three distinct spaces, a dining area, a living room with a TV section, and a front terrace extending under a majestic pergola. Additionally, there's a porch adjacent to the living room and a terrace for parking two vehicles. The ground floor shines with a master bedroom, including a sitting area, a walk-in closet, and a full bathroom. On this level, you'll also find a living room, a second full bathroom, two double bedrooms and a covered porch on the facade. The property's attractions is the nfinity pool with views of the mountains and the Mediterranean, a fully equipped gym, and an 8-square-meter utility room, a fantastic home cinema room and a studio.

SCHEDULE A TOUR

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FEATURED LISTING



Plot in Montemayor Benahavis

199.000 €

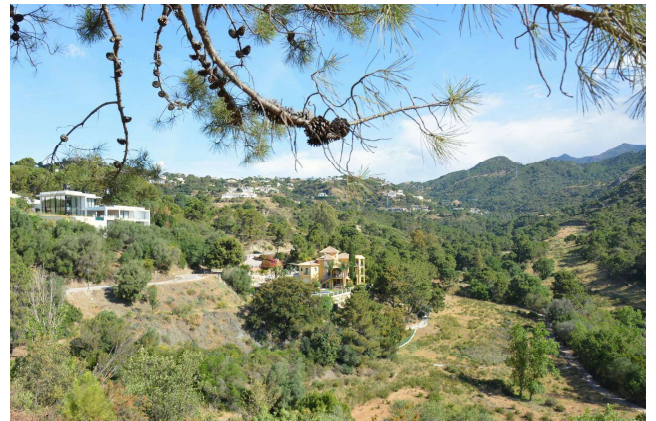
2.400 sqm / 292,80 sqm buildable

Located atop the hills of Benahavis, within the natural enclave of the Monte Mayor Valley, plot A15, spanning 2,400 square meters with a maximum building capacity of 292.80 square meters, gazes upon one of the splendid vistas offered by the southern Mediterranean landscape, ideal for constructing a residence that seamlessly integrates with, respects, and blends into the natural landscape of Monte Mayor Valley.

Benahavis is renowned for being one of the most beautiful villages on the Costa del Sol. Its cobblestone streets, white houses, and charming squares are perfect for strolling and enjoying the typical Andalusian architecture. Gastronomy, guest accommodation, outdoor activities, art galleries, local shops, spa and wellness services all make this area a wonderful place to live.

SCHEDULE A TOUR

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FEATURED LISTING



Brand New Apartment, Real de la Quinta Benahavis

875.000 €

108,32 sqm built | Garage | Storage room

2 bed | 2 bath

This exclusive and bright apartment it has really spectacular views in the Los Olivos urbanization in Benahavis, built in 2020, offers the opportunity to experience a unique lifestyle in the Real de La Quinta environment. With a contemporary Andalusian design, it is surrounded by gardens adorned with vegetation that includes a beautiful purple bougainvillea, rosemary, and olive trees. The communal gardens feature a selection of pools for adults and children and provide easy access to the Real de La Quinta facilities. It has a beautiful terrace of 62 meters.

Additionally, it offers a wide range of amenities: a lake, a lakeside bar, a golf course and academy, a hotel, a restaurant, tennis and paddle tennis courts, and an equestrian center.

SCHEDULE A TOUR

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MARKET STATUS

The Pulse of the Real Estate Market in Current Times

In a time like this with unique challenges, the real estate market isn't short of exciting prospects either. It's vital to be flexible, well-informed, and in tune with the evolving requirements of buyers and investors



As a seasoned real estate expert with decades of experience in this dynamic field, I have had the opportunity to witness numerous fluctuations in the market. However, the current context presents unique challenges that require a special insight to understand and leverage the available opportunities. In this article, we will explore the pulse of the real estate market in these uncertain times and how the parties involved can successfully navigate the turbulent waters of the industry.

The Pandemic Era: Changes and Adaptations

The COVID-19 pandemic drastically altered the dynamics of the real estate market worldwide. During the initial months of the crisis, many transactions came to a halt, and uncertainty gripped buyers, sellers, and investors alike. However, this challenging situation has also propelled significant transformations in the industry.

