



THE SKY

#### A NOTE FROM ALFONSO LACRUZ TEAM

















Alfonso Lacruz | Team Leader

#### Dear current and future clients,

Welcome to your summer 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!

P.: (+34) 609 408 400 E.: alfonso.lacruza@kwspain.es www.alfonsolacruz.com





#### **Marbella Market Snapshot**

		1Q 2024	1Q 2023	% Differ.
	Number of Homes Sold	1.117	1.036	7,8 %
<b>M</b> os	Average Sales Price	3.541 €/m2	3.408 €/m2	3,9 %
	* Stock of Homes for Sale	6.320	5.773	9,5 %

#### **Benahavis Market Snapshot**

		1Q 2024	1Q 2023	% Differ.
	Number of Homes Sold	172	224	-23,2 %
<b>M</b> os	Average Sales Price	** 3.718 €/m2	3.045 €/m2	22,1 %
	* Stock of Homes for Sale	1.827	1.765	3,5 %

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

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



<sup>\*</sup> The stock of properties for sale is not an official number but an estimation – Source: Registradores, Notariado, Idealista \*\* The value of the avarage sales prices is provisional and may suffer variations – Source: Registradores

### **SUMMER 2024**

#### **TABLE OF CONTENT**

#### **QUARTER IN REVIEW**

A snapshot of Marbella and Benahavis Market

#### THE SKY MARBELLA

Our New Exclusive proyect in Benahavis

#### **STATISTICS**

Discover the number of closed transactions in Marbella and Benahavis

#### **REVIEWS**

Some opinions from our clients

#### **COMING SOON**

Discover our new listings

#### **MARKET STATUS**

Alfonso Lacruz analyzes the current market situation

#### 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

#### **SUMMER WELLNESS**

Summer Tips for Healthy Living

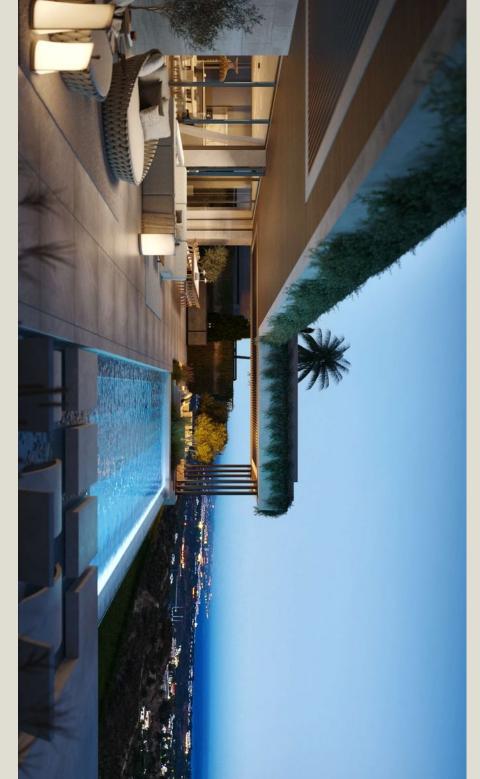
















#### BENAHAVIS | LA ALBORADA

Welcome to a haven where every detail speaks of elegance, where views paint a canvas of tranquility, and where security and location converge to define the essence of a truly exceptional living experience

The Sky Marbella is a new collection of sixteen high end villas and fifty sophisticated apartments, basking in the southern embrace of El Madroñal within one of Benahavis' most coveted domains. Dominant and panoramic views, tranquility, location, and security are the keys to this unique project.

Step into a sanctuary where every intricate detail echoes elegance, where views unfold a tapestry of serenity, and where security and location unite to shape the core of an exceptionally unique living experience.







