


Competa Properties s.l.
The best service you can get!


Avda. Sayalunga 24B
 Competa (Málaga)
 Tel: (0034) 952 516 107

Avda. Constitución 37B
 Competa (Málaga)
 Tel: (0034) 952 553 589

info@competaproperties.com
www.competaproperties.com

See our advert on page 5

Opticians
HEIKO BY HEIKO
 Your local
 English-speaking
 Opticians



Book your **FREE** Eye Test
 Avda. Andalucía 119, Torre del Mar
info@heikobyheiko.es
 Tel: 952 967 923 / 682 327 084
heikobyheiko.es


Perez Oglietti
 ESTATE AGENTS • INMOBILIARIOS • IMMOBILIARIA

Are you selling your property?
 Do you want to buy a property?
 Contact us!

info@perezoglietti.com
www.perezoglietti.com
 +34 653 782 878

"Trying to make your life in Spain easier"

villasol REAL ESTATE AL

**LEADING
 THE WAY
 IN SALES AND
 LONG TERM
 RENTALS**

See page 21
www.villasolrealestate.com
 Tel: (0034) 952 52 72 01
 e.mail: info@villasolrealestate.com

LAWYERS · CONVEYANCE · TAX CONSULTANTS · ACCOUNTANCY · WILLS · MORTGAGES · INSURANCE

Don't settle for a copy...
 Be original!

**Del Prado
 & PARTNERS
 SOLICITORS**

**The best for you
 ALWAYS!!**

We are not second or third or even the fourth...
 We are not those who are resigned...
 We are not those who avoid making the effort...
 We are not those who do not understand you...
 Yes correct, we are Del Prado & Partners Solicitors...
 the best for you, now in Plaza Cavana...always
 for you...

See our advert on page 15
WWW.DELPRADOANDPARTNERS-ES.COM

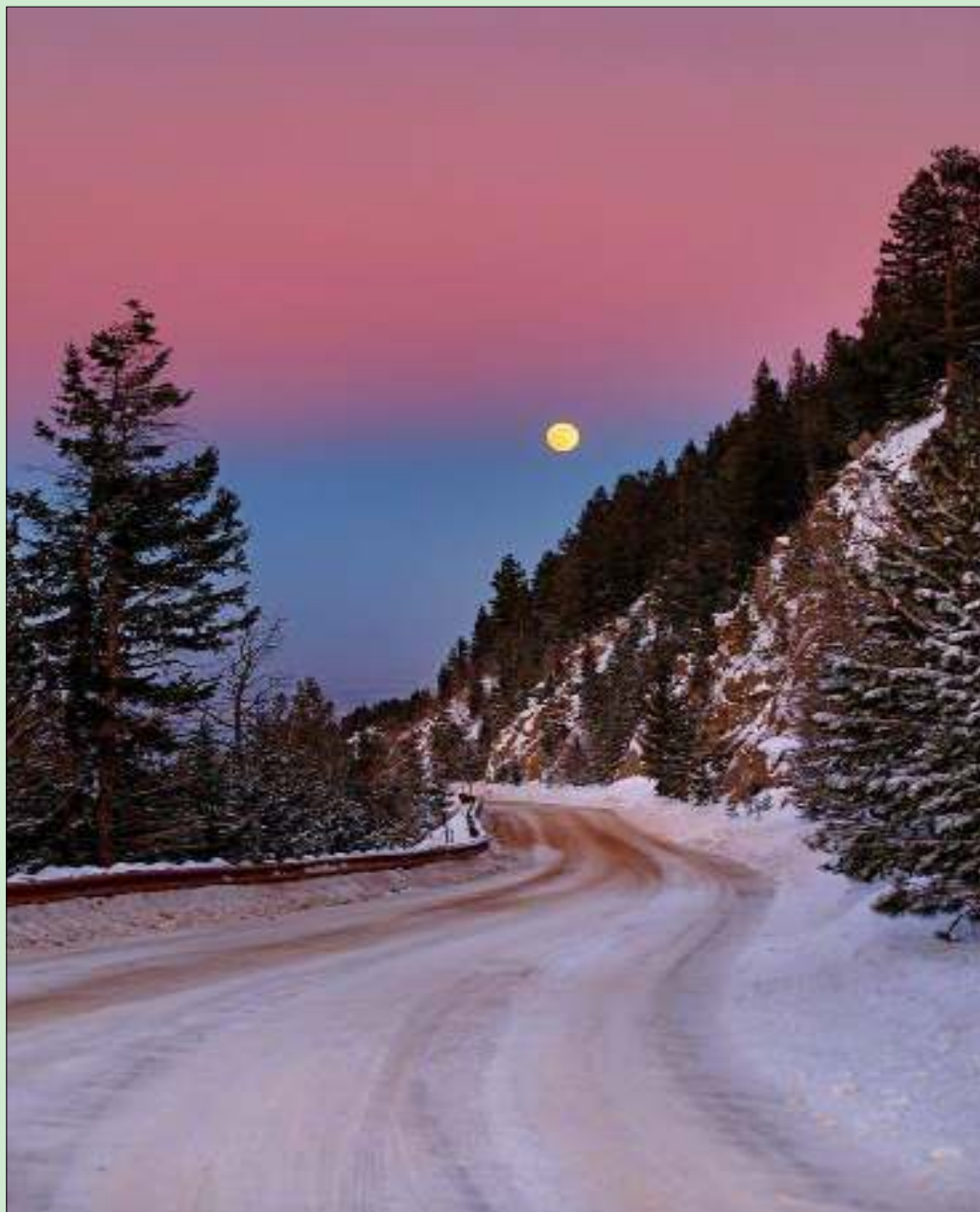

streetwise
 In Spain

The longest running **FREE** English language magazine in the Axarquia,
 over 24 years!

December 2022

Number 297

www.streetwise.es



OPTICA
Chaves
 Since 1980

Working in partnership with the
 social security agreement for outpatients

**In Optica Chaves
 you enter as a customer,
 and leave as a friend!**

Avenida Castilla Pérez, 24
 29780 NERJA, (Málaga)
 Tel: 952 521 994

NERJA VISIÓN

Castilla Pérez, 24
 29780 NERJA (Málaga)

● (Monday - Friday)
 10:00 - 14:00 & 17:00 - 20:30
 (Saturday) 10:30 - 13:30

● Contact Lenses; Frames;
 Sun Glasses
 ● The Best Brands!
 ● Free Eye Test & Glaucoma Test

● **We Speak English**


axarquia solicitors
 LAW OFFICE

Real Estate Law · Tax Services
 Wills · Inheritances
 Expats · Non Residents

Tel 952 901 225
mail@axarquiasolicitors.com
www.axarquiasolicitors.com



**A Merry Christmas
to all our clients
and friends**

WE HAVE MOVED!

**OUR NEW OFFICE IS AT
EDF. EL ZOCO**

NEAR THE CAPISTRANO SUPERSOL

EASY PARKING - ALL WELCOME



PARADOR AREA

2BR Apartment totally renovated with balcony and communal roof terrace. Great rental investment. 300m walking to Burriana beach. Surrounded by restaurants, shops ect

Price: €195,000
Ref: IN_670_INM



URB. NARICHA

Beautiful sunny villa with 4 beds, 3 baths. Surrounded by spacious terraces with stunning views. Private garage, storage. Communal pool and gardens.

Price: €299,000
Ref: CN48601



TORRECILLA

3/4BR Stunning spacious 220m2 family townhouse in privileged area, 2 min walking to beach & town centre. Roof terrace with splash pool. Private garage, storage area.

Price: €595,000
Ref: CN48669

**PROPERTY OF
THE MONTH**



JARDINES DE NERJA

2 bedroom townhouse with a sep. apartment, terrace and roof terrace both with stunning sea views. Sun all day. Communal pool and gardens.

Price: €289,000
Ref: CN48618



URB. ALMIJARA II NORTE

3 beds townhouse with stunning mountain and country views. Spacious terrace and interior patio. Storage room. Communal pool and gardens.

Price: €250,000
Ref: CN48703



CAPISTRANO VILLAGE

6 beds renovated beautiful 200m2 villa, 500m2 plot. Private pool and gardens. Excellent location close to all amenities. Sea views. Private 60m2 garage.

Price: €820,000
Ref: CN48227



JARDINES DE BURRIANA

3 bedroom property with 2 terraces, 2 bathrooms. Walking distance to Burriana beach and town centre. Communal pool and gardens. Private garage.

Price: €295,000
Ref: CN48629



TORROX PUEBLO

4BR Spacious townhouse with beautiful views. Storage room and private garage. Communal pool with outdoor kitchen and gardens.

Price: €235,000
Ref: CN48634



Member of the Spanish and European Real Estate Association with over 5,000 members. Friends of Nerja since 1982



WANTED!

We have clients for your property. Contact us.

OUR
BIG SALE
STARTS
20. DECEMBER

PARIS

DINING SUITE IN SOLID LIGHT OAK.
TV-UNIT AND COFFEE TABLE ARE ALSO AVAILABLE.



C3 LUXURY CONTINENTAL BED

160X200 CM WITHOUT HEADBOARD.
NORMAL PRICE **2.395 €** - LAST UNITS **1.495 €**.
HEADBOARD **428 €**. LAST UNITS **298 €**



BRISBANE

INDUSTRIAL DESIGN IN METAL.
DISPLAY UNIT – **795 €**,
SIDEBOARD – **695 €**, TV-UNIT **498 €**.



ELLE DINING TABLE FOR OUTSIDE AND INDOOR.
SOLID TEAK WOOD AND METAL LEGS
85X180 CM – **748 €**. CHAIRS **158 €** WITH CUSHION.

SOFA 1800

CLASSIC DANISH DESIGN.

2-SEATER **1.095 €** (FABRIC) **1.495 €** (LEATHER).

3-SEATER **1.295 €** (FABRIC) **1.795 €** (LEATHER)



Find us on
Facebook

WE DELIVER AND ASSEMBLE ALONG THE COAST FOR FREE

Avda. de Andalucía, 187 · 29751 Caleta de Vélez · (Entrance to Caleta Port)

Tel: 952 55 06 69 · piramides@mueblespiramides.com · www.mueblespiramides.com

Opening hours: Monday to Friday 10 - 20 h. Saturdays: 10 - 14 h.



YOUR SPECIALIST IN OUTDOOR FURNITURE

DE TROPEN®



Merry Christmas and a happy new year!

13.000m²
SHOWROOM
& all in stock



How to get here:

Autovía del Mediterráneo A7, exit 953
Vélez Málaga
entrance behind Repsol gas station
Free covered parking

Opening hours:

Monday - Saturday: 9 am - 8 pm
Sunday: Closed

Beauty comes from the outside.

First picture: BERNINI Lounge Set from 450€

From right to left: COSILOFT 100 Fire table from COSI®, SOUTH WALES Extendable garden table from Hartmann®, 5 MINUTI Wood-fired oven from Alfai® and Cosi Scoop Gas Lantern from Cosi®



DE TROPEN®
OUTDOOR FURNITURE



info@detropen.es
(+34) 680 480 276
www.detropen.es





Cómputa Properties s.l.

The best service you can get!

Avda. Sayalonga, 24B Cómputa (Málaga) / Tel: (0034) 952 516 107
Avda. Constitución Ed. Costezuela Local 1 - 29754 Cómputa
Plaza de la Constitución 4Bajo Torrox - Pueblo (Málaga) / Tel: 952 538 337
www.competaproperties.com / info@competaproperties.com



Country Property of the month

Cómputa:

Price: €375.000 CP566



In a quiet location 10 minutes drive away from Cómputa, we find this charming property with a rustic style and good access. The house was recently renovated, retaining original features but adding all the necessary comforts to it. Through an gated entrance, we access the large parking area. Here we also find the pool room and a guest room. By a set of stairs we go up to the large terrace area with different spaces to sit and relax in addition to the fantastic pool. From here we access the interior of the house finding a spacious fully equipped kitchen, two double bedrooms, a family bathroom with bath



**Competa Properties
wish everyone a
Merry Christmas and a
happy 2023.**

and shower and finally a bright living room with a wood burning fireplace and doors that open to the terrace obtaining with them impressive views towards the pool and the mountains. This property also benefits from having underfloor heating, air conditioning units in all rooms and solar water heating system. A very special property which is worth visiting!



Cómputa:

Price: 450.000€



- Living space: 228m²
- Bedrooms : 5
- Pool: Yes
- Garage : No
- Terrace: Yes
- Bathrooms: 3
- Views: Mountain
- Area: Countryside

Ref. CP572

Torrox:

Price: 360.500€



- Living space: 110m²
- Bedrooms : 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Countryside

Ref. TCP196

Torrox:

Price: 299.000€



- Living space: 140m²
- Bedrooms : 4
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Countryside

Ref. TCP205

Corumbela:

Price: 50.000€



- Living space: 75m²
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: No
- Bathrooms: 1
- Views: Village
- Area: Town

Ref. TH1034

Torrox:

Price: 279.000€



- Living space: 150m²
- Bedrooms : 4
- Pool: No
- Garage: Yes
- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Village

Ref. TTH527

Torrox:

Price: 139.000€



- Living space: 168m²
- Bedrooms : 4
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Town
- Area: Town

Ref. TTH543

In conjunction with Cómputa Properties S.L.

Construction & Services

Avd. Sayalonga 24 A, Cómputa 29754 (Málaga)

Tel / Fax: (0034) 952 553 435

celefernandez@competaproperties.com



**Dec/December
2022
Issue Nº 297**

Published by Streetwise
Apartado de Correos 136,
Torrox, 29770, Málaga, España
Publisher: Dawn Ashurst
Sales: (00 34) 638 474 718
Design work: Dawn Ashurst
Design work: Chelsea Ashurst
Deposito Legal: MA 3272-2009

Web Site: www.streetwise.es
e.mail: info@streetwise.es

No part of this publication may be reproduced in any form without prior consent in writing from the Publishers. The publisher is unable to accept liability for the claims made by advertisers, or the contents of their advertisements.



Sierra Nevada



**A very Merry Christmas to all our
readers, advertisers and friends.
Have a wonderful Christmas
and a fantastic
New Year.**



**E GALERIA DE ARTE
ART SHOP
GALLERY**

Pintura / expos / piezas únicas / objetos vintage / prints / postales
OPEN BY PREVIOUS APPOINTMENT / CITA PREVIA

Pasaje Fuente de Cantarero, blq. 1 bº. d, 2978 Nerja (Málaga)
www.egalleryspain.com / 669 67 89 67

For ALL types of Insurance
Cars (private and business),
Health, Home, Furniture,
contact:

NEW ADDRESS!

Begoña Fernández López
Exclusive Agent for AXA Insurance
Pasaje Fuente de Cantarero,
Blq. 1, Bajo D, Nerja 29780
Telephone: **952 520 952**
Fax: **951 919 744**
e-mail: begonerja@hotmail.com
www.mariabegonafernandez.oficinaaxa.es

Established in 2002

Villasolutions

E-mail: sales@villasolutions.net
Mobile: +34 696 522 171 - Skype: Villasolutions4u2002

Take Villasolutions and Alcaucin valley property as featured in the Channel 4 TV series **A Place in the Sun**

 **Tim Whiteley, Director/Owner**
Villasolutions, Local D
El Cruce de Puente don Manuel
Alcaucin 29711 Malaga

www.villasolutions.net

BREA

FURNITURE RESTORER
Hand crafted furniture, also incorporating your own design.
Mirrors and artefacts hand made to order, any size and many designs and finishes.



C/ Carabeo 39, NERJA

Contact Vikki on
95 252 1408



NERJA Villas

CAPISTRANO

SERVICIOS INMOBILIARIOS SALES-RENTALS -MAINTENANCE

ESTABLISHED SINCE 1999

El Capistrano Village (Nerja) Tel: (00 34) 95 252 3853 - Fax: (00 34) 95 252 8050

www.capistranovillage.com info@capistranovillage.com

'For properties in El Capistrano Area, we offer guaranteed Rentals'

For holiday rentals, see our ample range of nice properties !



Nice apartment in El Capistrano Village, one of the most beautiful complex in Andalucia. Ground floor apartment, with a private garden of more than 30 mts. Very bright house, good orientation with a fully renovated kitchen and bathroom. Communal areas and facilities, several swimming pools, ample garden areas, security guard, regular bus service into Nerja and the beach, etc.

Price: €157.000

Ref: NV.PU



Ample Town house in Maro's main street. Very close to the square and the church. It is in acceptable conditions and it has many possibilities due to its size. It comprises currently Currently 5 bedrooms, living room, dining room, kitchen, bathroom, 3 patios, ample terrace, mountain views. Possibility to build a roof terrace to get sea views.

Price: €330.000

Ref: NV.Real19



Attractive 2 storey penthouse apartment, comprising 2 beds, 2 baths, lounge-dining room with cable tv, wifi, a/c. and equipped kitchen with washing machine. South facing terrace with sun all day, lovely sea and mountain views. Several communal pools, restaurant, bar, mini market, laundry, ample garden areas, etc..

Price: €240.000

Ref: NV.GOL26



Attractive apartment, in the lovely urbanization EL Capistrano Village, comprises of pretty patio-garden, facing the south, with sun all day round and partial sea views, lounge-dining room, fitted kitchen, bathroom, bedroom. It has a big rental potential and enjoys facilities such as several swimming pools (within 1 minute walk), ample garden areas, bar, restaurant, security guard, bus service into Nerja and the beach.

Price: €178.000

Ref: NV.P080B



**Nerja Villas wish everyone
a Merry Christmas
and a very
healthy, peaceful and
happy 2023.**



Nice apartment located in San Juan de Capistrano. Consists: 2 beds, living room, kitchen, bathroom and 2 terraces with beautiful views of the sea and coastline. It enjoys nearby parking and all community services such as: swimming pool, garden care, exterior painting, security guard, bus service into Nerja and the beach. etc.