1 The Rise of Remote Work:

The need to adapt to remote work has led to an increased demand for larger and open air properties, not only in suburban and rural areas but also in coastal areas like the Costa del Sol. People are seeking flexible spaces that cater to both their personal and professional needs. The international airport of Malaga facilitates this integration between remote and presential work for foreigners looking for that work style.

If the ammenities, quality of life and weather are added to the equation, the growth in the last three years can be easily explained.

2 Accelerated Digitalization:

Technology plays a crucial role in the real estate industry today. Virtual showings, 3D tours, electronic signatures, and online platforms have streamlined the buying and selling processes, allowing the market to continue functioning even during the times of physical restrictions and beyond.



STRATEGIES

3 Stay Informed and Adapt Quickly:

Market volatility requires constant attention to trends and economic events. Staying informed and prepared to adapt to changes is essential. Follow the latest market info on www.alfonsolacruz.com

4 Connections and Relationships:

Strong relationships with colleagues, agents, banks, and lawyers are crucial. Collaboration and teamwork can provide opportunities and solutions in challenging times.

5 Diversification of Investments:

Considering a diversified portfolio of properties is a prudent strategy. This can help mitigate the risks associated with market volatility.

6 Understand Local Dynamics:

Every market is unique. Understanding the local dynamics and the economic factors influencing your specific area is essential for making informed decisions.

7 Utilize Technology Wisely:

Technology can be a powerful ally in reaching a broader audience and streamlining processes, but it does not replace the importance of personal relationships in this industry.

| Perspectives for the Future |

While the real estate market faces challenges in these unprecedented times, it also presents exciting opportunities. The ability to adapt, stay informed, and understand the changing needs of buyers and investors is essential. As we move towards the future, the pulse of the real estate market will continue to beat, and those who comprehend it and adapt intelligently will be well-positioned to thrive in this constantly evolving industry.

FEATURED LISTING



Plots in El Madroñal Benahavis

Ref. 2417	3.603,84 sqm	449.000 €
Ref. 2418	3.619,94 sqm	449.000 €
Ref. 2419	2.611,19 sqm	695.000 €
Ref. 2420	2.655,67 sqm	695.000 €
Ref. 2421	2.657,22 sqm	695.000 €

5 plots in El Madroñal, Benahavis with impressive views of the beach and the famous La Concha mountain in Marbella.

Ideal land to build the house of your dreams in a quiet and natural environment, although very close to the city and all its amenities. The area is very exclusive and has a great sense of privacy.

The plot is surrounded by nature and vegetation. It is an excellent opportunity for those looking to enjoy a unique property in one of the most luxurious and exclusive districts in Spain.

20% BUILDABLE

SCHEDULE A TOUR

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FEATURED LISTING



Countryside house Benahavis

749.500 €

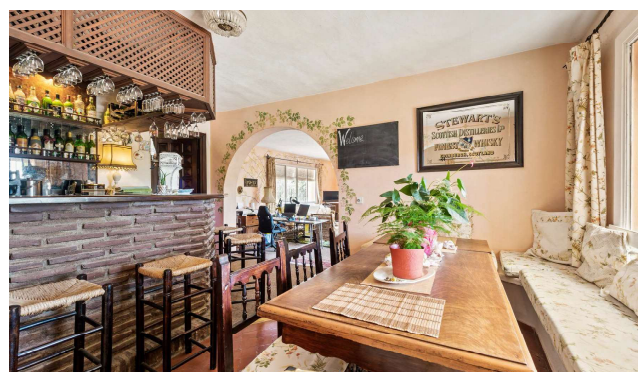
286 sqm built | 10.005 sqm plot

6 bed | 4 bath

Charming Countryside house with 360° views in Benahavis. We present an incredible property in the countryside of Benahavis, offering a vast plot of land with stunning views, swimming pool and a unique touch. This spacious property, although in need of renovation, has a special charm having been a former Andalusian donkey sanctuary, with stables and numerous outdoor rooms.