For more information:

E.: sales@theskymarbella.com P.: (+34) 678 951 816

www.theskymarbella.com



#### **CLOSED TRANSACTIONS - MARBELLA**

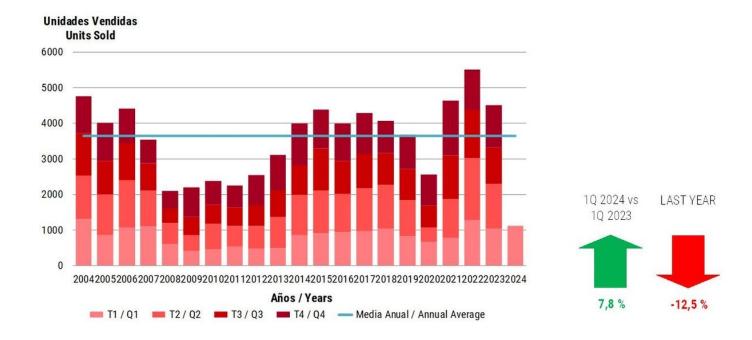
#### The year 2024 starts with activity on the real estate market of Marbella

The Ministry of Housing has recently released first-quarter data for the new year, indicating that the real estate market is maintaining its momentum. The number of transactions closed at the start of this year mirrors those of the most successful years in the series.

We've observed a 7,8% increase in closed transactions compared to the same period in 2023, although there is a 13,5% decrease compared to the record year of 2022. This aligns with our initial expectations for the year.

Low interest rates relative to other countries, Spain's strong macroeconomic situation, and the high quality of life on the Costa del Sol continue to attract buyers to our region.

In summary, the market remains active with a trend towards normalization, as closing prices are stabilizing and remaining relatively flat.



#### **CLOSED TRANSACTIONS - BENAHAVIS**

In Benahavís, the situation contrasts with Marbella, where closed transactions increased by 7,8% compared to the same quarter in 2023. In this case, transactions fell sharply by 23,2% compared to last year and 31,5% compared to the peak in 2022. This decline is most evident in the resale market, with a notable drop of 33,6%.

Overall, the market remains active but has normalized compared to the last two years. The second quarter's data will reveal whether this decline is a trend or a temporary fluctuation. Despite these reductions, the number of closed transactions in Benahavís for the first quarter remains solid.

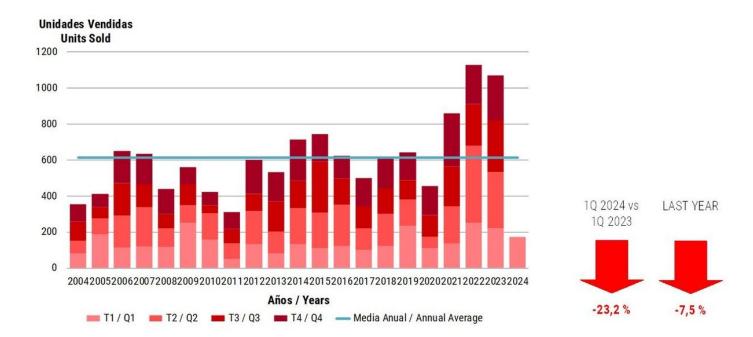


CHART 2 - HOMES SOLD PER QUARTER AND YEAR - BENAHAVÍS

#### **HOME SALES PRICES - MARBELLA**

#### Asking prices keep on going up while closing prices have flattened

Although I noticed a trend change in the last two quarters, it is now confirmed. While asking prices continue to rise by double digits, actual selling prices, based on Land Registry data, have flattened and even dipped by a slight 0,4% in the lat three quarters.