Price: €220.000

Ref: NV.CA025



Lovely apartment, ample terrace with sun all day. Beautiful sea and swimming pools views, lounge-dining room with cable TV, equipped kitchen, bathroom with shower, washing machine, double bedroom, wifi and air conditioning. Several communal pools, restaurant, bar, garden areas, security guard, bus service to Nerja and beach.

Price: €220.000

Ref: NV.PO117B



Townhouse in Nerja. Comprising: 2 beds, living room, bath and terrace. Completely renovated, south facing, beautiful sea views. Ground floor: Kitchen-living room with direct access to the terrace. 1st floor: Beds and bath. It also has a beautiful community pool and parking.

Price: €265.000

Ref: NV.ALG



Magnificent 2 bedroom apartment situated in the beautiful area of El Capistrano. It comprises of 2 bedrooms, 1 bathroom, fully equipped kitchen, nice living room and good size terrace with sea views. Facilities such as a communal pool, gardens and parking.

Reduced to: €229.900

Ref: NV.DA09



Nice apartment, next door to El Capistrano Village. Comprising good sized south facing terrace overlooking the communal pool. Sea views, sun all day, bright lounge-dining room, with fireplace, fitted kitchen, 2 spacious beds with built-in wardrobes, bath, parking area.

Reduced to: €218.500

Ref: NV.DA08



Semi-detached house La Rabitilla area, Torrox. Basement: Garage, storage room, Ground floor: Living room, equipped kitchen, toilet and a bed. 1st floor: 4 beds, bath. Attic floor: several terraces with views, laundry room. House with good light, many renovated elements, solar thermal energy, private garden, communal pool.

Reduced to: €238.000

Ref: NV.RABI



Fully renovated villa, ready to move in to. Privileged location in Capistrano Village. 1st floor: patio-garden, terrace with sun most of the day, bright living room with TV, dining room, equipped kitchen, toilet. 2nd floor: beautiful sea views, double bedroom with en-suite, bedroom with 2 beds, bathroom. Pools, restaurant and bar.

Price: €440.000

Ref: NV.OL159

Due to our many successful sales, ...we urgently require properties for our extensive list of potential purchasers. Located in El Capistrano Village, we are open every day of the year. We Await your call or visit!



5 AL 9 DICIEMBRE
AV. ESPERANTO TORBOX COSTA
DE 11:00 A 20:00

Mercedes Adillo Navi deño

- ★ Animación Infantil
- ★ Pintacaravans
- ★ Talleres
- ★ Regalos
- ★ Zona Infantil

Logos: Ayuntamiento de Torrox, Torrox, and others.



APAA Nerja Dog Charity are holding a Christmas Fair on the 4th December 2022 at Fitzgeralds Bar, Nerja. There will be live music on the day. Starting at 11am until 3pm.



Malaga lights from the 26th November 2022 to the 5th January 2023



Stunning property in a quiet neighbourhood with sea views.

The villa is very light and airy. Sold fully furnished. Solar water heating and air conditioning.

The villa comprises: 3 bedrooms, 2 bathrooms, terraces, a big BBQ, 2 garages and a private swimming pool.

There is also a large independent studio with bathroom and kitchen with good rental income.

For more information:- please call (+34) 618 940 721

Price:- €390.000



POSTAL & PARCEL SERVICE, NERJA

Operating since 1992, (29 years)

Free Parking, (car - post - car; 1 minute)

We receive post & parcels from all couriers

Very competitive rates



El Zoco
 POSTAL &
 PARCEL SERVICE

Near Capistrano Supersol, (football pitch) :: For more info write to us at :: elzocopostboxoffice@gmail.com :: Tel: 629 38 72 12



Hablamos español

We speak English

Wir sprechen deutsch



SUNNY PALM

P R O P E R T I E S

For 17 years your reliable partner in Torrox



TORROX PARK

Cosy one bedroom apartment with a sunny west facing terrace and lovely views over the green Mediterranean gardens and the sea. Sold fully furnished

Price: €128.000

Ref: 6541AP1



FRIGILIANA

Luxury villa in Cortijos San Rafael. Very spacious distribution with 482 m² and a total of 6 bedrooms, 5 bathrooms, an enormous open lounge, kitchen, dining room plus several rooms serving as office, storage, summer kitchen. Garage & sea views.

Price: €1.495.000

Ref: 6546VI6



PERIANA

Luxury villa with stunning panoramic country and lake views. The villa offers 4 beds, 4 baths, 60m² lounge, spacious kitchen and a completely self-contained guest apartment. 15x5m heated swimming pool, under floor heating and a/c throughout.

Reduced to: €625.000

Ref: 6551VI5



TORROX COSTA

Great new development close to the beautiful beaches of El Morche. One, two or three bedrooms available. Including communal pool, parking spaces, storage rooms, air conditioning and kitchen furniture.

Starting from: €144.000

Ref: 6549DEV



TORROX PARK

Very well presented 2 bedroom apartment in Brisamar, a quiet & peaceful urbanisation with lovely gardens and a large communal pool. The apartment offers a spacious South facing terrace with wonderful sea views. Furnished & air conditioned.

Price: €159.000

Ref: 6544AP2



TORROX

Spacious town house in the village. Comprising of 3 bedrooms, 2 bathrooms, kitchen with patio, lounge with fireplace, lovely roof terrace with sea views and a spacious garage. Fully furnished and air conditioned. In great condition.

Price: €189.000

Ref: 6503TH3



TORRE DEL MAR

Only one house left! New development of 14 semi-detached villas close to the centre of Torre del Mar. 200 m² built with large basement, 3 bedrooms, 3 bathrooms, open lounge-diner with American kitchen and lovely terraces with great views.

Price: €419.900

Ref: 6280VI3



TORROX COSTA

Cosy little studio apartment in a frontline beach location. Centrally located with beach, promenade and all amenities within easy walking distance. Glassed in terrace with stunning sea views. Communal pool and tennis courts. Ideal holiday retreat.

Only: €115.000

Ref: 6556ST



TORROX COSTA

Frontline beach apartment in a quiet area in between Torrox Costa and El Morche. Close to the promenade and all amenities. Comprising of 2 beds, one bathroom, separate kitchen and a lovely South facing terrace with great views.

Reduced to : €269.000

Ref: 6545AP2

Avenida Peñoncillo 16 - Edif. Oasis Club - 29793 - Torrox Costa
Tel: 952 967 595 - Email: houses@sunnypalmproperties.eu
www.sunnypalmproperties.eu



Gayle Robling, Standard Bearer & Kim Bowe

The Royal British Legion , Nerja Branch

marked Remembrance Day 2022 with a service and laying of wreaths at the Al Andalus Hotel, Maro. The poignant event was attended by 180 people and followed by lunch.

The previous Friday had seen the annual Poppy Ball at the Caves



Restaurant.
A fabulous evening was enjoyed by all who attended.
The weekend's events raised over 1,500 euro for the Poppy Appeal.

We will remember them.



MAPFRE

INSURANCES



Up to 50% discount
on your private
medical insurance:
Specialised in health
policies for
residency.

**Your private
medical cover with
the latest technology, including digital
consultations and online medical chats,
all from our Mapfre Health App.**

Contact us for a free quotation at:-

Avenida de Pescia, 13 - NERJA
(Opposite Iraznos)
Edif. Autosol, Bajo
Tel: 952 527 185
WhatsApp: 651 866 832
vhardin@mapfre.com

AA **HELP**ing people **TURN** their **lives** around

is located on the **Costa del Sol**
and there is a **MEETING** with
friendly people who will
understand your **problem**
somewhere on the coast
every DAY

Call our HELpline
600 379 110
For Support And Information

ALCOHOLICS ANONYMOUS
www.aacostadelsol.com



Step into the **Sun** Shine



Nerjamar

INMOBILIARIA • REAL ESTATE



NEW

NERJA (Ref: DG1902)

Spacious apartment located near Avenida Castilla Pérez in Nerja town. Walking distance to bars, restaurants, shops and the beach.

Price: 260.000€

EPC pending



NEW

OASIS DE CAPISTRANO (Ref: DG1901)

EXCLUSIVE

Delightful one bedroom apartment on a sought-after area. Totally renovated to a high standard with gorgeous sea & mountain views from the terrace. Various communal pools, and beautiful communal gardens. Great rental potential!

Price: 219.000€

EPC pending



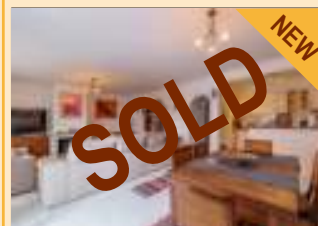
NEW

LA VIÑUELA (Ref: DG1900)

Spacious village house, centrally located in the village. 5 bedrooms, 2 bathrooms, separate lounge & dining room, fitted kitchen with adjoining pantry, roof terrace with lovely village views, separate storeroom. Walking distance to village amenities.

Price: 170.000€

EPC pending



NEW

BURRIANA (Ref: DG1893)

EXCLUSIVE

Spacious two bedroom, two bathroom apartment with large south-facing terrace just metres away from Playa Burriana, Nerja's premier beach.

Price: 275.000€

EPC pending

PRESTIGE PROPERTY

BURRIANA

(Ref: DG1895)

EXCLUSIVE

Detached three bedroom, two bathroom villa with pool, close to Playa Burriana, Nerja's premier beach. Sea views from sunny terrace and within easy walking distance of shops, restaurants and the beach.



NEW

Price: 525.000€

EPC pending

PRESTIGE PROPERTY

BURRIANA

(Ref: DG1894)

Detached villa behind Playa Burriana, Nerja's premier beach. The main house consists of two bedrooms, two bathrooms (one is en-suite), a large lounge diner kitchen and various terraces. Undereath there is a two bedroom guest apartment. All within easy walking distance of shops, restaurants and the beach.



NEW

Price: 429.000€

EPC rating F

PRESTIGE PROPERTY

BURRIANA

(Ref: DG1871)

EXCLUSIVE

A rare opportunity to acquire a residence on the exclusive Calle Primavera, situated above Playa Burriana, Nerja's premier beach. Large open-plan lounge diner, kitchen, two double bedrooms, two bathrooms, utility on the lower floor, master suite on the upper floor with walk-in wardrobe, generous en-suite and changing area. Separate guest apartment. Various terraces around the pool and landscaped gardens. Stunning sea & beach views throughout.



Price: 1.390.000€

EPC pending

PRESTIGE PROPERTY

EL PEÑONCILLO

(Ref: DG1839)

No expense has been spared in the construction and finish of this bespoke designed, contemporary villa with stunning panoramic sea views on the exclusive "Balcones del Peñoncillo" development.



Price: 1.195.000€

EPC rating A



NEW

BURRIANA (Ref: DG1897)

EXCLUSIVE

Modern two bedroom, two bathroom apartment in the Ibn Sadi complex. Lift access, underground parking and storage. South-facing terrace and communal pool. Just metres away from Playa Burriana, Nerja's premier beach.

Price: 339.000€

EPC pending



NEW

CAPISTRANO (Ref: DG1896)

EXCLUSIVE

Garden apartment with sea views. This unique opportunity is furnished and ready to go!

Price: 139.000€

EPC pending



BURRIANA (Ref: DG1891)

EXCLUSIVE

One bedroom apartment in Edif. Bahamas, close to Playa Burriana, Nerja's premier beach. Delightful communal pool & gardens and walking distance to all amenities.

Price: 169.000€

EPC rating D



CAPISTRANO (Ref: DG1647)

EXCLUSIVE

One bedroom apartment in Capistrano Village centre totally renovated to a high standard. Lift access and within easy walking distance to bars, restaurants, shops and delightful communal pools and gardens. Good rental history.

Price: 169.000€

EPC rating F

Serious about selling...? We are too!

Frontline, Burriana Beach. Tel: (0034) 95 252 7256 www.nerjamar.com E.mail: info@nerjamar.com

LAWYERS • CONVEYANCE • TAX CONSULTANTS • ACCOUNTANCY • WILLS • MORTGAGES • INSURANCES

Don't settle for a copy...
Be original!

& Del Prado

PARTNERS

SOLICITORS

The best for you...
ALWAYS!!

- We are not second or third or even the fourth...
- We are not those who copy...
- We are not those who are resigned...
- We are not those who avoid making the effort...
- We are not those who do not understand you...
- Yes, correct, we are Del Prado & Partners Solicitors...
the best for you, now in Plaza Cavana...always for you...

Plaza Cavana No 5, Bajo (Next to the Balcon de Europa) • 29780 NERJA (Málaga)

Tel: (+34) 952 52 72 74 / (+34) 952 52 17 47 • Fax: (+34) 952 52 72 17 / (+34) 952 52 10 76

delpradoandpartners@delpradoandpartners-es.com

Ctra. Cártama, 48 Bajo, Izquierda • 29120 **ALHAURÍN EL GRANDE** (Málaga) • Tel: (+34) 952 49 19 96 • Fax: (+34) 952 59 72 02 • alhaurin@delpradoandpartners-es.com

C/ De la Tercia, 4 - Bajo • 29200 **ANTEQUERA** • Tel: (+34) 952 84 40 22 - 952 84 42 28 • Fax: (+34) 952 70 44 46 • antequera@delpradoandpartners-es.com

WWW.DELPRADOANDPARTNERS-ES.COM

16 Types of Christmas Trees

1. Balsam Fir

The balsam fir is an evergreen tree best known for its conical shape and dense, dark-green leaves that are flat and needle-like. The leaves of the balsam fir also tend to have hints of shining silvery-white and are commonly used for Christmas wreaths and Christmas bouquets. This evergreen tree not only looks good, but smells good too. Giving off that spicy Christmas scent only makes it an even more popular Christmas tree choice. This particular fir varietal is small-to medium-sized and grows to heights of up to 66 feet tall.



2. Fraser Fir

Known for its pleasant scent, the yellow-green branches of the fraser fir feature a conical shape with branches that angle slightly upward. The branches of the fraser fir are also known for being extra sturdy, making this Christmas tree a great option for heavy ornaments, Christmas garland and holiday decor. Its leaves are needle-like and spiral along the trunk of the tree, giving off a fragrant scent. The fraser fir typically grows anywhere up to 50 feet tall.



3. Canaan Fir

Known for its similarities to the fraser fir and balsam fir, the canaan fir is referred to as the hybrid of the two. Canaan fir is a medium-growing evergreen tree that features fantastic needle retention, like the fraser fir. Leaves are flat and needle-like, with a nice green colour. The canaan fir is native to the mountains of West Virginia and is a newcomer to the Christmas tree market, making this particular fir varietal few and far between.



4. Douglas Fir

A douglas fir will make a statement in your home. This fir tree displays a full pyramid shape with blue or dark green leaves that have one of the richest scents of all the Christmas trees. Leaves of this evergreen are flat, soft and tend to grow in bunches. Douglas firs grow from medium-sized to extremely large anywhere up to 330 feet tall. Fun fact, the douglas fir makes up nearly half of all Christmas trees grown in the United States.



Continued on page 14



Spanish management

As seen on
A Place in the Sun

Sales, Rentals, Management and Holidays.

Your complete package!

Property Maintenance/Management
Project Work: Furniture Packages & Decor
Swimming Pools & Gardens
Paperwork Assistance




Tel: **666 135 516**
618 940 829 / 691 341 268

www.spanishmanagement.com
spanishmanagement1@gmail.com
NEW OFFICE: La Viñuela, (next to the Farmacia)



5. Grand Fir

The name of this evergreen tree really says it all. The grand fir is a large tree native to the Pacific Northwest and Northern California. These giants can grow up to 230 feet tall. The grand fir features bicoloured needles with yellow-green hues and a white stripe beneath the needle. This tree produces beautiful, thick foliage and gives off that wonderful spicy Christmas tree scent.



6. Noble Fir

Noble fir is yet another one of the more popular Christmas trees and can grow up to 230 feet tall. The branches are evenly spaced along the trunk of this evergreen tree. Growing happily in the Pacific Northwest, the Noble fir displays needle-like leaves that tend to curve upward, making them a sturdy option for all of your Christmas decorations.



7. Concolor Fir

The concolor fir is often referred to as the white fir. It's known for its flattened, needle-like leaves that are pointed at the tip. When it's young, the concolor fir features more blue-green coloured leaves, but as it gets older the leaves turn into a duller green hue. The concolor fir can grow up to 195 feet tall.



8. White Pine

The white pine features needles that grown in fascicles or bundles. With bluish-green hues and pointed tips, the branches of this Christmas tree are flexible and give off little to no aroma. This pine tree is not recommended for heavy ornaments or large decorations because the branches are not as strong. Fun fact, the white pine is the largest pine in the United States. Mature trees can live up to 400 years and grow to heights of about 230 feet tall.



M & A Accountancy Services S.L

"friendly citizens advice and accountancy services to simplify your personal or business life in Spain"

For more information visit our new web site at:
www.ma-accountancy.es

**Mr Joseph
John Mills**
FFA, FIPA
Accountant/Director

**Personal and Business
Accountancy Services**

**UK and Spanish
Tax Management**

Investment Advice

**Citizens Advice and
Documentation**

**NIE, TIE & Passport
Applications**

**Personales y comerciales
Servicios de Contabilidad**

**Reino Unido y español
Gestión Tributaria**

Consejo de inversión

**Asesoramiento al ciudadano y
Documentación**

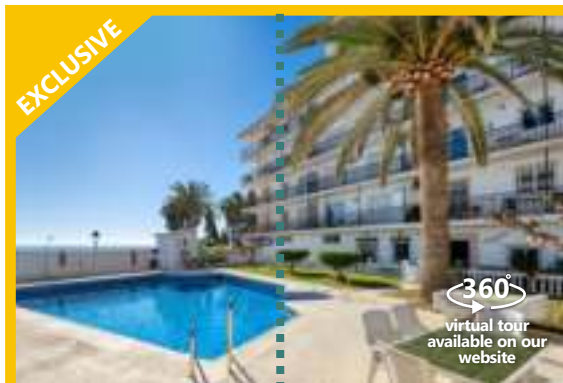
**NIE, TIE y Pasaporte
Aplicaciones**

CONTACT US AT:

**Tel: +44 7884 940 010
+34 951 55 14 99**

Email: info@ma-accountancy.es

Calle Los Huertos, 97 Local 5, Nerja



Edf. Rocamar, Nerja

Apartment for sale situated in Edf. Rocamar, one of the most sought-after apartment complex in the Parador area of Nerja, on calle Carabeo. The apartment has a west facing terrace with some sea views. It comprises 1 large bedroom and a modern bathroom. This apartment has been fully refurbished to a very high standard. A/C & heating throughout. Perfect investment for holiday rentals.