Each of the bedrooms offers a large and cozy space to rest and relax, and the four bathrooms, although in need of renovation, give you the possibility to create modern and functional spaces.

Located in Benahavis, this finca offers you the opportunity to enjoy the peace of the countryside, while being close to the amenities and services offered by the nearby towns. You can explore the rich culture and delicious gastronomy of the region, as well as enjoy the nearby beaches and golf courses.



SCHEDULE A TOUR

Alfonso Lacruz
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FEATURED LISTING



Apartment completely refurbished San Pedro de Alcántara

349.000 €

125 sqm built | 17 sqm terrace

3 bed | 2 bath

Bright apartment in San Pedro de Alcántara, recently renovated with the best qualities, has three bedrooms, kitchen and 2 bathrooms completely new. The apartment is located on the second floor, with a large terrace. In addition, the living room is spacious and has large windows that allow the entry of natural light. The apartment is equipped with air conditioning and heating, making it very comfortable all year round.

The apartment is in a privileged location 10 minutes from the beach, which makes it an ideal place for those looking for a holiday property or a place to live all year round. This is a unique opportunity to acquire a completely renovated and ready to move into apartment in one of the most exclusive areas of the Costa del Sol!

SCHEDULE A TOUR

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YOUR LOCAL CULTURAL AGENDA

MALAGA



Concert Michael Legend | FYCMA | Nov 10th

A tribute to Michael Jackson, a musical show considered the best dedicated to the King of Pop. A show where we can enjoy the best stuntman in the world along with an excellent musical formation, & a great team of dancers, backup singers and guest artists. A show for all audiences that offers us his best-known repertoire.

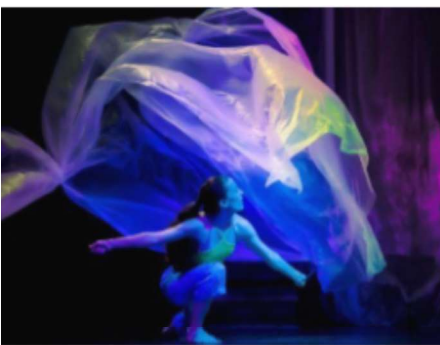
<https://fycma.com/evento/michael-legend/>



Marathon | Paseo del Parque | Dec 10th

Malaga Marathon, to be held on Sunday, December 10, 2023, starting at 8:30 a.m., and in which all people of legal age who wish to do so may participate without distinction. The circuit will measure 42 m and will be duly approved. This test is developed under the Road Racing Regulations of the WA and the RFEA.

<https://www.generalimaratonmalaga.com/>



Children's Theater | Teatro Echegaray | Dec 19, 20 & 21th

Immersed in a fantastic underwater world, full of life, shapes and colors, we will discover that the largest source of oxygen on Earth is in serious danger, since sea pollution can destroy its microorganisms. Will we be able to save her? With different beings we will travel through aquatic landscapes and trying to create increasingly larger bubbles.

<https://lادiversiva.com/actividad/teatro-infantil-azul-picasso/2023-12-21/>



Ballet El Cascanueces | Teatro Cervantes | Dec 29th

After the great success of 2022 with the first tour of the Kiev Ballet in Spain, which has left a mark in all of our memories with the red ink that, with a bold stroke, describes the tragedy being experienced, in 2023 the Kiev Ballet will once again tour the most prestigious stages in Spain..

<https://www.unientradas.es/janto/main.php?Nivel=Evento&idEvento=23-24ElCascanuec>



YOUR LOCAL CULTURAL AGENDA

MARBELLA



Design | Palacio de Ferias | Nov 2 th to 12th

Marbella Design offers a pleasant tour of its more than 50 spaces, where the best trends in residential and contract interior design are found. In which, each exhibitor gives life to their space with a specific intention, using pieces from more than 150 exclusive brands. Taking the best references from the present and the past.