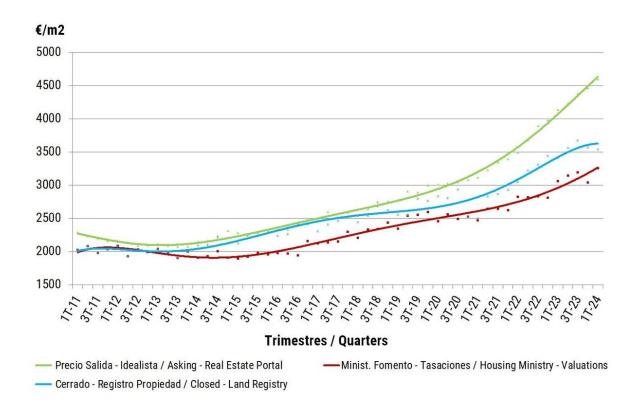


CHART 1 - ASKING, CLOSING AND VALUATION HOME PRICES - MARBELLA

As shown in the chart, both asking and selling prices have steadily increased since 2013, but now we see a leveling off in selling prices. Whether this is a normalization after three years of double-digit increases or an adjustment following record years will become clear in the coming quarters. What is certain is that the flattening of closing prices curve is widening the gap between asking and selling prices to historic highs, approaching 30%. This indicates that a number of properties are overpriced and will require adjustments to sell.

#### **HOME SALES PRICES - BENAHAVIS**

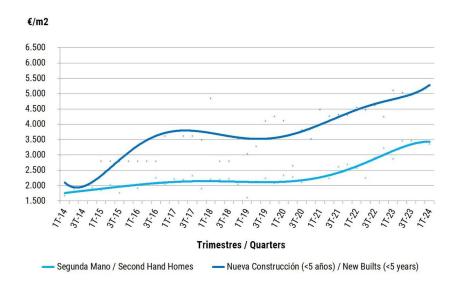
The situation in Benahavis follows a similar trend, with asking prices steadily increasing while selling prices are flattening.



The trajectories of asking and closing prices ran in parallel until the last three quarters when selling prices halted their upward trend, even dipping slightly by 0,5%, while asking prices rose by another 7,7%. Although the gap between asking and closing prices is smaller than in Marbella, it has already reached a notable 20%.

CHART 2 - ASKING AND CLOSING HOME PRICES - BENAHAVÍS

It is important to note that this flattening, observed in both Marbella and Benahavís, primarily affects the selling prices of second-hand homes, while the prices of newly built units continue to rise.



# 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 & Benahavís

KW MARBELLA

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

## SUCCESS STORIES



WHAT THEY SAID



66 A great team led by Alfonso. The best choice for managing a property in the Marbella and Málaga area.

Without a doubt, one of the best I've found!

**Roberto B.** 05 | 2024



**WHAT THEY SAID** 



with Alfonso Lacruz and his team at Keller Williams Marbella. From the moment I contacted them, I was impressed by their professionalism and dedication. His team demonstrated a deep knowledge of the real estate market. I especially highlight the customer service that this real estate agency provides.

**Nuria C.** 02 | 2024

# 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

PRICE OBTAINED FROM ASKING PRICE

98 % LIST - TO - SALE RATIO

60 M € SOLD VOLUME

# **COMING SOON**



2 GROUND FLOOR | HACIENDA ELVIRIA | MARBELLA

2 bed | 2 bath | 157,06 sqm List Price 599.000 € | Each



VILLA FINDLAY | ISTAN | MALAGA

5 bed | 5,5 bath | 442,44 sqm | 10.336 sqm plot List Price 1.649.000 €



# 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.

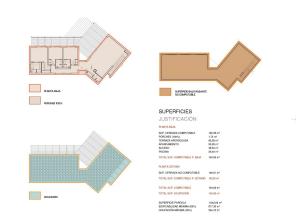
Built on one level plus a basement, the property boasts 3 bedrooms, 3 bathrooms, and the open plan area, which includes the living room, dining area and kitchen, plus a guest toilet.

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 11 months after the purchase.

#### **SCHEDULE A TOUR**







# Luxury Apartment in Mirador del Paraiso Benahavis

# 1.449.000 €270 sqm built | 2 Garages | 2 Storage rooms5 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**



#### Villa Shangri-la in Montemayor Benahavis

#### 2.849.000 € 889 sqm built | 2 Pools | Garage 4 cars | Cinema | Spa 5 bed | 5 bath

This exclusive villa, with its majestic 889 sqm of construction & 3.660 sqm plot, offers a unique and enchanting experience in the prestigious Montemayor urbanization in Benahavís. Built in 2007, this property is more than just a house; it is an oasis of luxury and comfort that allows you to immerse yourself in an idyllic lifestyle, although some improvements may be needed.