Price: 395,000 euros Ref. JG993

**GET SEEN,
GET SOLD:**
rightmove

A Place in the Sun

thinkSPAIN

kyero.com

Spainhouses.net



Urb. Punta Lara, Nerja

Fully detached villa with private pool and great sea views situated in Punta Lara. It is built on a plot of 365 m2 and designed over two floors measuring 145 m2 plus a basement/garage of approx. 90 m2. The accommodation comprises four double bedrooms and four bathrooms, of which two are en suite. There is air conditioning & heating throughout. Sold fully furnished.

Price: 590,000 euros Ref. JG145



Urb. El Algarrobo, Nerja

Townhouse with great sea views situated in the popular Urbanisation of El Algarrobo. It is built on two floors and comprises three double bedrooms, a family bathroom and a guest toilet. The master bedroom has patio doors leading out to a south facing terrace and a small patio with a door giving access to the outside.

Price: 245,000 euros Ref. JG992TPM

**Google
AdWords**

idealista

**GET YOUR
PROPERTY
SEEN
BY MORE
THAN
5 MILLION
POTENTIAL
BUYERS
PER MONTH**



Edf. Verde Mar, Nerja

Apartment for sale situated in Verde Mar, one of the most sought-after apartment complex in the Parador area of Nerja, on calle Carabeo. The apartment has a south facing terrace with fantastic sea views. It comprises 3 bedrooms, although one is used as an additional sitting area, a new bathroom and a separate toilet. A/C & heating throughout. This is an ideal holiday rental investment.

Price: 590,000 euros Ref. JG986

WE URGENTLY NEED MORE PROPERTIES FOR WAITING BUYERS



Plaza Cantarero, Edf. Cantarero Bajo 1, Nerja, Málaga



9. Scotch Pine

Also referred to as the scots pine, this pine tree is another common Christmas tree option. Dark green foliage and sturdy branches equip the scotch pine: perfect for plenty of Christmas lights and decorations. This pine tree can grow anywhere up to 115 feet tall. The needles range in color from blue-green to a darker green in the winter months and grow in fascicles or bunches of two. The scotch pine is also known for its long term needle retention, meaning less clean up for you when Christmas ends. Fun fact, it's also the national tree of Scotland.



13. White Spruce

The white spruce is also commonly referred to as the Canadian spruce, the skunk spruce, the western white spruce and a handful of other names. This particular spruce species is a large tree that grows to heights of up to 130 feet tall. With needle-like leaves that are short and sturdy in a blue-green colour, this spruce is a viable option for all of your lights and ornaments.



14. Arizona Cypress

As the name implies, the Arizona cypress is native to the Southwestern United States. It is a medium-sized evergreen tree that can grow up to 60 feet tall. Leaves of this particular cypress are a bluish-gray color on branches that grow in a conical shape.



10. Virginia Pine

The Virginia pine can be easily identified due to its short and twisted needles that grow in pairs. This particular pine tree features short branches with dense foliage that respond well to trimming. The Virginia pine is known as a small to medium-sized tree that can grow anywhere up to about 70 feet tall.



11. Blue Spruce

The blue spruce, also known as the Colorado blue spruce, is loved for its waxy gray-blue needles that tend to curve upwards. Native to the Rocky Mountains of the United States, this spruce tree features dense foliage that grows in a conical shape anywhere up to 75 feet tall. The blue spruce is said to have "the perfect Christmas tree shape." Fun fact, the blue spruce is the state tree of Colorado.



15. Leyland Cypress

The leyland cypress has feathery leaves that are greenish-gray in colour and grow upward, giving the tree a pyramid-like shape. This particular cypress does not give off any aroma, so if you're looking for a Christmas tree with a delightful scent, the leyland cypress might not be the one for you. On the plus side, the lack of fragrance can be great for those with allergies. This fast-growing tree will grow up to heights of 70 feet tall.



12. Norway Spruce

The Norway spruce is a fast-growing evergreen coniferous tree that can be found anywhere up to 180 feet tall. Its leaves are needle-like and feature a dark green hue with pointed tips. Although common in the United States, the Norway spruce is most notably a species of spruce that is native to Europe. Needle retention of the Norway spruce is poor, so it's important to take proper care of your tree and water it correctly.



16. Red Cedar

Also commonly referred to as the Eastern red cedar, pencil cedar and aromatic cedar. Branches of the this particular cedar are dense and form a pyramid-like shape. The leaves jet upwards and are a dark, shiny green colour. Although the eastern red cedars are slow-growing, they have been recorded at heights of over 40 feet tall. Fun fact, this cedar tree is most commonly used as a Christmas tree in Missouri, Oklahoma and Arkansas.



NEVER PURCHASE A REAL ESTATE PROPERTY IN THE NAME OF A COMPANY

There are no tax advantages, but there are many extra costs and tax liabilities.

Hi All,

Just a brief note to clarify a frequent occurrence for which we receive requests for advice at our Law office.

Many clients are advised to set up limited companies to buy properties in Spain or sometimes it is suggested that they purchase the shares of an existing limited company which is the legal owner of a property.

Should you be thinking of buying a real estate property (either for your own use or as an investment), never use a limited company for this purpose. Limited companies are for running a business, not for holding ownership of real estate properties.

Despite what you are told by many investment and financial companies about the advantages of limited companies, I can confirm that there are no tax advantages or savings of any kind to be gained by using a limited company, but there are many extra costs and potential tax liabilities.

You must always purchase your real estate in your own name. It is much simpler, cheaper, and safer. You should never set up a company or purchase the shares of an existing company that holds the ownership of a property, just to buy real estate. The ownership of a limited company or shares in a limited company would imply taxes to be paid and a risk of taking over the company's previous duties or commitments. Please also note that apart from the costs and risks of setting up a company or buying an existing company, you

would also be liable to pay the annual maintenance costs. Years pass by very quickly and you will see that having a company would involve spending money like water, with no benefits at all.

Finally, please also be aware that the Spanish Tax Office considers that if you are using a property owned by a company you should be paying rent for said property to your own company. This would implicate an important tax liability for the company who would have to pay annual corporate taxes at the rate of 25 % of the assumed annual rental that you should be paying to the company.

CONCLUSION: Never set up a company to buy a property, nor purchase an existing company holding ownership of real estate. You should always purchase properties in your own name.

And if you have already made the mistake of using a company to buy a property, we would recommend that you liquidate it ASAP and register the property in your own name. This way you would avoid an unpleasant claim from the tax office and would also save a lot of money by avoiding the maintenance costs.

If you have any further questions or doubts regarding this matter, or need assistance for liquidating your Ltd company, please do not hesitate to contact us.

Jose M. Lopez-Avalos – Solicitor

Tel:- 952 901 225

Email:- mail@axarquiasolicitors.com

www.axarquiasolicitors.com



axarquía solicitors

LAW OFFICE



Legal and Tax Excellence combined with Deep local knowledge and expertise



Tel. 952 901 225 · mail@axarquiasolicitors.com
www.axarquiasolicitors.com · Offices in Nerja and Velez-Málaga



12 Christmas Festive Plants

Christmas trees, Holly and Ivy wreaths and Poinsettias might be the first plants we think of at Christmas, but they're not the only way to add colour and life to your home on chilly December days.

Here are some of the best plants and flowers for decorating homes throughout the festive season, from traditional winter Poinsettia, to big, blooming Azaleas and even the Christmas cactus.

Think of Christmas, and you'll likely think of the traditional tree in all its glory, some tinsel, baubles and ornaments, and maybe a garland or two. But behind all the artificial glitz and sparkles are some fantastic plants and flowers which are not only easy to care for throughout the chillier months, but they really add to the spirit of Christmas and festivities. 'With growing concerns about plastic use, they're much more eco-friendly options too. Many of them also make fantastic presents, so are worth bearing in mind when buying for green fingered friends or family.



1. Rosemary

Rosemary has been associated with the Christmas period long before Poinsettia became the poster child, as the herb is believed to have been one of the plants in baby Jesus' manger. In the Middle Ages, people believed that if they smelled rosemary on Christmas Eve, they would be healthy and happy

throughout the new year. So they walked on rosemary spread across the floor, starting a tradition of Rosemary in Christmas decorations that we continue today, with the table top Rosemary Christmas trees, wreaths, festive swags, and evergreen bouquets.



2. Holly

Holly has long been a symbol of eternal life and fertility. People believed that hanging the plant in their homes would bring good luck and protection all year. Christmas continued the Holly tradition from Druid, Celtic and Roman traditions, changing its symbolism to

reflect Christian beliefs. Today Holly is symbolic of Jesus Christ in two ways; its red berries represent the blood that Jesus shed on

the cross, and the pointed leaves refer to the crown of thorns Jesus was wearing when he died.

3. Ivy

Although it has a bit of a reputation for covering the floors and walls of gardens with its creeping vines, Ivy is actually a very popular plant during the Christmas period. Its distinctively shaped, rich green leaves are often a key component of floral wreaths and other festive decorations. They're also said to represent the shape of Christ's crown of thorns.



4. Christmas Cactus

Despite its name and the fact it flowers over the Christmas period, the Christmas Cactus actually has nothing to do with either the Christmas tradition or the story of Christ's birth! But, these succulents do make for a great Christmas gift. They're affordable, long lived, easy to maintain in the cooler months, and look great.



5. Mistletoe

Having long been a symbol of love, peace, and goodwill, the custom of using Mistletoe to decorate houses at Christmas is a Druid tradition. Yet, despite its pretty appearance and associated affectionate gesture, Mistletoe berries are actually toxic to humans!



6. Poinsettia

Instantly recognisable due to its pointed red bracts and rich red and green leaves, Poinsettia has become a symbol of the festive season due to a Mexican legend. The story goes, a 'poor girl's present to Jesus (a bouquet of weeds) was



Garden La Palma



We offer our clients a wide assortment of indoor plants and seasonal, shrubs, fruit trees and ornamental plants.

All kinds of goodies for your garden:- tools, compost, plant health products, ceramics, furniture and now also an area with products for your pet.



Garden La Palma

Camino de Remanentes, s/n, Vélez Málaga

Tel: 951 237 013 • Mobile: 648 163 907

Open: 9.00h - 20.00h Monday to Saturday

& 9.00h - 14.00h Sundays

See our special offers and promotions by visiting our blog: gardenlapalmavelezmalaga.blogspot.com

and become friends with Garden La Palma on facebook

transformed into bright red flowers we now call Poinsettia.

7. White Chrysanthemans

As the Chrysanthemans symbolises optimism and joy, its come as no surprise that it's now synonymous with 'the most wonderful time of the year.'

However, White Chrysanthemans also have another sweet link to the festive season. German homes are filled with flowers on Christmas Eve because of an old legend in which a peasant family urges a beggar man in from the cold. Claiming to be the Christ Child, he then fled, leaving two of the flowers behind.



8. Cyclamen

Cyclamen thrives in cooler temperatures, so its bright blooms and beautiful heart shaped leaves are a great choice if you want to add some colour to your home over the winter.



9. Azaleas

Often overlooked in favour of other festive plants and flowers, Azaleas' bright colours and big, open blooms make them the perfect addition to indoor planting displays at Christmas.



10. Christmas Rose

The Christmas Rose is revered during the festive season for the deep green foliage and delicate white flowers it brings to cold, dark winters. But, despite the resemblance it bears to wild roses and the fact that it's known as the Christmas Rose, this delicate evergreen perennial is actually quite deceptive as it is, in fact a member of the buttercup family. Ranunculacea.



11. Amaryllis

The massive, six pointed Amaryllis bloom makes an impressive festive decoration on grey days. If you want to have a blooming amaryllis for Christmas, you should plant the bulbs no later than the beginning of November, although it's always safer to just buy one already in bloom.



12. Christmas Tree

Although the evergreen fir tree has traditionally been used to celebrate winter festivals for thousands of years, the pivotal Christmas tree is a relatively modern addition to British Christmas traditions. Bringing a tree inside and decorating it in the way we know today first happened in 16th Century Germany, and became popular elsewhere in the 19th Century.

The first Christmas trees came to Britain sometime in 1830s and became an annual fixture almost a decade later, when Queen Victoria and her German husband Albert had a Christmas tree set up in Windsor Castle.



Sunset Properties Spain

Merry Christmas
to all our existing
and future
clients

See new properties for sale
on our Facebook page

www.sunsetproperties-spain.com
info@sunsetproperties-spain.com

Tel: +34 618 295 063 **Office: +34 601 626 525**

Avenida Andalucía 65c, Torre del Mar, 29740, Málaga



Cómpeta New this month!
Authentic and beautifully renovated 3 bed 2 bath + wc village house (195m²) located in the heart of Cómputa. Versatile layout with options to create more bedrooms. Sea views from south facing terrace. A must to view!
Price: 259,000 euros
ref: t1477 **EPC: in progress**



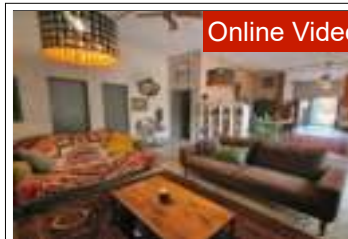
Nerja New this month!
Modern, spacious & bright 2 bed, 1 bath apartment (75m²), open plan living/dining with separate kitchen, sizeable private terrace, benefits from communal swimming pool & tennis court & has easy parking.
Price: 190,000 euros
ref: t1468 **EPC: E**



Cutar New this month!
Unique opportunity to buy 2 houses and an apartment (216m²) each with independent access. Rustic style interiors, separate terrace areas with views, edge of village location, great business opportunity for renting houses while living in the apartment.
Price: 169,000 euros
ref: t1476 **EPC: in progress**



Canillas de Albaida Stunning property!
Beautiful & charming hacienda style country house (180m²) with 5 beds, 4 baths & a WC. Large 10m x 5m private pool, deep covered terraces along 3 sides of the house. Fantastic opportunity to buy a stunning property in a quiet location.
Price: 850,000 euros
ref: v1461 **EPC: D**



Benamargosa New this month!
Large industrial style property (185m²) with 5 beds, 1 bath + wc. Recently converted into a large, comfortable home that benefits from a fantastic private garden area. A must to view!
Price: 175,000 euros
ref: t1481 **EPC: E**



Canillas de Albaida New this month!
Beautifully presented, modern 2 bed 2 bath townhouse (109m²) in Canillas de Albaida with wonderful sea views. With central heating, two terraces and a huge garage/workshop, this house offers spacious accommodation.
Price: 175,000 euros
ref: t1482 **EPC: E**

The advertised prices include all of the seller costs including commissions. They do not include the buyers costs which can be between 10-13% of the advertised price, this includes notary and registration fees, purchase tax 7% and any mortgage set up costs.

idealista

thinkSPAIN

kyero



LESSAGGRO

Transfers - Insurance Services - Car Rental

Trading Since 1990

Quality & Service Guaranteed, all at Discounted Rates for Everyone
... Call us for Bookings and more information.



**A VERY HAPPY CHRISTMAS
AND A PROSPEROUS NEW YEAR
TO ALL OUR CLIENTS AND FRIENDS**



**Arrival Transfer + Car Hire 1 week
+ Return Transfer: From €270**

Enjoy our Regular Customers V.I.P. Discount Scheme

Calle Los Huertos 76, NERJA - Tel: 952 524 699
E.mail: lessaggro@lessaggro.com - Web Page: www.lessaggro.com

Opticians
HEIKO BY HEIKO
2 X 1

**2 pairs of glasses
for the price of 1**
Includes varifocal lenses

Share the offer with a friend!

Book your
FREE
Eye Test
using our QR code



Avda. Andalucía 119 - Torre del Mar

info@heikobyheiko.es

952 967 923

Whatsapp: 682 327 084

heikobyheiko.es

We speak your language



villasol

Real Estate S.L.

www.villasolrealestate.com



VSR1979 TORRECILLA AREA

349.950 euros

Spacious apartment, four bedrooms, three new bathrooms, new kitchen, fully furnished. South facing terrace, great rental potential, walking distance to the beach and the Balcon de Europa.



VSR2016 NERJA

399.000 euros

Spacious detached rustic villa on the outskirts of Nerja, 4 beds, 2 baths, various terraces along with a very large roof terrace and superb views towards the sea and mountains. The villa must be viewed to be fully appreciated, . Communal pool.

Do you have a property, you wish to sell?

Contact VILLASOL TODAY

For a FREE MARKET APPRAISAL

List your property FOR SALE before 1st January 2023 to enjoy **2.5% commission**. (QUOTE STREETWISE)



A happy and peaceful Christmas to all our clients and friends!



VSR1007 PEÑONCILLO

249.000 euros

Front line beach apartment, two bedrooms, Shower room, private terrace, SEA VIEWS, Private underground parking, fully furnished, Great rental potential.



VSR1446 TORROX PARK

110.250 euros

Apartment, one bedroom, shower room. Communal pool and gardens. Private terrace, sea view.