<https://marbelladesignart.com/>



Charity Dinner | Hotel Puente Romano | Nov 18th

If you are booking for yourself and up to 6 guests, please use the form below. If you have any queries about booking, or want to book a table of 8 or 10 people, please email Lorraine lorrainemarbella@gmail.com. Payment is also possible by bank transfer .Start at 19.30. Price: 125€

<https://www.marbella-guadalmina-rotary.club/meetings-events/big-band-swing-charity-gala>



Metallica | Palacio de Congresos | Dec 2th

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<https://www.marbellacongresos.com/eventos/metallica-sinfonia>



Golf Open Trocadero | Marbella Club Golf | Dec 9th

Green Fee and shared Buggy, Smart Live Direct Golf, 4 categories, refreshment tent, special prizes, cocktail, trophy presentation. Airline ticket and stays in a luxury hotel.

<https://torneosgolfandalucia.es/event/i-golf-open-trocadero-en-marbella-club-golf-malaga/>



FEATURED LISTING



Villa Cuatro Benahavis

4.990.000 €

1.004 sqm built | 2.400 sqm plot

6 bed | 8 bath

In the natural enclave of the Montemayor Valley, the Cuatro House overlooks one of the splendid views of the southern Mediterranean landscape.

We propose a house that integrates, respects and mimics the landscape: in our first visit we knew that the protagonists of our intervention should be the panoramic views of such a majestic natural enclave. We knew that the building should shelter in its topography; let itself be enveloped by it; let itself be stripped of any protagonism...

We present a house that is generated in successive arcs of circles that carve the abruptness of the hill in which it is circumscribed; they are accommodated in it and are enlisted in the own curved generatrix of the boundary of access to the plot.

SCHEDULE A TOUR

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Autumn Wellness Tips for Healthy Living

As the leaves begin to paint the landscape with shades amazing colors, autumn arrives with its unique charm and opportunities for wellness. This season of transition can be a wonderful time to focus on self-care and well-being. Here are some autumn wellness tips to help you make the most of this beautiful time of year:

1 Embrace outdoor activities:

Take advantage of the crisp, cool air and go for a nature walk or hike. The changing scenery and fresh air can do wonders for your mood and overall well-being.

2 Nourish with Seasonal Foods:

Autumn offers a bounty of delicious, seasonal produce like pumpkins, apples, and squash. Incorporate these into your meals for added nutrients and flavor.

3 Boost Your Immunity:

As the weather cools, focus on bolstering your immune system with a balanced diet rich in vitamins and minerals. Consider adding supplements like vitamin D if needed.

4 **Practice Mindfulness:**

With the holidays approaching, it's essential to manage stress. Try mindfulness meditation or yoga to stay grounded and reduce anxiety.

5 **Cozy Up and Rest:**

Longer nights provide the perfect excuse to get cozy. Invest in soft blankets, indulge in hot baths, and prioritize a good night's sleep.

6 **Maintain Exercise Routine:**

Continue your regular exercise regimen or explore new indoor workouts to stay active. Consistent physical activity can help combat the temptation to hibernate.

7 **Listen to your body**

Pay attention to your body's signals and adjust your activities accordingly. Take breaks when needed, seek shade or cool areas if you feel overheated, and avoid pushing yourself too hard in extreme heat. Respect your body's limits and prioritize your well-being above all else.

8 **Practice proper food safety**

With outdoor barbecues and picnics, it's crucial to handle and store food safely. Keep perishable items refrigerated until ready to use, and don't leave them out in the sun for too long. Use coolers with ice packs to transport food. Wash your hands thoroughly before handling food, and clean cooking surfaces and utensils properly to avoid foodborne illnesses.

Transition your wardrobe mindfully. Donate clothes you no longer need and invest in quality pieces that will keep you warm and stylish during the season.

Autumn is a time of transformation, and by embracing these wellness tips, you can make this season a time of personal growth, rejuvenation, and gratitude. Remember to listen to your body, take care of your mental health, and enjoy the beauty that surrounds you as nature prepares for its winter slumber.





ASK ALFONSO



ALFONSO LACRUZ

“How is the market and is it a good time to more?”

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My Web