Stepping into this villa is stepping into a world of opulence and elegance. With up to 20 impressive interior spaces, including 5 bedrooms, 5 bathrooms, and a guest toilet, every corner is designed to delight your senses and provide you with maximum comfort.





#### **SCHEDULE A TOUR**



#### Plot in Sotogrande F42 San Roque

299.000 €

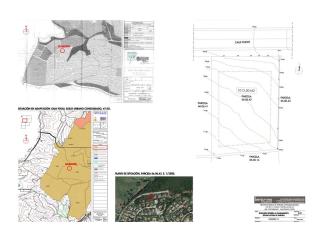
#### 1.012 sqm | License + Proyect

Discover an exceptional opportunity in the prestigious enclave of Sotogrande! This urban land for sale offers you the possibility to create the villa of your dreams in one of the most exclusive destinations on the Costa del Sol, known for its elegance, luxury, and refined lifestyle. With a generous plot of 1.012 square meters, this land provides you with the perfect space to build a truly exceptional residence.

Additionally, it comes with an architectural project crafted by a renowned architect, ensuring that your future villa blends seamlessly with the distinguished surroundings of Sotogrande and reflects your unique lifestyle. Best of all, the necessary license to carry out this project has already been managed and obtained, meaning you can begin construction on your villa without unnecessary delays.









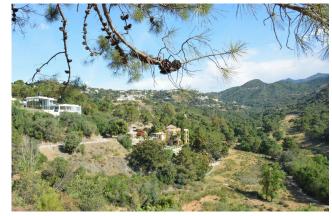
#### Plot in Montemayor A15 Benahavis

299.000 €

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.



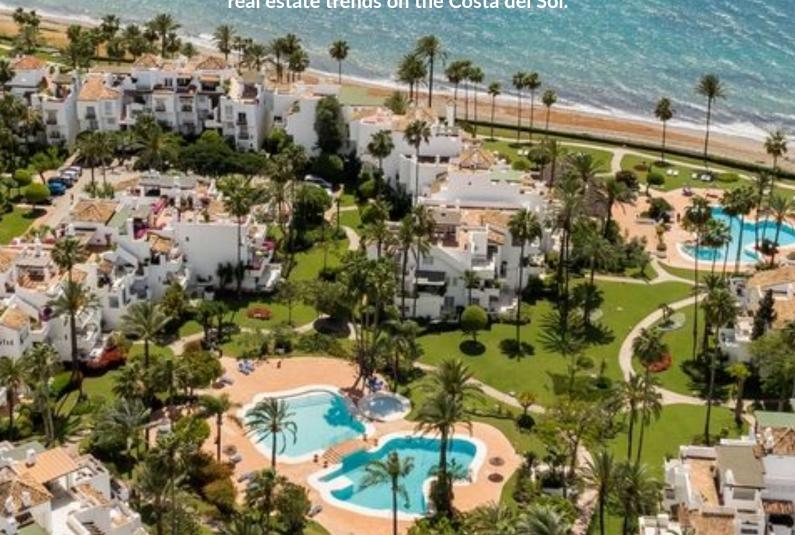


#### **SCHEDULE A TOUR**

**MARKET STATUS** 

# The Current Real Estate Trends on the Costa del Sol

The Costa del Sol, renowned for its picturesque landscapes, sunny weather, and vibrant culture, continues to be a hotbed of activity in the real estate market. Several trends are shaping the sector, attracting international buyers, investors, and industry professionals. This article explores the most significant current real estate trends on the Costa del Sol.





#### Rising International Demand

The Costa del Sol remains a prime destination for international buyers, particularly from Northern Europe, the United Kingdom, and the Middle East. The allure of luxurious properties, a Mediterranean lifestyle, and favorable weather conditions drive this demand. High-end developments and properties with sustainable features are especially sought after. The international market's interest ensures a robust real estate market, contributing to the region's economic stability.