Calle Antonio Millon, 10, NERJA

Tel:- (+34) 95 252 7201

Email:- info@villasol.com

Happy Tales

Snow was reluctantly handed over to the Costa Animal Society (CAS) along with his sister Luna in the middle of last year by a young Spanish family who were forced to move into a small flat due to financial constraints brought on by the pandemic. The wife brought the siblings to CAS and made a donation to help pay for the vet costs associated with rehoming including castration and vaccinations. After several months, Snow and Luna were seen on social media by a local resident and he visited them in kennels with the aim of adopting a new dog. As much as he would have liked to, the gentleman could not adopt both dogs as he lived in a flat on his own and could only exercise one dog at a time.



Snow

He chose Luna because she was smaller and he felt an instant connection with her. Snow was paired up with a new roommate in kennels and he has lingered there throughout 2022 as smaller and cuter dogs were adopted around him. His nature has calmed as he has matured into a confident 2 year old male but he still loves to play with other dogs and stretch his legs with a good run each day. Snow has lived in a house before and enjoys receiving attention and treats so he will be easily trained. Snow will make a wonderful addition to any family and is ready for his forever home.

Toby is a good natured dog who was rescued from a neglectful situation where he was left on his own in the campo and was brought to kennels about 5 months ago because he kept escaping from a foster home when the owners went out. Toby is a lovely boy who loves to be around people and gets along well with other dogs. He is a Golden Retriever type dog who is about 2 years old and his reddish coat hints at a Setter in his gene pool. Toby is a medium size and weighs about 25 kilos and he is in good health apart from needing 2 pills a day for low level Leishmania. He is quite clean in his kennel so he will easily be house trained but will need a fenced garden to keep him from wandering.

The Costa Animal Society...



Toby

Mon. to Sat. 9am till 2pm & 5.30pm till 9pm



PET SHOP

**Food, Accessories, Gifts
and much much more...**

Home Delivery Service

Customer Loyalty Discount Scheme

Avda. Castilla Perez 14, NERJA Tel: 95 252 7295

VETERINARY CLINIC

**24h Hospitalisation with Intensive Care;
Fully Equipped Operating Theatre;
Electro-Cardiograph; In-house Laboratory;
Digital X-ray and Ultrasound.**

Emergency Tel: 95 252 7295



FIERRECILLAS



DOG GROOMING

**Large, Small and Exotic Pets
Grooming; Styling; Stripping;**

Thinning; also Scissor Cutting if required



AXARQUIA ANIMAL RESCUE

October update

October has been a hectic month for us. We were able to once again hold our Dog Show, which we had all thoroughly missed. A great day was had by all, raising over 1700 euros, and to top it off our lovely Kiwi won 'Best in Show' - It was a perfect day all round. We have also taken on 18 new cases, including the beautiful Calie and her pups, you can follow their story on our facebook group, or look at our website at:-

www.axarquiananimalrescue.com



Thank you to everyone for your continued support.



Kal - AAR 2608 and Kasi - AAR 2609

The delightful sisters are growing strong and loving life as they explore the world around them. They are looking for forever homes but urgently need foster homes. Sadly, Kali and Kasi can't stay with their finder as her cats won't tolerate these playful little kittens. Kali and Kasi are eating well and enjoying fish suppers of canned sardines and have quickly learned to use a litter tray and go outside when they need a poop. Both kittens are fit and healthy and would fit in easily with any loving home. Kali and Kasi love to play together and enjoy snuggling up with their finder for a cuddle where they purr and make cute little squeaky noises when they are happy. It's not easy to find homes for kittens despite them being gorgeous bundles of fun and relatively easy to care for. Could you be the one to give these beautiful girls a forever home in return for the endless joy they will bring. For more information please email

axarquia-rescue@hotmail.com



Axarquia Animal Rescue



Robbie and Rosie



Robbie – AAR 2602 and Rosie – AAR2603

Robbie and Rosie were born in August 2022. Fortunately for us, we were abandoned outside the home of our foster angel. Although we are now safe, we are looking for a special place of our own, or together, which we can call home. My foster angel says that we are affectionate and intelligent pups who just loves a tummy tickle! We also enjoy playing with our friend Fluff the rescue cat! We have just started our vaccinations and will soon have our passports. We can be adopted in Spain now and after 15 weeks we will be able to travel to a forever home in Europe too! As lucky as we are, we really can't wait to snuggle up with our forever companions, or family, who will love us as much as we will love them knowing that together we will make a house our wonderful home! For more information on Rosie, or Robbie, please email axarquia-rescue@hotmail.com

Axarquia Animal Rescue 11th birthday year foster campaign!



Ziggy

Ziggy - AAR2604

Deaf dogs truly do hear the world with their heart, and Ziggy is no exception. Ziggy is a lovely, cuddly boy and his lovely fosterer says he's very smart and quick to learn.

He already understands a few hand signals just after a couple of weeks of training. He gets on well with other dogs, has just started his vaccinations and will be chipped and castrated shortly. Found on the Benamargosa-Riogordo road in early October, this lovely boy is looking for his forever home. Believed to be around 9 months old, we think he is a Podenco Bodeguero Mix. Please email axarquia-rescue@hotmail.com for more information.

Snowie - AAR2607

Snowie was rescued in the Los Romanes, Axarquia with her sister Zippy by a kind volunteer and were taken into the AAR care. Snowie is a 12 weeks old female Podenco Cruzado, white colour. She is a lively little girl who loves to be around humans, and play with other dogs. She will start her vaccinations soon, with chip, passport and neutered too. Snowie is looking for a foster home so



Vixey

Vixey – AAR 2605

Vixey was found alone in the countryside with a bit of chewed rope round her neck, underweight, and nervous of people. Her finder was walking her dogs and Vixey followed them home. She is now very happy, well fed and comfortable in her foster home with her finder. She had her first vet check and the vet said she is a healthy pup and given a date of birth as 23/3/22, she weighs 9kg and has now started her vaccines. She is a very loving, happy, playful pup. She enjoys the company of her foster family and loves playing with the other dogs in the home. Vixey is looking for a new foster home from 20th November and is also available for adoption.



Snowie

she can experience the family life and a forever home where she can share and enjoy her life together with a family. For more information, please email axarquia-rescue@hotmail.com.



Axarquia Animal Rescue

Registered Charity No.10567(Spain) | CIF:G33243314

Dedicated to saving lives and re-homing abandoned and abused animals
Dedicado a salvar vidas y encontrar nuevos hogares a los animales rescatados y abandonados

Can you Foster, Adopt, Donate or Support?
Puede Acoger, Adoptar, Donar o Apoyar?

www.axarquiaanimalrescue.com
axarquia-rescue@hotmail.com

Follow Us On Facebook

www.facebook.com/groups/axarquia-animalrescue



UNDERSTANDING CANINE COMMUNICATION

Do you know what is your dog trying to say? Knowing how to read your dog's body language is the key to understanding your dog. Because dogs are non-verbal, their body language does the talking for them – people often assume that dogs communicate by barking when in fact, this isn't actually correct. Vocalisation or barking takes second place to a dog's body language. By interpreting body language, you can determine whether a dog is at ease or uncomfortable with a given situation.

After you learn the basic types of dog body language, spend some time observing your own dogs interacting with people and other animals in various situations. When two animals interact, their body language is almost like a conversation. It may even seem like a kind of dance. Much of the same can be seen between a human and a dog. With some practice, you will begin to see the subtleties of canine body language.

Once you understand canine body language, it can do more than simply help you communicate with dogs. Reading a dog's body language can help protect you and your dog from dangerous situations. Without a sound, your dog can tell you that it senses a threat. When watching your dog interact with other dogs, you can watch its body language to see when harmless play may turn into a fight. Interpreting body language can also help with dog training and identifying common behaviour problems. For example, popular viral videos and pictures of dogs on social media often show dogs whose eyes are open very wide, or who are looking awkward while children lie or sit on them. To the untrained eye, these pictures might look cute. Once you are familiar with canine body language, however, you'll quickly realise how uncomfortable and stressed the dogs are.

Reading Dog Body Language

To get a full understanding of what a dog is communicating through its body language, you need to look at a dog's entire body from mouth to tail – including eye contact. A wagging tail might mean a dog is happy like most people assume. However, tail-wagging can actually mean a variety of things ranging from happy to agitated. As such, it's important to look at the dog's overall posture and body movements

DOG SCHOOL - NERJA

Karen Wallace

before assigning meaning. We all know a wide wagging tail wag that extends through the whole body, combined with the dog's face being relaxed, means a dog is happy. A tight swishing tail wag, however, can be a sign of stress. A stiff wag, when accompanied by hard staring and/or a tense, tight face and body, actually means that dog is very agitated and aroused. Depending on the dog and the situation, this could escalate into an aggressive incident.

Stressed / Scared Dogs



This dog's body language shows he is extremely uncomfortable and fearful of his environment. Dogs who are stressed or fearful will often look as though they are avoiding something. These dogs may turn their head away, avoid looking at you or whatever is upsetting. They may also deflect or self-soothe by suddenly becoming very interested in sniffing the ground. Dogs who are feeling uncertain or

anxious about a situation may also randomly begin scratching or licking themselves. Scared, stressed, or anxious dogs may pace, cower, shake or tremble.

People may mistake a dog rolling over as asking for a belly rub. In reality, they may be very afraid. At this point, some dogs will involuntarily urinate, attempt to hide behind their person or try to escape the situation. A scared or stressed dog may yawn frequently and round its back cowering almost into a ball. They may flatten their ears back against their head, and their tail may also be tucked tightly up between their rear legs. A tense and still body that isn't followed by play is another physical indicator that your dog may be concerned.

A fearful dog may respond by licking its lips often or drooling and panting when it's not hot out. This is often accompanied by pinned ears, a tense or tight face, and what is referred to as "whale eye." When your dog's eyes are making a whale eye, their pupils are very dilated and bulging with lots of white showing.

Part 2 in January 2023



Telephone: 711020098

Facebook: Dogschoolnerja

Web: www.dogschoolnerja.com

DOG TRAINING CLASSES

- EXPERT INSTRUCTION FROM AN AWARD WINNING TRAINER FROM THE UK
- LIMITED CLASS SIZE SO YOU GET THE BEST OUT OF EVERY LESSON
- FUN AND INTERACTIVE CLASSES THAT ARE SUITABLE FOR EVERYONE
- 4 WEEKLY LESSONS COVERING LEASH SKILLS, RECALL, MANNERS, WORKING WITH DISTRACTIONS AND LOADS MORE!

LITTLE WEEDS, NERJA 29780
 MONDAYS & SATURDAYS 10.00-11.00AM

BOOKING ESSENTIAL →

WWW.DOGSCHOOLNERJA.COM
 711020098
 DOGSCHOOLNERJA

IDECOCINA

Quality Kitchens

www.idecocina.com

Across

1. Sumptuous (7)
4. Put together again (11)
8. Fatigued (5)
11. Sapient (9)
13. Difficult to catch (7)
16. Disperse (7)
18. Prepared (5)
19. Environment (7)
20. Forgeries (10)
22. Percussionist (7)
24. Not connected (9)
25. Animal (5)
26. Abbreviated (7)
28. Unit of length (4)
29. Vipers (4)
31. Lived (7)
34. Uncommon (7)
36. Stifles (7)
38. Cure-all (7)
41. Young nocturnal bird (5)
42. Presentation (13)
44. Book of maps (5)
45. Inscrutable (7)
46. Illustration (7)
47. Buccaneers (7)
48. Ocean trips (7)
51. Period of time (4)
53. Molecule (4)
55. Type of rock (7)
57. Fusillade (5)
59. Operated by water (9)
62. Methods (7)

65. Hoodwinked (10)

66. Disregard (7)

69. Mistake (5)

71. Accomplish (7)

72. Speech (7)

73. Exactly alike (9)

74. Accolade (5)

75. Self-generated (11)

76. Diplomatic building (7)

Down

1. Notice (7)

2. Unprotected (9)

3. Part of a gear (5)

4. Woody bramble (9)

5. Highly skilled (5)

6. Amble (7)

7. Threw away (9)

9. Aerial (7)

10. Tale (4)

12. South American rodent (5)

14. Frozen spears of water (7)

15. Decree (5)

17. Affable (7)

21. Rivet (4)

23. Confused (7)

24. Crude (9)

26. Strident (7)

27. Nation (7)

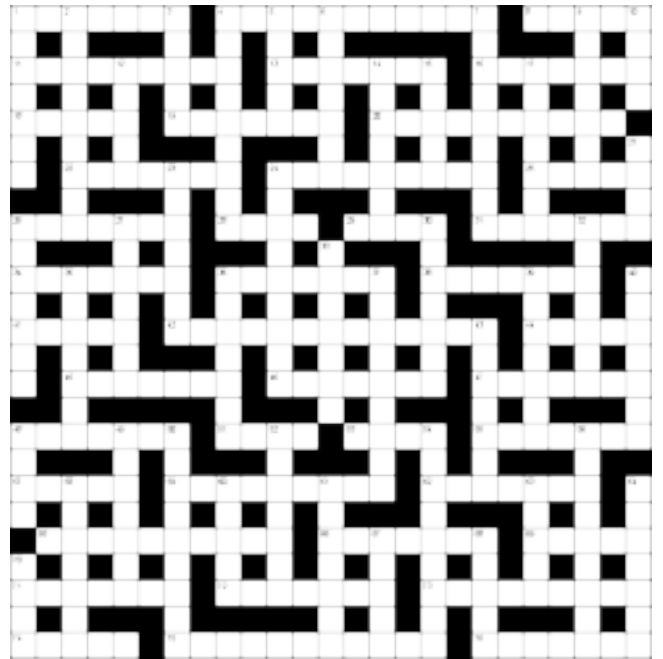
30. Young tree (7)

32. Pamphlet (7)

33. Tableland (7)

35. Unfortunate (7)

36. Apery (7)



37. Datum (9)

39. Humiliation (7)

40. Helps (7)

43. Bibs (7)

48. Immense (4)

49. Farewell (7)

50. Large beer glasses (9)

52. Bestowed (7)

54. Enigmas (9)

56. Impedes (9)

58. Detested (7)

60. 4th letter of the Greek alphabet (5)

61. Lamp (7)

63. Throw out (5)

64. Aromatic herb (7)

67. Zest (5)

68. Topic (5)

70. Unguent (4)



- All the styles
- Free Estimates
- Reform Project Management
- 3D Design Imported
- Range Cookers
- Everything for the kitchen



Opening times: Mon - Fri 9.30 to 19.30 Sat 10.30 to 13.00

C/: Los Prados, 4 - Torre del Mar

Tel:- 952 541 895 📞 605 932 060

idecocina@idecocina.com

SUDOKO

	7			9				
	2		3			1	8	7
			7				3	
		5						3
			1	6		8		9
2	1		5					
5		8				7	4	
3	4		6		7			
1		7			4		6	



Headwear

W	K	N	F	K	T	A	H	D	R	A	H	O	E
G	A	O	R	E	E	K	Y	O	B	W	O	C	I
D	R	T	A	R	R	H	B	O	W	L	E	R	N
E	E	T	C	C	E	S	O	M	B	R	E	R	O
R	T	E	S	H	B	U	F	C	A	S	E	I	O
B	A	R	G	I	C	B	T	E	N	L	W	P	B
Y	O	B	R	E	K	A	B	R	D	W	Z	E	F
C	B	O	U	F	M	B	P	D	A	O	O	K	N
A	G	N	B	E	A	N	I	E	N	P	R	R	L
L	G	N	M	K	U	F	I	G	A	M	P	A	C
O	Y	E	O	I	D	W	G	A	M	B	L	E	R
T	X	T	H	B	U	C	K	E	T	R	J	P	R

BABUSHKA	BUCKET	HOMBURG
BAKER BOY	CALOT	KEPI
BANDANA	COWBOY	KERCHIEF
BEANIE	CROWN	KUFI
BERET	DERBY	NEWSBOY
BOATER	FEDORA	SCARF
BONNET	FEZ	SOMBRERO
BOONIE	FIDDLER	TAM
BOWLER	GAMBLER	TRAPPER
BRETTON	HARD HAT	WATCH CAP





Investing principles for your retirement in Spain

Moving to a new country, from the UK to Spain, for example, is a major change. For anyone relocating – even more so if you are doing so on your retirement – a portfolio review should be high on the list of priorities to ensure their savings and investments are optimised for their new life in Spain.

Time in the markets – not ‘timing’ the markets

Remember, investing to yield the best returns often proves to be a marathon, not a sprint. ‘Chasing candles’, a term given to those who buy and sell based on market fluctuations for short-term gains, will rarely help you to achieve your long-term financial objectives. The primary failure that could be ascribed to this strategy is how it is often driven by emotion. Having a clear objective to stay in the markets for the long term can negate the effect of short-term volatility.

Warren Buffet said, “Be fearful when others are greedy, and greedy when others are fearful”. This statement may have been offered to show the importance of perspective. While some may claim Buffet does not panic because he is wealthy, others could state that he is wealthy because he does not panic.

A diversified approach

A significant amount of data suggests that a well-diversified portfolio of investments will help you achieve better long-term returns. It may be tempting to stick to UK investments and with assets you are familiar with, but this approach, where your investment capital is concentrated in one area, potentially increases risk.

**By Kelman Chambers,
Partner,
Blevins Franks**

Remember that different assets and regions generally perform differently. A diversified portfolio can help to mitigate the drop in value of a particular investment, asset type, sector or region, or even offset the loss with the gain of another to bring overall profit.

Familiarise yourself with all options – from sustainable projects with an ethos you support to tax-efficient structures that will help you to maintain the lifestyle you are used to. If you feel a little unsure about how best to structure your portfolio for a life in Spain, taking specialist advice can help.

Avoiding FOMO

The fear of missing out (FOMO) can be a strong motivator for making bad decisions. Unexpected bull runs in a region or sector, or sharp market rises hyped up by journalists and commentators, can create a strong desire to join in rather than risk regretting that you did not take the opportunity. The problem is often that it has already happened; you are too late – you may have bought at or near the market peak. Just because a particular asset or sector experiences rapid, short-term growth, there is no guarantee it will continue. Quite the contrary, a market correction often takes place shortly

Protect your pensions in today's world.

With UK pension legislation frequently changing, and the importance of protecting your retirement savings, getting specialist advice is more essential than ever. But since Brexit, UK-based pension firms no longer have the automatic right to provide regulated services to EU residents.

If you are living in Spain long-term, should you leave your pension in the UK? How much flexibility will you have if you do? And what about your capital and income keeping pace with inflation? Blevins Franks is authorised to provide regulated advice on UK pensions and the opportunities for expatriates, so get in touch with us today.

Talk to the people who know

900 670 047 Freephone

enquiries.southernspain@blevinsfranks.com

BLEVINS  FRANKS

INTERNATIONAL TAX ADVICE • INVESTMENTS • ESTATE PLANNING • PENSIONS

Blevins Franks Wealth Management Limited (BFWML) is authorised and regulated by the Malta Financial Services Authority, registered number C 92917. Authorised to conduct investment services under the Investment Services Act and authorised to carry out insurance intermediary activities under the Insurance Distribution Act. Where advice is provided outside of Malta via the Insurance Distribution Directive or the Markets in Financial Instruments Directive II, the applicable regulatory system differs in some respects from that of Malta. BFWML also provides taxation advice; its tax advisers are fully qualified tax specialists. Blevins Franks Trustees Limited is authorised and regulated by the Malta Financial Services Authority for the administration of trusts, retirement schemes and companies. This promotion has been approved and issued by BFWML.

www.blevinsfranks.com

after an event such as this, causing the price to drop as quickly as it had risen as the market or sector has been over-inflated.

A leading cause of FOMO is the 'buzz' generated around a particular asset, usually via the internet and social media, but it rarely comes from an expert source. This can lead people to make impulse decisions to invest in a concentrated way, rather than have the reduced risk a diversified portfolio can bring.

Tax-efficient investing for living in Spain

As mentioned, it is important to structure your investments specifically around your new circumstances, objectives, time horizon and risk tolerance, and this also includes taxation. The way you hold investments can make a surprising difference to how much tax you pay. You need to understand the Spanish tax regime – and there are tax-efficient opportunities available to residents of Spain.

One of the more popular options is a Spanish-approved life assurance contract, which acts as a wrapper for a conventional portfolio. With a policy such as this in place, no tax is payable on income derived from the underlying asset until withdrawal, and even then, only the gain would be liable to tax.

Take personalised, integrated investment and tax planning advice for Spain.

These views are put forward for consideration purposes only as the suitability of any investment is dependent on the investment objectives, time horizon and attitude to risk of the investor. The value of investments can fall as well as rise, as can the income arising from them. Past performance should not be seen as an indication of future performance. Summarised tax information is based upon our understanding of current laws and practices which may change. Individuals should seek personalised advice.

Keep up to date on the financial issues that may affect you on the Blevins Franks news page at www.blevinsfranks.com



Andalusia4You
Wishes all our clients, friends and colleagues
A Merry Christmas!

Our doors are open 4 you! With us you can count on:

- Professional advise and all round service
- Access to Dutch, Belgian and overseas markets
- Free listing and valuation
- Local experts and personal guidance
- 10 years of experience in real estate



WHO WE ARE?

We are part of a professional partner's network and have an extensive range of properties and client databases. We 'MATCH' clients to the properties. As a result, we can often help both **BUYERS** and **SELLERS** with a successful sale.

Free walk through video with every listing



CHRISTMAS OFFER for countryside lovers:

Beautiful rural tourism complex with rental accommodations on the edge of the village with direct access to national park and hiking routes. 2 separate houses with private garden, pool, **extensive terracing** and a BBQ area.

A4U2241 Price: €275.000



**Avenida Andalusia 125,
Caleta de Vélez, Málaga,
Spain**

Opening times Mon - Fri 10am to 6pm
Saturday 10am to 1pm

Contact us! / Contacte Nos!

Tel:- (+34) 952 72 08 32

634 35 70 26

Email

contact@andalucia4u.net

WWW.ANDALUCIA4YOU.NET





ARIES:- (March 21st - April 19)

The more someone insists you can trust their advice the more you should doubt it. It's okay to be cautious occasionally and this is one of those times when the planets warn you must trust nothing but your own instincts. So-called "experts" are not always right.

Luckiest day:- Thursday

TAURUS:- (April 21 - May 21)

It's possible that someone will let you down at the very last moment today, but there is no point getting annoyed about it. Simply ask them to reschedule whatever it was you were going to do together but make it clear they only get the two chances.

Luckiest day:-Sunday

GEMINI:- (May 21 to June 20)

Do you push on with something you know is going to take up a lot of your time for a return that is modest at best, or do you junk it and start something new? If other people are concerned it's a no-brainer: you must get it done.

Luckiest day:- Tuesday

CANCER:- (June 21 - July 22)

Do you forgive a friend or colleague for the hurtful things they said or do you hold a grudge and aim to get back at them some point in the future? Forgiving is the best course by far, not for them but for your own peace of mind.

Luckiest day:- Wednesday

LEO:- (July 23 to August 22)

At some point today you will get the chance to stand up and tell those you work and do business with why you think they have got it wrong. They may not thank you for it now but they will do later on if they listen to your advice.

Luckiest day:- Friday

VIRGO:- (August 23 - Sept. 22)

You do so much for other people, especially for family and friends, but today you need to carve out some time and space for yourself so you can get your head and your heart working on the same level again. "Me time" is of the utmost importance.

Luckiest day:- Friday

LIBRA:- (Sept. 24 - October 23)

You may not care that someone is being openly critical about you but you do need to recognize that their negative remarks could harm you professionally. Stay cool but also make sure they don't get away with their wildly inaccurate claims.

Luckiest day:- Sunday

SCORPIO:- (Oct. 23 - Nov. 22)

With the Sun, Mercury and Venus all moving through your birth sign any doubts you had about the path you are planning to take will disappear over the next 24 hours. You have no doubt that you will succeed and your self-belief will make it a fact.

Luckiest day:- Tuesday

SAGITTARIUS:- (Nov.23 -Dec. 21)

Cosmic activity in the most sensitive area of your chart means you may not be as full of yourself as you usually are today. But that's okay. Even a Sagittarius has moments when it all gets a bit too much to cope with – it's quite natural.

Luckiest day:- Friday

CAPRICORN:- (Dec.22 - Jan.20)

The most important thing today is that you make a conscious decision to channel your energy into areas that are positive and uplifting, rather than negative and divisive. Be someone who brings people together, not someone who delights in tearing them apart.

Luckiest day:- Saturday

AQUARIUS:- (21 - Feb. 18)

Cosmic activity in the career area of your chart is encouraging you to do something out of the ordinary on the work front, something that people in positions of power can't help but praise you for. Don't do what has been done already, be a pioneer.

Luckiest day:- Monday

PISCES:- (Feb.19 - March 20)

You may be having doubts about a partnership that works great one minute but becomes a burden the next but give it more time. Maybe you are partly to blame for being a little too intense. Slow down, calm down and let it just happen.

.Luckiest day:- Friday



Horoscopes.

by Kristian Marconi



Also supported by DigiPrint Nerja, Spanish Insight magazine, Soltalk magazine and Streetwise magazine.



Turkey Gravy

Serves:- 8

Ingredients:-

2 tbsp plain flour
700ml turkey stock
2 tbsp marsala (optional)

Preparation:-

Spoon all but about 4tbsp turkey fat from the roasting tin, leaving behind as much of the turkey juices as possible. Set the tin over a low heat on the hob and stir the flour into the juices to make a paste. Gradually add the turkey stock to the pan, scraping up any bits stuck

Turkey Gravy



to the bottom of the tin. Once all the stock has been added, keep stirring until the gravy comes to the boil, then add the Marsala, if using. Reduce the heat and simmer gently for 5 mins or until thickened to your liking.

Horseradish Encrusted Beef Tenderloin

Serves:- 8

Ingredients:-

1 whole garlic bulb
1 teaspoon olive oil
1/3 cup prepared horseradish
1/4 teaspoon salt
1/4 teaspoon dried basil
1/4 teaspoon dried thyme
1/4 teaspoon pepper
1/3 cup soft bread crumbs
1 beef tenderloin roast (3 pounds)

Preparation:-

Remove papery outer skin from garlic bulb (do not peel or separate cloves). Cut top off garlic bulb; brush with oil. Wrap in heavy-duty foil. Bake at 425° until softened, 30-35 minutes. Cool for 10-15 minutes. Lower oven setting to 400°. Squeeze softened garlic into a small bowl; stir in the horseradish, salt, basil, thyme and pepper. Add bread crumbs; toss to coat. Spread over top of tenderloin. Place on a rack in a large shallow roasting pan. Bake until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°), 45-55 minutes. Let stand for 10 minutes before slicing.



Horseradish Encrusted Beef Tenderloin

Honey Glazed Turkey

Serves:- 20

Ingredients:-

1 turkey (14 to 16 pounds)

Glaze:-

1/2 cup honey
1/2 cup Dijon mustard
1 1/2 teaspoons dried rosemary, crushed
1 teaspoon onion powder
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon pepper

Stuffing:-

1/2 cup butter, cubed
2 cups chopped onion
1 1/2 cups chopped celery
12 cups unseasoned stuffing cubes or dry bread cubes
1 tablespoon poultry seasoning
2 teaspoons chicken bouillon granules
1 teaspoon pepper
1 teaspoon dried rosemary, crushed
1 teaspoon lemon-pepper seasoning
3/4 teaspoon salt
3 1/4 to 3 3/4 cups boiling water

Preparation:-

Preheat oven to 325°. Place turkey on a rack in a shallow roasting pan, breast side up. Tuck wings under turkey; tie drumsticks together. Bake for 2 hours.



Honey Glazed Turkey

JING
RESTAURANTE
Cocina Asiatica

Asiatic Food at it's best
A large variety of Chinese & Asiatic dishes. Good service
Open every day
12.30pm till 4.30pm
& 7.00pm till Midnight

Blq. 9, local 8
(on the side front)
TORROX COSTA
Tel: 952 53 46 37

www.restaurantejing.com

In a small bowl, mix glaze ingredients; brush over turkey. Bake 1 ¾ to 2 ¼ hours longer or until a thermometer inserted in thickest part of thigh reads 170°-175°. Baste occasionally with pan drippings. (Cover loosely with foil if turkey browns too quickly.)
For stuffing, in a Dutch oven, heat butter over medium-high heat. Add onion and celery; cook and stir until tender. Add stuffing cubes and seasonings; toss to combine. Stir in enough boiling water to reach desired moistness; transfer to a greased 13x9-in. baking dish. Bake, covered, for 1 hour. Uncover and bake until lightly browned, 10-15 minutes longer.
Remove turkey from oven; cover loosely with foil and let stand 15 minutes before carving. If desired, skim fat and thicken pan drippings for gravy. Serve with turkey and stuffing.



Savory Pork Loin Roast

Serves:- 8

Ingredients:-
1/4 cup reduced-sodium soy sauce
6 garlic cloves, minced
1 tablespoon each minced fresh basil, rosemary and sage
1 tablespoon ground mustard

Savory Pork Loin Roast

1 pork loin roast (3-1/2 pounds)
1 cup water
8 green onions, chopped
2 tablespoons butter
1/4 cup brown gravy mix
2 ½ cups beef broth
1 ¼ cups sour cream
2 tablespoons prepared horseradish

Preparations:-

Preheat oven to 350°. In a small bowl, combine soy sauce, garlic, herbs and mustard; rub over roast. Place on a rack in a shallow roasting pan. Pour water into the pan. Bake, uncovered, until a thermometer inserted in pork reads 145°, 70-90 minutes. Remove roast from oven; tent with foil. Let stand 15 minutes before slicing.
Meanwhile, in a large saucepan, saute onions in butter until tender. Combine gravy mix and broth until smooth; stir into pan. Bring to a boil. Reduce heat; cook and stir until thickened. Stir in sour cream and horseradish; heat through (do not boil). Serve with pork.

Spiced Cranberry Sauce

Serves:- 2 cups

Ingredients:-

1 package (12 ounces) fresh or frozen cranberries
1 ¾ cups sugar
1/2 cup water
1/2 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/8 teaspoon salt
1/8 teaspoon ground ginger
1/8 teaspoon ground cloves



Spicy Cranberry Sauce

Preparation:-

In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat; simmer, uncovered, until the berries pop and mixture is thickened, about 30 minutes. Cool. Transfer to a serving bowl; cover and refrigerate until chilled.

Gin and mint sauce

Serves:- 1 ½ cups

Ingredients:-

2/3 cup (160ml) extra virgin olive oil
Finely grated zest of ½ lemon
2 ½ tbs good quality gin
1 tsp caster sugar
1 cup firmly packed mint leaves
1/2 cup firmly packed basil leaves
1 french eschallot, sliced
2 tbs water

Preparation:-

Whiz all ingredients in a food processor until smooth. Pour into a sterilised bottle and store in the fridge for up to 3 days.



Gin and Mint Sauce

nerja

RnR

bar & dining

Merry Christmas!

We are open TUE to SUN every week!

Christmas Day we are open from 12pm until 4pm!

Boxing Day we are open from 2pm till 10pm, showing all the sporting action of the day!

New Years Eve we are open from 2pm!

Check out for our full opening times over Christmas!

RnR Bar

Manantia Services and timetable

International Wellness Center
manantia



Physiotherapy Service
Ainhoa C. Naredi Physiotherapist nºcol 8809

Pediatric Physiotherapy
Colic of the Infant,
Congenital Muscular Torticollis,
Infant Massage,
Respiratory Physiotherapy...

Sport Physiotherapy
Sprain,
Tennis Elbow,
Facetitis,
Muscle Overload...

Trumatology
Backache, Cervical pains,
Tendinitis,
Sciatica,
Muscle Contracture...

Manual Therapy
Therapeutic Massage,
Kinesiotaping,
Functional Bandages,
Osteopathy,
Massage deportivo,
Lymphatic Drainage,
Dry needling,
Stretching...

Avenida García Peralver (Avenida del Faro) bto 76 Bajo 6
29793 Torrox-Costa, Málaga. 951 774 819 - 648 517 092

healthwise

CAN I TREAT MY INSOMNIA WITH ACUPUNCTURE?

Insomnia is one of the most frequent sleep disturbances that currently exist. Since they affect a large part of society. We can define insomnia as the alteration or modification of sleep.

TYPES OF INSOMNIA

It can be presented in several ways:

- Problems falling asleep at bedtime. This case is the most frequent or common, and this type is called initial insomnia.
- At other times insomnia however occurs when we wake up very frequently. Also when we wake up often throughout the night. This type is called intermediate insomnia.
- Although sometimes insomnia can also appear when we wake up very early, much earlier than we expected. This type is called terminal insomnia.

We must know that sleeping is a vital and very important function for the human being. We say this, since when we are sleeping the brain will carry out innately or naturally, a process that will allow the whole body to regenerate and recover. But when this process is affected or altered, this is when it is said that the sleep has not been restorative.

HOURS OF SLEEP

The duration of sleep will vary from one person to another. Since, it will depend on the age. But it usually oscillates between 4 and 12 hours of sleep. For an adult, the normal and the most ideal thing is that their night sleep is about 7 to 8 hours. This sleep time will allow us, the next day, to carry out our daily or daily activities with total normality. However, on the other hand, it must be said that an elderly person does not need so many hours of sleep. The normal

thing for a 65-year-old person is to sleep about 6 hours at night. These hours of sleep are totally sufficient for them since they do not carry out great activities that imply a great effort throughout the day. I mean, they don't move as much as a 40-year-old. Another important fact to note is that insomnia appears more frequently in women than in men. They have been carried out and there is still a lot of study and research on the subject. This produces great alterations or even disorders on a mental and physical level. For this reason, when we are facing a case of insomnia it is important to know how to frame it in order to be able to carry out a successful treatment later.

INSOMNIA CLASSIFICATIONS

We can perform the following classification:

1.- FOR ITS DURATION Which in turn is divided into:

✳ **ACUTE OR TRANSIENT.** This type of insomnia does not last long, only about 2 or 3 days. They appear because some type of situation is related that is not usual, such as a trip or exams. It tends to disappear the moment that specific situation that causes the patient a state of nervousness disappears. They usually do not need treatment.

✳ **SHORT DURATION OR LOWER DURATION.** This type of insomnia has a longer duration, usually lasting about 4 weeks. They have somewhat more important problems associated with them, such as family problems, financial problems ...

✳ **CHRONIC OR LONG LASTING.** The duration of this type of insomnia is greater than 4 weeks. The causes that trigger this type are not known or are not very clear.

2.- ACCORDING TO ITS INTENSITY They are classified into:

✳ **MILD.** Insomnia usually appears almost every night, but quickly falls asleep again. Therefore, it does not usually alter the normal rhythm of the patient, being able to carry out his daily activities without any problem.

✳ **MODERATE.** Insomnia appears every night, but the time to fall asleep again is somewhat longer. Here if the power to perform daily activities is affected and even the quality of life of the patient is affected. This can lead to fatigue, irritability, and even anxiety.

✳ **SERIOUS.** It is the same as the previous case, but here the associated symptoms are much more pronounced, being of greater intensity.

3.- BY THE WAY OF PRESENTATION

In turn, they are divided into:

CONCILIATION, are those insomnia that takes less than 30 minutes to fall asleep again.

MAINTENANCE, are those types of insomnia that take more than 30 minutes to fall asleep again.

A RAPID AWAKENING, are those insomnia in which the patient wakes up before the scheduled or scheduled time. They usually appear in older people.

WHAT ARE THE CAUSES OF INSOMNIA?