#### Sustainability and Green Building

A growing emphasis on sustainability and eco-friendly construction is evident in the Costa del Sol's real estate market. Developers and buyers are increasingly prioritizing properties that utilize renewable energy sources, sustainable building materials, and smart home technologies. This trend is not only environmentally beneficial but also appeals to a market segment keen on reducing their carbon footprint while enjoying modern, luxurious living spaces.

#### Remote Work and Second Homes

The shift towards remote work, accelerated by the COVID-19 pandemic, has significantly impacted the real estate market. Many individuals now seek second homes in the Costa del Sol to blend remote work with a relaxed lifestyle. These properties often feature home offices, high-speed internet, and outdoor spaces to cater to the needs of telecommuters. The ability to work from anywhere has made the Costa del Sol an attractive option for those looking to escape urban environments while maintaining their professional obligations.

#### 4 Investments in Infrastructure

Continuous investments in infrastructure enhance the appeal of the Costa del Sol. Improved transportation links, upgraded public services, and new amenities are making the region more accessible and convenient for residents and visitors. These enhancements not only attract new buyers but also increase property values, making the area an attractive option for long-term investment.

#### Luxury Developments

The Costa del Sol is experiencing a boom in luxury real estate developments. These projects include high-end villas, seafront apartments, and residential complexes with top-tier amenities such as golf courses, spas, and marinas. Such developments cater to affluent buyers looking for exclusive properties that offer privacy, security, and a high standard of living.

#### 🔓 Short-Term Rental Market

The short-term rental market remains robust, driven by the Costa del Sol's popularity as a tourist destination. Investors are increasingly focusing on properties that can generate income through platforms like Airbnb. Properties in prime locations, equipped with modern amenities, and offering unique experiences are particularly successful in attracting short-term renters. This trend presents lucrative opportunities for investors looking to capitalize on the tourism sector.

#### Impact of Brexit

Brexit has significantly impacted the Costa del Sol's real estate market. Initially, there was a decline in property purchases by British buyers due to uncertainty and new regulations. However, the market has shown resilience, with a recovery as buyers adapt to the new circumstances. British buyers remain an essential segment of the market, and their continued interest ensures ongoing activity in the sector.

#### Real Estate Policy and Regulation

Changes in local and national regulations regarding urban development and foreign property ownership influence the market dynamics. Policies that streamline the buying process for foreigners and support sustainable development are particularly impactful. Staying informed about regulatory changes is crucial for investors and buyers to navigate the market effectively.

#### Technological Advancements

The real estate sector on the Costa del Sol is embracing technological advancements. Digitalization, virtual tours, and artificial intelligence in property search and management are transforming how properties are bought, sold, and managed. These technologies enhance the efficiency of real estate transactions, improve buyer experiences, and provide valuable insights for investors.

#### Post-Pandemic Trends

The COVID-19 pandemic has shifted buyer preferences, with a greater focus on properties that offer outdoor spaces, private gardens, and access to wellness facilities. The desire for health and well-being has become a priority, influencing the design and amenities of new developments. Properties that cater to these preferences are in high demand, reflecting a broader trend towards healthier living environments.

"The real estate market on the Costa del Sol is dynamic and evolving, driven by international demand, sustainability, luxury developments, and technological advancements. The region's continued investment in infrastructure and adaptation to post-pandemic trends further bolster its appeal. For investors, buyers, and industry professionals, staying abreast of these trends is essential to navigate the market successfully and capitalize on the opportunities that the Costa del Sol offers."



#### Plot in Montemayor A16 Benahavis

299.000 €

2.870 sqm / 366 sqm buildable

Located atop the hills of Benahavis, within the natural enclave of the Montemayor Valley, plot A16, is a private sanctuary, a blank canvas to create the home of your dreams. A natural paradise bathed in the warm southern sun, where a lush forest, majestic mountains, a serene lake, and the vast sea intertwine in an unparalleled spectacle. This 2,870 square meter plot, located in the prestigious Montemayor development, invites you to explore endless possibilities.