LUNES/MONDAY	MARTES/TUESDAY		MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY		VIERNES/FRIDAY
PILATES 9.15H	TORROX PILATES 9.15H	NERJA PILATES 9.15H	PILATES 9.15H	TORROX PILATES 9.15H	NERJA PILATES 9.15H	CLASES INDIVIDUALES
	PILATES 10.30H			PILATES 10.30H		CLASES INDIVIDUALES
FITNESS PARA MAYORES 12.00H	YOGA 11.30H		FITNESS PARA MAYORES 12.00H	YOGA 11.30H		CLASES INDIVIDUALES
PILATES + HIPOPRESIVOS 16.00H			PILATES + HIPOPRESIVOS 16.00H			
PILATES 17.00H	YOGA 17.00H		PILATES 17.00H	YOGA 17.00H		TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA
ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H		ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H		COLUMPIO ACROBÁTICO ADOLESCENTES 17.30H 24TH SEP .A 12TH DEC
ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H		ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H		DANZA DEL VIENTRE FUSION 19.00H - 21.00H RESERVE SU PLAZA
NERJA PILATES 19.30H			NERA PILATES 19.30H			
INFÓRMATE DE NUESTROS HORARIOS ADAPTADOS A TI - LLÁMENOS AL 648 517 092 O 951 774 819 PARA MAS INFORMACIÓN						

INFÓRMATE DE NUESTROS HORARIOS ADAPTADOS A TI - LLÁMENOS AL 648 517 092 O 951 774 819 PARA MAS INFORMACIÓN

They can be very varied and multiple causes for which insomnia or that sleep disturbance appears, but below we are going to point out or list the frequent or most important ones:

- Due to excessive worry. For Traditional Chinese Medicine (TCM) an excess of concern will affect the Lung, Spleen and Heart.
- Because the patient may have frustration or anger or resentment. For Traditional Chinese Medicine (TCM) this will affect the Liver.
- Because there is an excess of work in which you work long hours and without rest. For Traditional Chinese Medicine (TCM), this rate of work will affect our Kidney.
- When we eat very heavy meals or excessively increase dairy products in our diet, and for Traditional Chinese Medicine (TCM) this will affect the Stomach.

HOW CAN INSOMNIA AFFECT US?

When we suffer from this alteration and it also lasts a long time, this has a series of consequences that will affect our quality of life and of course when it comes to carrying out all our daily or daily activities. Some of the effects it produces are:

- Fatigue.
- Mood alterations.
- Altered mood.
- Irritability.
- Depression may appear.
- We can even find ourselves with anxiety attacks.
- Decreased concentration.
- Reduces reaction time to any unforeseen event.
- You have even had problems keeping your balance, increasing the risk of falling.
- Decreases the quality of work.
- And of course, our quality of life decreases.

WHAT ARE THE BENEFITS OF ACUPUNCTURE FOR INSOMNIA?

Acupuncture is an ancient technique and is considered one of the most effective alternative therapies. Acupuncture treatments are totally painless, because the needle is very fine and elastic and it will only be applied under the skin. The only thing that the patient will notice at the time of inserting the needle is a sensation of a small pinch, which will disappear as soon as the needle is in place. The needles used to perform this or any other Acupuncture treatment are totally sterile and disposable needles. It is important to point out or indicate that acupuncture treatment does not have any side effects on health, unlike drug treatments that most do have side effects. The efficiency of Acupuncture on a large number of diseases is more than verified, since its objective is to restore or restore the flow of energy and this for example can help us in this case, to achieve a great improvement for the treatment of insomnia.

THIS IS BECAUSE WITH THE ACUPUNCTURE TREATMENT WE WILL ACHIEVE:

- 1.- Increase blood flow.
- 2.- Regulate or balance the Nervous System.
- 3.- We are going to help the production of a very important hormone to promote sleep, this hormone is Melatonin.

WHAT IS THE MECHANISM OF ACTION OF ACUPUNCTURE ON INSOMNIA?



Previously we have listed only three points of how acupuncture works, but below we will develop more deeply how acupuncture intervenes in the treatment of insomnia.

- > The effect that the needles will have will be to act on the nerve fibers that will block the sympathetic system at the spinal level.
- > Acupuncture is known to positively influence the chemical activity of the brain and this is achieved through the release of:

- Some substances that will stimulate or inhibit nerve impulses. These substances are known by the name of Neurotransmitters.
- Some substances that will act on the activity of an organ in our body. These substances are known by the name of Neuro-hormones.

> At the base of our skull we have a gland that is the Pituitary and there is also the Hypothalamus. With Acupuncture what we are going to achieve is to stimulate both the Pituitary Gland and the Hypothalamus. It is known that the Hypothalamus is in charge of activating and controlling a part of our Nervous System and also has the function of controlling the Endocrine System and certain bodily functions. Among these functions are the regulation of temperature, appetite and of course sleep.

> Acupuncture will regulate or balance the release of hormones that will act on sleep. These hormones are:

- Endorphins
- Serotonin
- Norepinephrine
- Cortisol
- Acetylcholine
- Melatonin
- Nitric oxide
- Substance P

> Another mechanism of action of Acupuncture on insomnia is the stimulation of molecules that will regulate stress among many other things. These molecules are known by the name of Endogenous Opiates.

WHAT POINTS DOES ACUPUNCTURE USE TO TREAT INSOMNIA?

Continued on page 36



Podiatric Clinic Abel Molina Ruiz

Opening times:- Monday to Friday 10.00 - 13.00 hours

- General and individual advice
- Pedicure. Nail treatments, corns and calluses.
- Laser therapy. Nail fungus treatments, mycosis, warts, heel spurs.
- Orthopaedic treatments
- Surgical treatments. Ingrowing toe nails, toe tumors, foot bunions.

YOUR FEET ARE IN GOOD HANDS WITH ME!



Calle Frigiliana, Edif. Coronado, Nerja 29780 - Tel:- 95 252 6429 Mobile:- 657 321 233



Opticians **HEIKO BY HEIKO**

2 X 1

**2 pairs of glasses
for the price of 1**
Includes varifocal lenses

**Share the offer
with a friend!**



**Book your
FREE
Eye Test**

**Avda. Andalucía 119
Torre del Mar
info@heikobyheiko.es
Tel: 952 967 923
WhatsApp: 682 327 084
heikobyheiko.es**

We speak your language



healthwise

Continued from page 35

As we have commented previously, the objective of Acupuncture is to regulate the flow of energy, using fine, sterile, disposable and painless needles as a working tool. For the Acupuncture treatment to be totally effective we have to take into account several factors:

- 1.- We must do a good, in-depth study of all the symptoms that the patient presents.
- 2.- Once all the symptoms have been correctly identified, with this what we are going to do is make a good diagnosis.
- 3.- If these two previous points have been carried out very exhaustively, it will lead us to a correct and successful treatment. In this case of insomnia, a part of the treatment will be focused on mitigating or softening stress, as well as balancing or restoring energy.
- 4.- A factor that is also important and that should not be left to free will, is choosing a good professional to perform the treatment for us. This will greatly influence the skill or expertise of the acupuncturist in inserting the needle, the in-depth knowledge of human anatomy and the exact points where the treatment should be applied.

ENERGY POINTS

It is important to indicate that all treatments must be totally personalized, since each patient may have the same symptoms, which in this case is insomnia, but may present different alterations in the background. We have previously commented that, due to insomnia, energy imbalances were presented in different organs of our body. These organs that were decompensated were Heart (C), Kidney (R), Liver (H), Stomach (E), Spleen (B) and Lung (P). Well, the treatment that we must carry out must be directed towards these six organs. We know that Traditional Chinese Medicine (TCM) says that the human being is all energy and that this energy circulates throughout our body, through channels called Meridians. We can say that Meridians are like the blood vessels through which blood circulates.

SESSIONS:

Finally, it only remains to highlight that with Acupuncture excellent results are obtained for insomnia problems. But for this, at least five sessions are needed, to be able to observe the first symptoms of improvement. With a total of ten sessions to achieve all the energy rebalancing. But as we have commented previously, all treatments must be personalized and this number of sessions are only indicative.

CLINIC OF PHYSIOTHERAPY OF NERJA.

**Carmen López y Mariví Díaz.
Avda. Pescia, No.1 Groundfloor.
29780 Nerja (Málaga)
Tel: 95 252 8144 or 649 964 047**



**Jose Antonio Gonzalez
Maxillofacial Surgeon
English Speaking Dentist
Dr. Lucia Acosta
Chileme**



**General Medicine
Paediatrics
Dermatology
Cardiologist
Psychology
Other specialists
Acupuncture
Physiotherapy**

**We Speak
English; German & French**

Centro Internacional, Blq. 86, TORROX COSTA

Tel: 952 53 09 08

Please call for more information or send an e.mail: clinicaeuropatorroxcosta@gmail.com



Christmas Morning Smoothie

Serves: 1

Ingredients:-

- 1 cup strawberries (fresh or frozen)
- ½ banana (fresh or frozen)
- 1 cup unsweetened almond milk (or non-dairy milk of your choice)
- 1 tablespoon avocado
- 1 tablespoon raw pumpkin seeds
- 1 tablespoon chia seeds
- A handful of ice if you're using fresh fruit

Preparation:-

Blend all ingredients in a high-speed blender, like a Vitamix, until smooth. Sprinkle the top with a pinch of chia seeds and a few extra pumpkin seeds to make it look extra festive.



Chatelin

Orthopaedics
Fully Qualified Pedicurist



A company with over 30 years experience in the orthopaedic sector.

- Offering all your inlays and sports inlays
- Making and repairing prothesis and orthosis
- Corsets, knee, ankle and wrist supports
- Wheelchairs, walking aids, beds, etc..



In house pedicure centre offering clients professional comprehensive treatment and care.
Toenails - Corns and Callouses

Chatelin Orthopaedic & Pedicure Centre

Calle de la Cruz, No.60, Nerja 29780

Tel: 658 773 857 & 695 481 082

Open: Monday - Thursday 10.00am - 2pm & 3pm - 6pm



Streetwise is the longest running English language magazine, that offers great advertising rates.

For more information:-
call Dawn on
638 47 47 18
or email me at:
info@streetwise.es



NEW LASER TREATMENTS

High-powered laser treatments (Alma Harmony XL Pro) in Nerja! Non-invasive & quick results.

Treating: Pigmented lesions, Leg veins, Acne, Scarring, Psoriasis, Tattoo removal, Vitiligo, Stretch marks, Vascular lesions, Surgical Incision and Excision, & more!

Personalised Medical Care in your language:

- Walk-in and Urgent Care
- General Medicine & Specialists: Cardiology, Dermatology, Internal Medicine, Urology, Orthopaedics, Gynaecology, Aesthetic Medicine, Psychologist

USA & EU doctors practicing evidence-based medicine:

- Clinical Ultrasound - Doppler
- Blood tests (urgent results available)
- COVID testing (PCR/LAMP/Antigen & travel certificates)
- Instant Diagnostic & Glucose Checks
- Advanced Cardiac Testing: Echocardiogram, Cardiac Stress ECG, 24/48 hour ECG + Blood Pressure monitor, Rapid Cardiac Enzymes (heart attack) testing, D Dimer (Blood Clot) testing



CLINICA S^{ra} CECILIA
C/Los Huertos #46, NERJA

BOOK NOW: 952 521 024 - CLINICANERJA.COM



healthwise

Torrox Pueblo Gym



Why every person over 40 should exercise?

Menopause and osteoporosis

The menopause with women starts when the oestrogen levels drop. The oestrogen levels drop with age and this is a normal cycle of life starting usually between 45 and 55 years of age. It all starts with hot flashes, changes in the monthly period, gaining or losing weight, anxiety, depression, insomnia, difficulty concentrating, mood swings etc.. Some women have severe symptoms, other very few and mild ones. But disregarding the intensity, every woman feels that her body

changes. Even if you have very few problems, it does not mean you can't get osteoporosis.

Osteoporosis is a dangerous side effect of the menopause. You can prevent it by exercising (especially weight bearing, resistance and balance exercises!). Taking supplements such as vitamins and minerals also helps prevent osteoporosis. Osteoporosis is a serious disease. Don't underestimate it. It can be painful. It often leads to hunched posture and will limit your mobility. Go see your doctor, take the supplements and exercise.

Sports is a good medication. It soothes the symptoms and makes you feel good about yourself. You know you have overcome the most difficult stage of the menopause when you feel good again like you did before.

And how about men?

Older men don't get in a menopause but can get osteoporosis! So men over 40 should also exercise and take supplements. Exercise not only makes your heart, muscles and bones stronger but it also makes you lose weight and this will be beneficial to the bones also. So choose a sport that is weight bearing like strength training in a gym or a Bootcamp or BodyPump class. Or working out using your own weight like in a Pilates class. Take on something you really like. And one with as little obstacles as possible: Close to home, normal prices, flexible hours and no contracts.

Keep moving! Venga vamos!

John De Does
Training Studio Torrox

Calle Alta 39

29770 Torrox, Malaga

Tel. 601 63 69 62

WhatsApp: +31 62858 8422

www.trainingstudiotorrox.com



Your gym in the Pueblo!

www.trainingstudiotorrox.com

PERSONAL TRAINING - PILATES - BOOTCAMP - CARDIO - FREE WEIGHTS

Tel. 601 63 69 62



+31 628 58 84 22

Here are 12 foods that may rev up your metabolism.

Part 2

6. Beans and legumes

Legumes and beans, such as lentils, peas, chickpeas, black beans, and peanuts are particularly high in protein compared to other plant foods. Studies suggest that their high protein content requires your body to burn more calories to digest them, compared to lower-protein foods.



7. Ginger

Ginger and related spices are thought to have particularly beneficial metabolism boosting properties. For instance, research shows that dissolving 2 grams of ginger powder in hot water and drinking it with a meal may help you burn up to 43 more calories than drinking hot water alone. This hot ginger drink also may decrease levels of hunger and enhance feelings of satiety (fullness).




8. Cacao

Cacao and cocoa are tasty treats that may also benefit your metabolism. For instance, studies in mice have noted that cocoa and cocoa extracts may promote the expression of genes that stimulate fat burning. This appears to especially true in mice fed high fat or high calorie diets. If you'd like to give cacao a try, opt for raw versions. Processing tends to reduce the amounts of beneficial compounds and add extra sugar and calories.



Continued on page 43




International Wellness Center
manantia
International Centre
for the well-being
of body and mind

**PILATES :: DANCE :: MASSAGE
YOGA :: MINDFULNESS :: TAI CHI
and more activities!**

**Tel: 951 774 819
Mobile: 648 517 092**

Avda. del Faro 'García Peñalver'
Blq. 76, Bajo 6, Torrox Costa (Málaga)
www.manantiawellness.com
surymamarixa@hotmail.com





Nueva Óptica
CENTRO AUDITIVO
¡Ven y verás!

Avda. Pescia, 18 - 952 52 58 76 - 29780 Nerja (Málaga)
nuevaopticanerja@gmail.com

50% on all sunglasses

Opening times:-
Monday - Friday 10.00-14.00 / 17.00 - 20.30
Saturday:- 10.30 -13.30

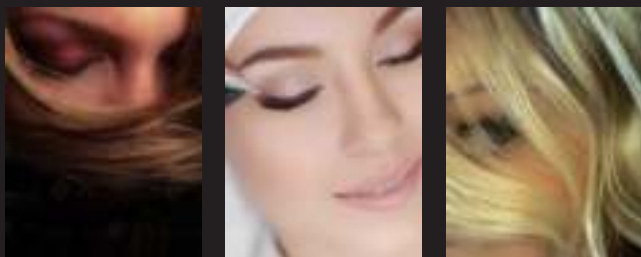
Avda. Pescia, 18, 29780 Nerja (Málaga)
Tel: 95 252 5876 / 608 395 729

We Speak English






all about beauty



- Micro-needling with electric Derma Meso pen
- We work with a Dermatologist and a Plastic Surgeon
- Home Derma roller kit • Microdermabrasion • Ultrasonic
- Chemical peelings • Permanent make-up • Eyelash extensions

First class Hair & Styling, Colours, Low/Highlights, Perms and much more!

BEAUTIFY YOURSELF!

Advanced facial treatments with visible results:

HIFU- The next best thing to a face lift .

HIFU is the most sought after lifting treatment for the face and neck. The treatment lifts, tightens, tones and reduces loose skin to counteract the effects of both time and gravity. The high intensity focused ultrasound penetrates the foundation layer of the skin, bypassing the surface of the skin and delivering a targeted energy specifically into the deep, structural tissues and muscles where collagen lives. As the collagen fibres rejuvenate and shorten there is a tightening effect and gently and gradually the skin and tissue memory is restored. The treatment really comes into its own for lifting and tightening the cheek area and sharpening the jawline and jawline; lifting the brow; reducing wrinkles around the forehead, eyes and lips; reducing excess skin on upper eyelids; improving the chin outline and reducing marionette lines; removing the ageing wrinkles from the neck; improving the skin quality and tightening loose skin.

Permanent Make-up

Semi-permanent make-up. Permanent Make-up or Micropigmentation are all exactly the same needle penetration treatments generally used to improve or create eyebrows, lips & eye definition. Its intention is not to replace make-up but to enhance and compliment your natural features.

All about beauty cosmeceutical products made exclusively by pharmacists: A cosmeceutical ingredient has the active potential to bring about visible changes to the skin and these changes will be backed by clinical evidence.

ERIC QUALIFIED HAIRDRESSER, TEACHER FOR HAIRDRESSERS, STAGE PERFORMER: Blond Expert, professional cutting and colouring techniques: Dip Dye. Painting, fan hi/lo lights.

DECEMBER 2022 : SPECIAL OFFER

Hifu full face and neck 199€



C/. Infantes 23, Torre del Mar
Tel. 952 967 968

healthwise

Festive Looks: 8 Tips on how to be your most beautiful at Christmas

The big day is approaching – are you still looking for the ideal beauty look? Discover our little beauty tips on how to look your best at Christmas.

This is it. The last minute gift is now sitting under the tree, the dress has been dry-cleaned and is now ready to be worn, the turkey is in the oven. All you need to do is just make yourself presentable for the evening Christmas dinner. Hairstyle, makeup, manicure... take a look at our best tips to make yourself feel and look good at Christmas this year.

1) PREPARE YOUR SKIN

Being your most attractive during Christmas does not only mean piling on the makeup and having a perfect hairstyle. Yes, ladies, you have to prepare well in advance. A few days before the festivities, be sure to eat healthy, reduce excess alcohol consumption, and drink plenty of water to avoid unsightly blemishes. Also, make sure you get a good night's sleep in order to dodge those panda eyes and that dull complexion.

2) OVER-THE-TOP MAKEUP

The holidays are an opportunity to be a little more daring than usual with your makeup looks. You can go full-on glitter crazy, and try on that vibrant eyeshadow you've always been too afraid to flaunt. This isn't like going to a formal dinner, this is a fun and celebratory holiday! A bold lipstick shade like a classic flaming red or a very dark matte would stand out perfectly.

3) ILLUMINATE THOSE SHADOWS WITH A HIGHLIGHTER

We all want to shine brightly during the holiday, so we say "yes!" to highlighting makeup. Illuminate your shadows, apply it delicately on the edge of your nose and on the top of your cheekbones for a chic look. There are plenty of different highlighting makeup products out there – from powders to sticks. You just need to choose the one that suits you best.

4) A SIMPLE BUT EFFECTIVE HAIRSTYLE

A festive hairstyle does not necessarily mean going crazy. If you opt for an OTT makeup look, perhaps avoid an OTT hairstyle. A nice nice loose bun or fishtail braid will be perfect for the evening. You don't want to look too "slick" and "made up" – the holidays means being a little more laid-back and fun with your appearance!

5) BE DARING WITH THE FALSE LASHES

Thicken up those lashes by going for some falsies. A natural look will do, don't bother with those complex lashes with rhinestones and odd colours. Nothing



beats a doe-eyed look in holiday photographs! You'll look perfect in every snapshot!

6) GETTING YOUR MANICURE

When it comes to your hands, your manicure should be impeccable. Avoid glittery glazes – it's not a chic look, especially after a certain age. Pick classic colours that are effectively eye-catching like red, burgundy, or why not black? And if you intend to wear sandals, do not forget the varnish on your toenails! Tip: Do your nails the night before to let dry and avoid any last-minute mishaps.

7) A NICE CLEAVAGE

We rarely think about it, but your neckline can also be highlighted. If you have invested in a V-neck dress, do not hesitate to apply a little highlighting powder to the hollow of your chest. Sultry glamour, activated!

8) ALWAYS RETOUCH ON THE NIGHT

After a glass of wine, a few dances, a bit of rushing around... even the biggest Hollywood stars don't spend an entire evening out without touching up their makeup every few hours. The ultimate secret to being your most beautiful during a dinner party is to regularly put your look together – you're going to want to maintain it! Re-powder your nose, reapply your lipstick... this will help you look put-together all night long.



Clínica Dental Innodenta
 Telephone: 952 52 40 03
 www.innovadent.info
 Plaza de la Ermita, 9
 29780, NERJA, (MA)

Dentist Speaks Perfect English
 German Dental surgery/practice
 using the latest technology
 situated in Nerja Town Centre
 offering extensive treatment.

NORAGERRITZEN
 HAIRDRESSER · FRISEUR · ESTILISTA

TRY OUR NEW SERVICES:
 - MAKE-UP
 - MANICURE
 - FACIALS

WE SPEAK ENGLISH
 WIR SPRECHEN DEUTSCH
 HABLAMOS ESPAÑOL

www.norahair.com
 95 252 2762
 C/ Chaparril, Nerja

OPTICA
Chaves

Since 1980

**Working in partnership with the
 social security agreement for outpatients**

**In Optica Chaves
 you enter as a customer,
 and leave as a friend!**

**Avenida Castilla Pérez, 24
 29780 NERJA, (Málaga)
 Tel: 952 521 994**



healthwise

MANIFESTING - (Or how to become your own Santa Claus!)

What is the art of manifestation?

To manifest is to bring something you want, dream of, or aspire to into reality. It is often referred to as using the Law of Attraction and when it works, it is a powerful reminder of the power of our minds and the abundance of the Universe.

I powerfully experienced the potential of manifestation some 15 years ago. My girlfriends and I had a fun afternoon surrounded by magazines, glue and optimism. We each created a vision board, a pictorial representation of what we wanted in our lives at the time. Mine included living abroad, a new car, laser eye surgery, a further qualification, peace, happiness and a new dog amongst others. Bearing in mind I was a single parent, most of my wishes seemed way out of my reach. When we were finished I put it on view for a while, focusing on each thing and willing it to come to me but after a while it got put in the back of the wardrobe and forgotten. Fast forward a couple of years and I moved house. I found the board and to my astonishment everything on the board had become a reality, except the living abroad. 2 years later and here I was in Spain! Now some people may dismiss this as luck, coincidence or complete mumbo jumbo but I have used the art of manifestation many times since to great success. The important thing though, is to remember it's not just about saying I want and then getting it. If you think of a small child screaming, crying and demanding a toy, compared to a child who expresses a liking for a toy but then gives you a cuddle, or offers to help with something or thanks you for something

they have already, which child are you more inclined to give what they want. People talk about having better manifestation results when you lift your vibration. And really that's what it means. To show gratitude for what you have, to be positive, help others and live your life in alignment with your goals, these all help you succeed. To lie around in your bed, whinging because you don't have the life you want, displaying jealousy of others and a sense of entitlement will not encourage the Universe to give you your dream life.

How to Manifest

1. Set a clear goal about what you actually want, for example, a healthy relationship or a better job. Make it detailed: see the person, what they look like, how they act, what their interests are.
2. Ask the universe for what you want in whatever manner works for you; prayer, meditation or visualisation. Make your goal more concrete by writing it down or creating a pictorial vision board either physically or on a word document.
3. Start working towards your goal. Manifesting is not simply a one way street. It is a collaboration between you and the universe so you need to take some action and see what you can do to help bring about this change.
4. Remove any psychological blocks you may have that are stopping you from achieving your goal. For example, many people have money blocks that stop them ever having sufficient money, despite appearing to want it and working towards it. Common blocks include feeling you don't deserve something, that you are not good enough to have something or that it is simply not available to you.
5. Practice gratitude for what you have, the person you are and the people in your life. This can help you shift your mindset from a sense of 'lack' to that of 'abundance'. This means your energy is focused on what you have, rather than what you don't.
6. Surround yourself with positive people. This alongside gratitude and self care also increases your sense of positivity which helps you to stay in tune with your goal or goals.
7. Trust the Process. Manifestation is rarely an instant fix. It can take time so try not to be discouraged, stressed or to focus on what can go wrong. Have confidence that everything is working for your benefit at exactly the right time in exactly the right way. Keep your attitude, thoughts and behaviour aligned with your ultimate goal.
8. Be open to receiving signs from the universe that you are on the right path and that anything is possible.
9. Be careful what you ask for. When I was a single parent and struggling on occasion to pay bills or for a treat for the children, something would always turn up to help just at the right moment. I always seemed to manage despite my incomings on paper often being less than my outgoings. In the end I just trusted that I was being looked after and I was. But in hindsight I asked for just enough to survive and that is exactly what I got. Knowing what I know now I could have asked for much, much more so don't limit yourself.

Katrina Jones (BA Hons, Cl. Hyp)
Rapid Transformational Therapist,
Clinical Hypnotherapist and Life
Coach.
Specialising in Anxiety Disorders
and PTSD



www.heavenlyhealingtorrox.com



● (Monday - Friday)
 10:00 - 14:00 & 17:00 - 20:30
 (Saturday) 10:30 - 13:30

- Contact Lenses; Frames;
 Sun Glasses
- The Best Brands!
- Free Eye Test & Glaucoma Test

● **We Speak English**



Continued from page 39

9. Apple cider vinegar

Apple cider vinegar may increase your metabolism. Animal studies have shown vinegar to be particularly helpful in increasing the amount of fat burned for energy. Likewise, apple cider vinegar is often claimed to boost metabolism in humans, but few studies have investigated this directly. It may help you lose weight by slowing stomach emptying and enhancing feelings of fullness.

**10. Medium chain triglyceride (MCT) oil**

MCT oil is a unique type of fat that may offer some metabolic benefits. Most fats found in foods are long-chain triglycerides, but MCT oil is comprised of medium-chain triglycerides. Some studies have shown that MCT oil consumption can increase metabolic rate in humans. Additionally, unlike long-chain fats, once MCTs are absorbed, they go directly to the liver to be turned into energy. This makes them less likely to be stored as body fat.

11. Water

Drinking enough water is a great way to stay hydrated. Additionally, some studies show that drinking water may also briefly boost metabolism by 24–30%.

**12. Seaweed**

Seaweed is rich in iodine, a mineral required for the production of thyroid hormones and proper functioning of your thyroid gland. Thyroid hormones have various functions, one of which is to regulate your metabolic rate. Regularly consuming seaweed can help you meet your iodine needs and maintain your metabolic health.

**The bottom line**

Certain foods may help slightly increase your metabolic rate, or how many calories you burn. So, consuming them regularly may help you lose weight and keep it off in the long term.

However, these foods will not negate a high calorie or poor quality diet. For effective, lasting weight loss and weight loss maintenance, seek a gradual reduction in calories and choose mostly whole, minimally processed foods.



We would like to wish you all a very merry Christmas and a Healthy and Happy New Year! From the team at The Wellness Centre

BEAUTY AND WELLNESS CENTRE - HAIRDRESSING**Rebecca Curtis**

Opening Times: Tuesday - Saturday 10.00am till 6.00pm

952 530 122 (voicemail service) Mobile:- 651 956 284

SPECIALIST FACIAL TREATMENTS
MANICURES, PEDICURES, WAXING
PERMANENT MAKEUP
 (micro pigmentation)
LASH AND BROW TREATMENTS

BODY TREATMENTS

Including Aromatherapy Massage;
 Body exfoliation and moisturise;
 Reflexology;
 Indian Head Massage;
 Reiki.



Gel manicures (available with BIAB to add strength and promote growth of your natural nail). Spa pedicures. Acrylic extensions. Lash and brow tints, Henna brows (for long lasting colour).
 Telephone:- 676 697 636


NAILS AND BEAUTY
SUZI JACKSON

- 651 956 284 / 711 047 122
 - Rebecca Curtis Beauty and Wellness
 - Urb. Laguna Beach, Centro Comercial B,16
 - Torrox Costa, 29793

The centre is situated behind Mena Cafe.

English Hairdresser- Fridays & Saturdays

Urb. Laguna Beach, Centro Comercial B, nº 16, Torrox Costa, 29793, Málaga



Repairs and alterations

Come and see our collection of designer clothes!!

www.carmenbordas.com

Carmen

Tel: 0034 619 97 38 05
Calle Bronce 2, Nerja 0034 951 90 35 95

ENGLISH DENTAL TECHNICIAN

Over 20 years experience fully qualified

- Denture repairs • Adjustments •
- Duplications • Teeth whitening •

Based in Torrox Pueblo - We can visit if needed

Call Graham for confidential advice on any denture problem on 95 253 9219 / 633 157 891

AWNINGS, BLINDS MOSQUITO SCREENS

ROLLER SHUTTERS

Roller Shutters Repairs
New Installations
Conversion from manual to motorised

Call JULIAN on 655 825 931

 **Blue Badge Mobility S.L.**

We specialise in the Hire & Sales of mobility equipment, to make your life easier in the sun.

- *Electric Scooters
- *Wheelchairs
- *Crutches & Walking sticks
- *Rollators

Costa del Oro
Block 3
Numbers 3 & 10
Torrox Costa
Tel: 95 296 7015
Mob: 635 445 279

ARTIKOSTA

Servicios Inmobiliarios

email: info@artikosta.com
Web site: www.artikosta.com

We RENT & SELL houses & apartments

Tel: 95 252 8059
Mobile: 687 873 225

Calle La Cruz, 10, NERJA

NEWS & What's ON

Emergency numbers

Emergency Services	112
Guardia Civil	062
Ambulance	061
Fire Brigade	080
National Police	091
Sea Rescue	900 202 202
Emergency Helpline in English	902 102 112

Guardia Civil	
Frigiliana	952 533 003
La Herradura	958 640 015
Nerja	952 520 091
Torrox	
Costa & Pueblo	952 538 008
Local Police	
Frigiliana	952 533 126
Nerja	952 521 545
Torrox	952 539 828
Torredel Mar	952 549 238

Bus Stations

Almuñécar	958 630 140
Málaga	952 350 061
Nerja	952 521 504
Torredel Mar	952 540 936
Veléz Málaga	952 501 731
Taxis	
Frigiliana	952 533 231
Nerja	952 524 519
La Herradura	958 630 017 / 670 995 257
Torrox	952 531 030

Airports

Granada	958 245 200
Málaga	952 048 804

Train Stations

Granada	958 271 272
Málaga	952 329 261

Consulates

Belgium	952 599 159
Denmark	952 211 797
France	952 226 590

Germany	952 363 591
Ireland	952 475 108
Netherlands	952 380 8884
Sweden	952 604 383
UK	902 109 356 / 913 342 194

Tourist Offices

Frigiliana	952 534 261
La Herradura	958 610 314
Nerja	952 521 531
Torrox Costa	952 532 155

Street Markets

Monday	Torrox Costa
Tuesday	Nerja, Salobreña
Wednesday	Algarrobo Costa, Rinconde la Victoria
Thursday	Frigiliana, Torre del Mar, Velez Malaga,
Friday	Almuñécar, La Herradura (summer only), Salobreña
Saturday	Competa
Sunday	Nerja (car boot), Torre del Mar, Velez Malaga

What's On information is published FREE!

Details should reach us by the 15th of the month previous.

Contact details are on page 6

Church Services

Anglican Church of Nerja & Almuñécar Iglesia de San Miguel (St. Michaels Church), Nerja.

Tel: 952 521 339. www.nerjaalmunecaranglican-church.co.uk. Sundays at 12 noon and Capilla de Nuestra Señora del Carmen (Fishermen's Chapel), Chinasol, Almuñécar, Sundays at 9.30am. Chaplain: Fr. Nigel Thomas.

Community Bible Fellowship

Calle Pintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish service Sundays at 10am. El Salvador, Balcon de Europa, Nerja. Tel: 952 520 291. Mass times, English and Spanish Sundays 10.30am, 12 noon and 8pm. Parish priest: Father José María.

Presbyterian Church, Torre del Mar

We now meet at Legends Bar, Calle Pintor Cipriano Maldonado 9, Torre del Mar. The contact is Bill Bedford, tel no 694 471 005. On the first Sunday of the month we meet at 10.30am for Communion/ Breakfast, on the other Sundays we meet at 11.00 am.

New Life Church

Whether you live in Nerja or are visiting our area, you are very welcome to come and join us at our Sunday gathering. Join us for a time of Holy Spirit led worship and experience the presence of our God. Our teaching is Bible based as we honour God and obey His Word. During this time of uncertainty, God's Word reminds us that the Gospel shines brightest in times of darkness. Our service lasts for about 1 hour and 30 mins. With Tea and Coffee afterwards.

Jesus said, "I am the Way and the Truth and the Life. No one comes to the Father except through me".

John 14:6

Sunday Service 11.00am.

Prayer Meetings Wednesdays 11.00am

Pasaje San Miguel, Nerja, 29780.

Email: info@nlcnerja.com

Website: www.nlcnerja.com

Facebook: www.facebook.com/nlcnerja

Lux Mundi centre, Torre del Mar - To be advised!

St. Barnabas IERE (Anglican), Torre del Mar
Tel: 952 030 461. www.stbarnabas-spain.com. Morning prayer, 1st and 3rd Sunday, 11am. Holy Communion 2nd and 4th Sunday 11am.

The Anglican Church of St. George, Málaga

Holy Communion or Morning Prayer. Sunday Mornings at 11am in the English Cemetery, Avenida de Pries 1, Málaga.

Veléz Málaga, Holy Communion or Morning Prayer.

Sunday mornings at 10.30am in the Antigua Capella de San José, Calle Linares 7, Veléz Málaga.