.With a maximum building capacity of 366 square meters, this space offers the freedom to build a customized oasis, tailored to your needs. Adjacent to it, you will find top-notch tennis courts and golf courses, along with the most exclusive clubs, making this place a landmark in southern Spain for those seeking to indulge in life to the fullest.









# Apartment in Cosmo Beach Estepona

#### 310.000 € 103,10 sqm built | Garage | Storage Room 2 bed | 2 bath

Your home in the New Golden Mile! Recently renovated 2-bedroom apartment, located on the dazzling coast, perfect for those craving a relaxed life by the sea.

Enjoy each evening with the glow of the Mediterranean from the bright living room and terrace, an intimate space to appreciate breathtaking panoramic views. With impeccable design and south-facing orientation, the bedrooms, each with an en-suite bathroom. Marble floors add a touch of elegance, while the modern, fully-equipped kitchen is ready to awaken your culinary skills.

This property is the perfect haven, whether for settling permanently or enjoying a relaxing vacation! Don't miss the opportunity to live in this coastal paradise.





#### **SCHEDULE A TOUR**

# YOUR LOCAL CULTURAL AGENDA

#### **MALAGA**



#### Concert | God Save the Queen | Auditorium | Jul 06th

"The best tribute show in the world," according to Rolling Stone Magazine. With 20 years of career, Dios Salve a la Reina (God Save the Queen) is launching their new show that will take them to more than 40 countries worldwide during 2024. The band has conquered the world and unleashed an incredible phenomenon with non-stop emotional moments.



https://www.giglon.com/todos?idEvent=live-aid-festival-malaga



#### Flamenco Festival | Unicaja Foundation | Jul 19th

A show featuring three renowned artists, where fans can sing and dance while exploring the diverse styles of each one. The most important cantaora of today, María Terremoto, will blend traditional songs with her own versions. Rancapino Chico will offer his characteristic smooth Cadiz flair. Lastly, Perico el Pañero will bring the purest singing, with his unique dancing style.



https://marenostrumfuengirola.com/eventos/festival-flamenco/



#### Musical | Chicago | Teatro Cervantes | Jul 19th to Aug 04th

Its brilliant script, thrilling plot, spectacular choreography, iconic score, and catchy songs ("All That Jazz" and "Razzle-Dazzle") are just a few of the reasons that have made Chicago the second longest-running musical on Broadway, after The Phantom of the Opera. It tells the story of Roxie Hart, a housewife and nightclub dancer who murders her lover after he threatens to leave her.



https://teatrocervantes.com/es/genero/teatro/temporada-2023-24/chicago-el-musical-1636



#### Feria de Malaga | City | Aug 17th to Aug 24th

The Feria de Málaga commemorates the reconquest of the city by the Catholic Monarchs in August 1487. The fairground, known as the Real, is located in the old Cortijo de Torres, where various activities, as well as contests, performances, and concerts, take place. Other venues in the city also host different events and festivities. The opening speech can be heard on La Malagueta beach.



https://www.spain.info/es/agenda/feria-malaga/

# YOUR LOCAL CULTURAL AGENDA

#### **MARBELLA**



#### Concert | The Corrs | Starlite Festival | Jul 10th

Throughout their career, they have received platinum albums, BRIT Awards, Grammy nominations, and Ivor Novello nominations. They had the honor of being the only band to perform at Nelson Mandela's 85th birthday and, more recently, at the Queen's Jubilee in 2002.



https://starlitefestival.com/eventoconcierto/the-corrs-es/



#### Fest Love 90's | Finca de la Caridad San Pedro | Jul 27th

With Love The 90's, it's possible to travel back in time to the nineties for a day, and Marbella will be able to experience it again for the second consecutive year.



The lineup includes 2 Unlimited, Jenny from Ace of Base, Corona, DJ Sashi, Whigfield, OBK, Playahitty, Rozalla, Capella, Spanic, Just Luis, Jerry Daley, and Sensity World.