Chaplain: Fr. Louis Durrant, Tel: 630 909 131

Email: info@stgeorgemalaga.org or contact one of the chaplaincy wardens. More information can be found at:

www.stgeorgemalaga.org

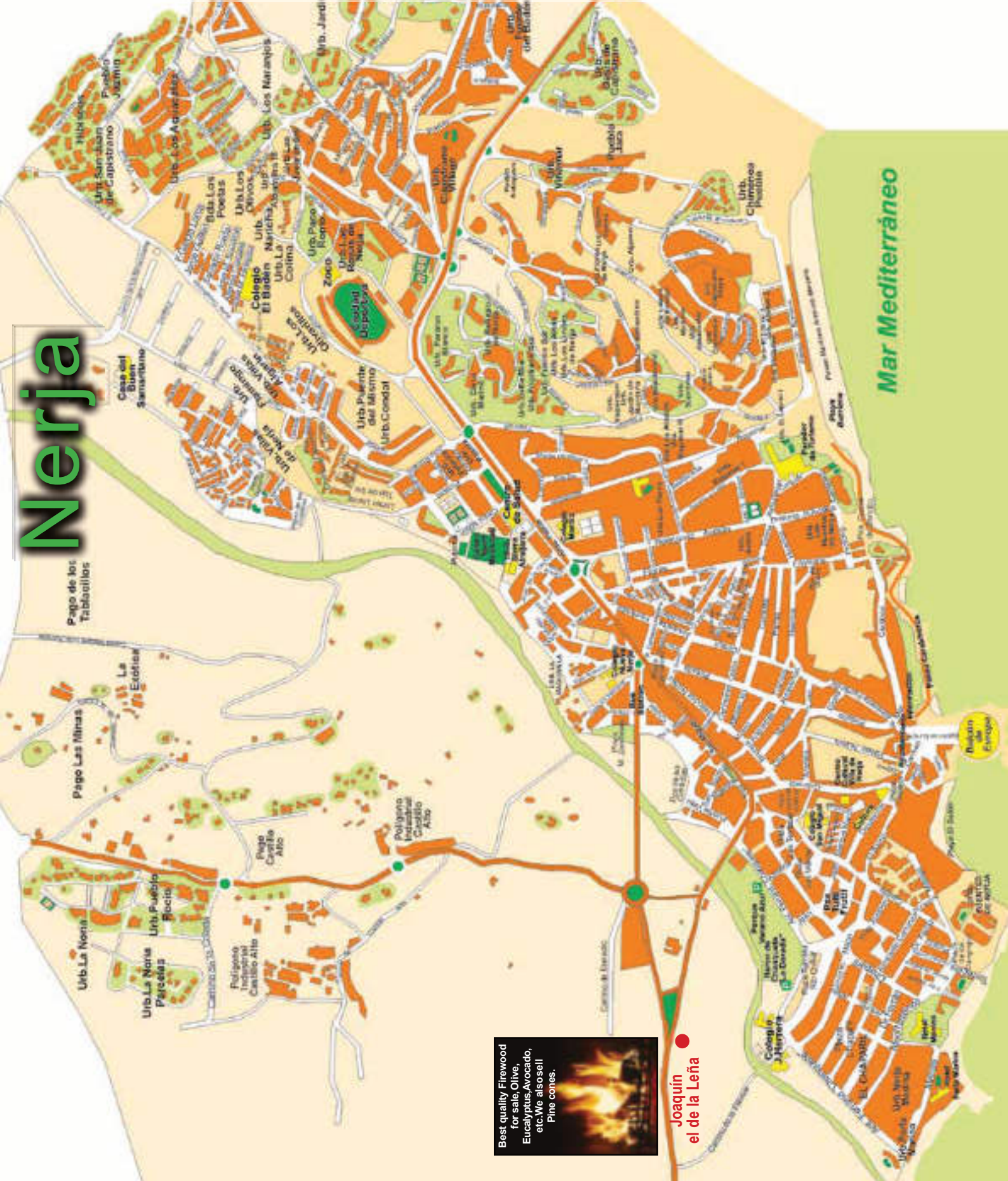
Evangelical Church, Torre del Mar

Sundays at 11.30am, worship in English, Calle Solera 2, Local 2, 29740 Torre del Mar (across the street from the Bus Station) in the Violin Shop.

Tel: 634 540 519.

Minister Rev. Colin Dickson. Tel: 654 884 658

Nerja



Best quality Firewood
for sale, Olive,
Eucalyptus, Avocado,
etc. We also sell
Pine cones.



Joaquín
el de la Leña

Find us on
Facebook
<https://www.facebook.com/streetwise.magazine>
Keep up to date with What's On
Local, International News &
Features...
Get involved!
<https://www.facebook.com/streetwise.magazine>

**LOW COST
EFFECTIVE
ADVERTISING
EAST OF MALAGA**
TEL: 952 535 404
Mob: 638 47 47 18

**Clinica de
Fisioterapia NERJA**
Physiotherapy - Physiotherapist
Andrés Pimentel, F
Graduated Physiotherapist
Graduated in 1997 and has 16 yrs
experience
Tel: 952 535 404
Mob: 638 47 47 18

No part of this map may be reproduced in any form,
without the express permission of the Publishers.
Apartado de Correos 136, Torrox, 29700 Málaga
Telephone 952 535 404 or e-mail info@streetwise.es

BUYING, SELLING OR RENTING A HOME?
PLAYA PROPERTIES
Home Agents
Call Pedro at 65, Torrox
info@playaproperties.com
952 535 404
952 535 404

**Put your business
on THE map**
Call or e-mail
**638 47 47 18 or
info@streetwise.es**

Dr. Rik Heymans
Family Doctor
Calle Argemiras 24, NERJA
English, Spanish, Italian, French, Portuguese
English - French - Spanish - Portuguese
24 HOURS & House Visits
Consultation phone
Weekdays 09:00 - 13:00, 16:00 - 19:00
Saturdays 09:00 - 13:00, and by appointment
Telephone 95 252 67 75 / Mobile 629 59 21 95



NEWS & What's ON



Cudeca Nerja Support Group to help people who are living with the difficult situation of cancer or other life limiting illnesses, or those who care for them.

We meet on the 2nd Thursday of each month at 11.30 a.m. in Hermes Cafe, Plaza Espana (top of underground car park).

We can also assist by telephone 952 564 910

or e-mail cudeca@cudeca.org.

If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine.

We will publish your events or news. Please send all information to info@streetwise.es or call Dawn on 638 474 718. All information is required by the 15th monthly.

ROYAL BRITISH LEGION, NERJA BRANCH
Meets twice a month for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura.
Everyone is welcome to join us.
Booking is essential.
Please contact Kimon tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com.

For any other information about the Branch contact Eddie, our Chairman, on tel: (+44 759 071 7384) or email: eddiebowe1@hotmail.com.

Want to join a choir?

Velez-Málaga's Coraxalia International Choir's. Combined choirs, soloists, children's choir and symphony orchestra. We welcome new singers to come and take part. We rehearse, Thursdays, 17:30hrs - 20:00hrs in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, 29700 Vélez-Málaga, near San Juan Church and the Language School. Parking nearby at the San Francisco market (1 euro). For more information please contact 657 951 755 (English) or 689 111 352 (Spanish), Also our sister choirs of Almuñecar (Coro Ciudad de Almuñecar) and Salobreña (Coro Villa de Salobreña) Tel: 689 111 352. Please note that you may join Coraxalia at any point in the Term time. Don't hesitate to give us a call!

The Phoenix Club has been in existence for the last 13 years and has a diverse membership and meets every Tuesday between 1200hrs & 1400hrs.



Could you foster for us? - we are desperately in need of foster homes, to help us help more abandoned animals. We rely on reduced rate kennels, and volunteer foster homes - all food, vet, equipment costs will be covered by us - all we ask is that you open your home to an abandoned kitten, cat, pup or dog, and treat them as if they were your own whilst we look for homes for them.
A safe, home environment is very important, and needed to help our dogs on their way to adoption. We give full team back up, and need emergency fosters, long term fosters, or short term - sometimes only a few days gives us time to take an emergency case - If you can help, and are in the Axarquia area, please contact us.

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1^{er} I, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Opening hours mornings only Wednesday and Friday 10.00 till 13.00 For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org
LUX MUNDI, TORRE DEL MAR DECEMBER & JANUARY COMING EVENTS & EXCURSION

Our shop will be open Wednesday and Fridays. Time 11.00 to 13.00. Donations in good conditions are always welcome.

Thursday 1st December - Coach Excursion for Christmas Shopping to Guzman Garden Centre, Miramar Centre & Iceland. Friends are invited on a Christmas shopping spree. The first stop at approximately 10.15 will be at Viveros Guzman to see their Christmas display and have a snack and coffee. You will then rejoin the coach for the short journey to spend the afternoon in the Miramar Shopping Centre where you will be able to have lunch and may be also visit Yorkshire Linen, Iceland and many other shops close by. The coach will return home at 16.30. Tickets available at the Centre: Price 15 Euros for Friends of Lux Mundi, guests 17 Euros. Proceeds for fundraising.

Departures: Algarrobo (Lidl) 09.00, Caleta (Vets) 09.05, Torre del Mar (Bus Station) 09.15.

Wednesday 7th December - Quiz Night with a Christmas Theme. Please come along to the Centre and have a fun night out with your team of 6 friends. Light refreshments available and drinks can be purchased. Tickets available at the Centre 7€ or with a Friend of Lux Mundi card 6€. Doors open at 6.00pm and the fun starts at 6.30pm.

Tuesday 20th December - Coach Excursion to "La Mosca" Belen (if it is open) and Malaga Christmas Lights. Lux Mundi, Torre del Mar, invite you to join friends and enjoy an evening first visiting the "La Mosca" area of Malaga to see the

JUANVERDÚN

CARPINTERÍA DE PVC

OFFICIAL KÖMMERLING MANUFACTURER

10 REASONS TO CHOOSE US



Glass Curtains available

- ✓ 30 YEARS EXPERIENCE
- ✓ ACOUSTIC AND THERMIC INSULATION
- ✓ TOP BRAND
- ✓ POST-SALES SUPPORT
- ✓ PROFESSIONALISM
- ✓ GUARANTEE AND QUALITY
- ✓ TOP FINISHINGS
- ✓ SECURITY
- ✓ CONSIDERATE
- ✓ SAVINGS
- ✓ UPVC SPECIALISTS SINCE 1997

No more excuses.
**POSSIBILITIES
FOR FINANCING**
call us for more information.
952 502 527

UPVC WINDOWS | PVC FENSTER      

Polig. Ind. La Mata | Cno. del Higueral, 9 | 29700 Vélez-Málaga | (Málaga)
T. 952 502 527 | F. 952 558 598 | juanverdun@juanverdun.com | www.juanverdun.com



KÖMMERLING



unique and famous Belen (Nativity) which is built into the mountain side. It is approximately 20 meters long and one of the main tourist attractions, visited by thousands of people during Christmas. Tickets available at the Centre, Price: 12 Euros for Friends of Lux Mundi, guests 14 Euros. Proceeds for fundraising. Departures: Algarrobo (Lidl) 16.15, Caleta (Vets) 16.20, Torre del Mar (Bus Station) 16.30.

Saturday 17th December – Ecumenical Christmas Carol Service. You will be welcome to join in the carols sung by the Spanish Choir “Amigos de Lux Mundi”, the German Choir “Con Los Cantores” director Lisa Kropp Time 17.30.

Thursday 12th January – Excursion to Gibraltar for the Sales.



41 CLUB NERJA PRESS RELEASE - ‘WE MEET AGAIN, AT LAST!’

“Absolutely thrilled and delighted”, exclaimed Peter MacLeod, Chairman of 41 CLUBNERJA, at the news that after 20 long months our members are at last coming together for a proper social gathering. “Our 40 plus members come from nine different Countries and this Pandemic has therefore had a really hard impact on us” explained Peter. “But we’ve kept our strong friendships going through technology, swapping snippets of fun on our Whatsapp group and by embracing remote meetings through the wonders of Zoom”. “Now, as members are starting to travel again”, Peter went on to say “We are able to meet up properly and we are so looking forward to meeting face to face and swapping all those Stories about how the Lockdown has affected us”. Peter is also pleased to report that “The Club has been busy behind the scenes, improving our website and developing a new Face-book page, all aimed at increasing the Club’s profile in the Community and recruiting some new members, while getting prepared for maybe just a little bit of normality”. Peter finished off by inviting any Past Members of Round Table, from anywhere in the World, who may live or spend sometime in Nerja, or the wider area “East of Malaga”, to get in touch and come along to see how we continue the Fun and Fellowship associated with the Round Table Family.

41 Club Nerja Chairman Peter MacLeod can be contacted via email at pmacleod5000@outlook.com or by phone on 0034 678 059 288. 41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email at steve.ryan.sr56@gmail.com or by phone on 0044 7546 402 770. 41 Club Nerja Website is at www.41clubnerja.org You can also find 41 Club Nerja on Facebook.

YOGA FUSION DANCE

Yoga Fusion Dance online every Wednesday from 7p.m. to 8p.m. on the ZOOM platform.

Sissi, a former dancer at the Alcazar cabaret in Paris, has devoted herself to yoga for 30 years. Throughout her atypical career, she meets real yogis who teach her and pass on their knowledge.

Yoga dance was born from this fusion between dance and inner quest. Uniting these two disciplines, the science of Yoga and the creativity of dance, is the originality of her trajectory.

From this deep knowledge, she knows that healing does not come from postures or asanas but from the combination of the 5 vital breaths, the Pranas: apana, udana, prana, vyana, samana which allow the free circulation and fluidity of vital energy.

In a game of figures, Sissi makes the bridge by substituting certain Yoga postures with dance movements. An innovative, creative and fun way to approach the path to more consciousness.

For more information contact Sissi on (0034) 699 037 998 or email:- isabelgilton@gmail.com

POCAPECUNIA CHARITY SHOP

Avda. Rodriguez Acosta,
Edificio Tucuman (opposite Café Trebol),
Nerja.

Your unwanted things always
needed! - kitchenalia, crockery,
vases, pictures, books, clothing,
plastic bags, etc..
Anything you think will still be of
use to other people.

Opening hours:-
Monday to Saturday
10a.m. till 2.30p.m.

Nerja Arts Society

18.00 Centro Cultural Nerja.

My lecture will delve into the origins of Picasso's imaginary. Themes and images that continue to appear in his work from his beginnings till his last pieces, mostly linked to his Mediterranean roots. More than 80 years of work reflecting life and death, family, religion, the minotaur and the bull, Greek mythology, and his cannibalization of the great masters of art. From his very first known bullfight oil painting at the age of 8 to his very last musketeers at 91 years. His great variety of techniques and his constant research into new ways of artistic expressions. His life among artists friends and many other that enriched his personal and artistic life.





MALAGACLIMA

Simply better service

AIRCONDITIONING

SOLAR PHOTOVOLTAICA



MERRY CHRISTMAS

Authorised Service Technician

Panasonic
ideas for life

 **MITSUBISHI
ELECTRIC**
Changes for the Better

 **DAIKIN**

HITACHI
Inspire the Next

NEW SHOP



MALAGACLIMA

Avda. Victoria Kent, 3A
(between SUPECO and the Hospital)
29740 TORRE DEL MAR (MALAGA)

Tel/Fax: 952-96 78 03 Movil: 661 149 934
www.malagaclima.es

About Alejandra Carazo

Alejandra Carazo studied History of Art in Málaga University and holds a Master degree in Art & Communication from the Complutense University in Madrid. She became an expert in the work of Pablo Picasso and Modern Art during her years as coordinator of the education department and researcher at the Museo Picasso Málaga, where she worked hand in hand with the curating department in the organization of the Museum's Collection and temporary exhibitions.

She is nowadays working freelance as curator and researcher for galleries and has become an expert in interior design for art.

Alejandra Carazo



THE ARTS
SOCIETY
MÁLAGA

For latest information
check our website!

Live and on Zoom lectures in English

PICASSO

THE ORIGINS OF HIS ART

by Alejandra Carazo

Tuesday 13 December 2022 at 18:00 (Spanish time)

www.TheArtsSocietyMálaga.com 606907654

Centro Cultural, Calle Granada, Nerja
Tickets only available on the night from 17:00

Visitors are most welcome to attend €10 or receive the link at home



Consejo de Educación y Cultura
Educ. Ayuntamiento de Nerja



Curve Stairlifts

Why compromise your lifestyle and freedom
because of difficulty getting up and down the stairs?

Contact us today,
and give your life a lift...

952 967 015
& 618 490 186





Su agencia de confianza desde 1993
 Quieres comprar o vender?



Your trusted agency since 1993
 Do you want to buy or sell?



Ihr Immobilienpartner seit 1993
 Möchten Sie kaufen oder verkaufen?



Penthouse in Torrox Costa, PEÑONCILLO PLAYA

WELCOME TO THE LIGHT! Are you looking for something special?

Frontline Penthouse | Sea Views | West Facing Terrace | ½ Bedrooms | Bathroom | Equipped Kitchen | Living-Dining Room | Conservatory | Private Underground Parking Space | Peñoncillo Beach | Close to Amenities | Only few Minutes to Nerja

Look no further!

This fantastic penthouse is located on the beachfront in Peñoncillo in Torrox Costa. This beautiful apartment consists of a double bedroom with fitted wardrobes, 1 complete bathroom, a guest toilet, a fully equipped kitchen and a spacious living-dining room with direct access to the approx. 60m² large sun terrace that surrounds the apartment. From the entire apartment you have a fantastic view of the sea and the mountains. There is also an approx. 15 m² glazed terrace with a wonderful view of the mountains, from which a 2nd bedroom can be set up. An underground parking space is also included in the price. The property is being sold partially furnished. A few meters from the beach and only minutes from the promenade of Torrox-Costa and Nerja's Balcon de Europa.

In the surrounding area we can find various shops, restaurants and entertainment venues.

Ref: PS-2022-123

Price: **€295,000**



Torrox-Costa | Urb. Costa del Oro | Centro Comercial B

al lado / next to / neben Caixa Bank / Tails Charity Shop



951 084 054

info@property-select.net | WhatsApp +34 644 555 730





€340.000

ALMAYATE

REF: 7552

Sole Agency: Fabulous country house just 700 meters from the beach with sea & mountain views. Comprising 4 bedrooms, 3 bathrooms, living space 180 m², plot 1.700 m² with private swimming pool, garden and parking space. There is also 2 storage rooms, gas central heating and air conditioning. EPC rating E.



€460.000

BENAJARAFE

REF: 7486

Sole Agency: Fantastic villa with stunning sea views. Comprising 3 bedrooms, 2 bathrooms, living space 100 m² on a plot of 2.749 m². There is a private swimming pool, garage and mature gardens. Only 5 minutes from the beach and close to amenities. EPC rating E.

The year is coming to its end.
It's time to look back on what has been a
challenging year. With this Christmas greeting we
would like to thank our customers and partners for the trust they
have placed in us. The entire Country Properties team wishes you
health, happiness and success in the

New Year 2023!

29754 C6mpeta

Plaza Almijara, 21
Tel.: +34 952 51 61 78

29770 Torrox

C/. Elisa Ortigosa, 7
Tel.: +34 952 53 91 25

29740 Torre del Mar

Avda. Andalucia, 32B
Tel.: +34 952 54 18 86

 609 176 586



www.countryproperties.net



sales@countryproperties.net