 $\label{lem:https://lovethe90smarbella.sharemusic.es/?gad\_source=1&gclid=EAlalQobChMl\_tz1\_KeHgwMVCTwGAB1ZZgUWEAAYASAAEgL0u\_D\_BwE$ 



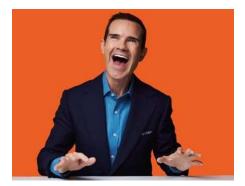
#### Concert | Luis Miguel | Starlite Festival | Aug 03th

Luis Miguel Gallego Basteri, known as Luis Miguel, is a Mexican singer and producer.



Recognized for his powerful voice and stage presence, he is one of the most successful singers in Spanish music.

https://www.entradas.com/event/luis-miguel-en-starlite-festival-starlite-marbella-18774936/



#### Laughs Funny | Jimmy Carr | Marbella Arena | Aug 31th

If you like fast-paced, edgy one-liners then get ready to be happy. Jimmy Carr is going back on tour with his brand-new show 'Jimmy Carr: Laughs Funny'.





#### Charming House in Elviria Marbella

#### 699.000 € 142 sqm built | 747,85 sqm plot | Garden | Studio 4 bed | 4 bath

The house serves as a canvas ready for personalization, allowing you to tailor it to your unique preferences and lifestyle. Well-lit rooms create an ambiance of openness and comfort, facilitating the vision of a life of tranquility and satisfaction within these walls.

In addition to the 3 bedroom, 3 bathroom villa, the property features a fantastic independent studio of 18 sqm next to the house, fully equipped with a kitchen and full bathroom. Ideal space for converting into an office or renting out.

In conclusion, this house with its garden, nice views, and inherent potential is not just a property; it's an opportunity to create a personalized haven where every detail reflects your taste and style.





#### **SCHEDULE A TOUR**



#### Villa Los Claveles in El Rosario Marbella

1.199.000 €292 sqm built | 1.120 sqm plot | Garden | Pool & Bbq4 bed | 3 bath | 2 toilets

Welcome to this exquisite classic villa with panoramic southwest views from Marbella to Gibraltar. Enjoy breathtaking sunsets and twinkling nightlights within a 5-minute drive from East Marbella's beaches and 10 minutes from Marbella's center. Located in prestigious Hacienda de Campo, Las Chapas, this property spans 1,120 sqm with a 272 sqm villa.

It features 3 bedrooms, 3 bathrooms, a lounge, dining area, gourmet kitchen, laundry room, garage, and guest toilet. The top floor offers a versatile retreat with sea views. Outdoor living includes expansive porches, terraces, a barbecue area, and a pool room, all surrounded by lush gardens and a sparkling pool.





#### **SCHEDULE A TOUR**



# Summer Wellness Tips for Healthy Living

Summer is a time of sunshine, outdoor activities, and relaxation. While it's the perfect season to enjoy the great outdoors and take a break from the usual routine, it's also essential to prioritize your health. Here are seven tips to help you stay healthy and make the most of your summer.

#### Stay Hydrated

One of the most important things to remember during the hot summer months is to stay hydrated.

Drink plenty of water throughout the day, especially if you're spending time outdoors or engaging in physical activities. Aim for at least eight glasses of water a day, and consider carrying a reusable water bottle with you to ensure you're never without a drink.

#### **P**r

#### **Protect Your Skin**

The sun's UV rays can be harmful, so it's crucial to protect your skin. Apply a broad-spectrum sunscreen with at least SPF 30, even on cloudy days. Reapply every two hours, or more often if you're swimming or sweating. Wearing protective clothing, a wide-brimmed hat, and sunglasses can also help shield your skin from the sun.



# Eat Seasonal Fruits and Vegetables

Summer offers an abundance of fresh, seasonal produce. Incorporate fruits and vegetables like berries, melons, tomatoes, and leafy greens into your diet. These foods are rich in vitamins, minerals, and antioxidants, which can boost your immune system and keep you feeling energized.

#### Stay active

Take advantage of the warm weather by staying active. Engage in outdoor activities like swimming, hiking, cycling, or playing sports. Regular physical activity can improve your mood, strengthen your cardiovascular system, and help maintain a healthy weight. Just remember to exercise during the cooler parts of the day, such as early morning or late evening, to avoid the intense midday heat.

#### Enough sleep

Long summer days can sometimes lead to late nights, but it's important to get enough sleep. Aim for seven to nine hours of sleep each night to ensure your body has time to rest and recover. Establish a bedtime routine and create a cool, dark, and quiet sleeping environment to promote better sleep quality.

#### Practice sun safety

In addition to protecting your skin with sunscreen, be mindful of the times you spend in direct sunlight. Seek shade during peak sun hours (10 a.m. to 4 p.m.) and take breaks indoors to cool off. Staying out of the sun during these times can reduce your risk of heat exhaustion and sunburn.

#### Stay cool and beat the head

High temperatures can lead to heat-related illnesses. Wear light, breathable clothing, and take cool showers or baths to lower your body temperature. Use fans or air conditioning to keep your living space comfortable, and if you're feeling overheated, take a break in a shaded or air-conditioned area.

Summer is a wonderful season filled with opportunities for fun and relaxation. By following these healthy tips, you can enjoy all that summer has to offer while keeping your health in check. Stay hydrated, protect your skin, eat well, stay active, get enough sleep, practice sun safety, and keep cool to make the most of your summer days. Enjoy the season and stay healthy!





# Townhouse in Montemayor Benahavis

#### 539.000 € 170 sqm + 56,70 sqm terrace | Garage | Storage R 3 bed | 3 bath

This beautiful townhouse offers 170 square meters of living space and 56.70 square meters of terraces, ideal for a harmonious life. La Heredia de Montemayor's charm, with its picturesque colorful houses, will captivate you. The property, spread over three floors, includes a private garage and storage room and is adjacent to a lovely communal pool, perfect for relaxing or sunbathing almost all year round. Upon entering, you'll find a hall leading to two cozy bedrooms, two elegant bathrooms, and a practical storage or laundry room. The first floor's open space connects the dining area and living room, featuring a warm fireplace, with a fully equipped kitchen. This level also has two charming terraces, ideal for reading, enjoying the views, dining al fresco, or having a barbecue.

The top floor houses the master bedroom, a tranquil retreat with a beautiful en-suite bathroom, a spacious walk-in closet, and a private solarium terrace.









#### Plot in Rocio de Nagüeles Marbella

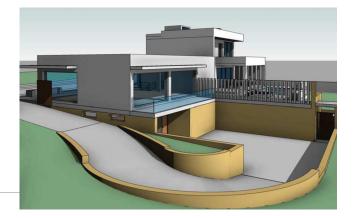
675.000 €

#### 1.080 sqm / 280,80 sqm buildable

We present an exceptional 1,080 square meter residential plot in Nagüeles, one of Marbella's most prestigious areas. This unique plot offers the chance to build your dream property with sea views in a luxurious setting. Located on Marbella's Golden Mile, Nagüeles is known for its exclusivity and proximity to luxury amenities such as golf courses, beach clubs, and gourmet restaurants. It's just minutes from central Marbella and Puerto Banús, offering high-end shopping, vibrant nightlife, and beautiful beaches.

Surrounded by nature and lush gardens, the plot provides a tranquil, private environment ideal for a luxurious lifestyle. It's also the best-priced plot on the market now. The large surface area allows for a custom residence, making it an excellent long-term investment. With ongoing development and demand in Nagüeles, this plot is a prime opportunity.





#### **SCHEDULE A TOUR**



# ASK ALFONSO



ALFONSO LACRUZ

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

#### Here's how you can get in touch with me:

(+34) 609 408 400 (M) (+34) 952 78 88 40 (O)

alfonso.lacruza@kwspain.es www.alfonsolacruz.com www.kwspain.es



My Contact Info



My Web

