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H&L

July is here—and it's shaping up to be a big one.

Let's face it, we're deep into summer now. You've probably already found your "coolest seat in the house," the local beach chiringuito knows your order by heart, and the fan has become a fully-fledged member of the family. Life in Spain in July is nothing if not consistent: hot days, hazy evenings, and that wonderful sense that everything is happening just a little more outdoors.

But beyond the heat, this month brings a real sense of momentum. People are making plans, there's a buzz in the community—and we've got a lot to share.

Save the date: This summer brings plenty of local events worth marking on your calendar, including the PAWS-PATAS Music Extravaganza at Oasis Pool Bar, Los Gallardos. It's happening on Saturday 5th July from 2pm to 5pm, with entry just €2—all in support of local animal welfare. Expect great music, a friendly atmosphere, and a brilliant way to spend your afternoon by the pool while supporting a wonderful cause.

Want more? Check out the What's On section on pages 30–32 for even more local events and summer happenings near you.

We're also thrilled to welcome new advertisers to the Home & Living family this month:

– Thy Will Be Done, a professional will-writing service that helps you get your affairs in order before life throws the unexpected. It's one of those things you always mean to sort—now might be the time.

And a warm welcome back to a couple of returning favourites:

– Pinturas Acosta, your go-to for all painting and decorating needs, including specialist lacquering and waterproofing. Whether you're freshening up a space or tackling a bigger summer renovation, they've got you covered.

– Colour Glass Window Tint, offering an innovative solution to help keep your home cool in summer and insulated during the winter months. Smart, subtle, and seriously effective.

Inside this issue, we've focused on ideas that work with the heat, not against it. From light, low-maintenance home upgrades to small outdoor projects that make a big impact, we've packed it with things that are genuinely useful this time of year. Need to refresh your space without lifting too many fingers (or tools)? We've got something for you.

Because July isn't about fuss—it's about keeping things simple, easy, and enjoyable. Whether you're staying cool with the shutters drawn or out every night under the stars, we hope this issue gives you a few ideas to make summer that bit sweeter.

And before we go, just a quick reminder to look after yourself in the sunshine. Drink plenty of water throughout the day, make sure you're getting enough rest during those warm nights, and don't forget your sun cream—even on cloudy days. A little care goes a long way in making sure you enjoy summer feeling your best.

Also, let's not forget our four-legged friends. Pavements can become dangerously hot during the day, so always check the ground before walking your dog—and avoid peak heat hours. And whatever you do, never leave pets in a parked car, even for a few minutes. A little extra caution can save lives.

Until next time—
The Home & Living Team



DREAM *Terrace*

Imagine stepping out to this. Morning light on your skin, coffee in hand, and nothing but sea and silence stretching out before you. This isn't just a view—it's a feeling. Effortless, elevated, and entirely yours. Let this space inspire your next escape—or better yet, your next home upgrade. Because luxury isn't always about more... sometimes, it's about less, done beautifully.



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The Iconic Cliff House in Granada

Some homes demand attention. Others, like The Cliff House in Salobreña, Andalusia, inspire quiet awe. Carved into the steep cliffs of Granada's coastline, this extraordinary home is not simply built on the land—it flows with it. A sculptural feat that reimagines what a house can be, it brings together radical design, natural harmony, and a deep sense of place.

The roofline sweeps in undulating curves, clad in shimmering zinc tiles that catch the Mediterranean sun and reflect the shifting hues of the sea. This form doesn't sit on the landscape—it rises from it, echoing the movement of waves and the curves of the terrain itself. From a distance, it's barely visible, seamlessly blending into the slope. But up close, it reveals its true character: bold, fluid, and wholly original.

Inside, the architecture opens out to light and space. The house was designed not with straight lines and rigid floors, but with a series of gently stepped platforms that follow the natural incline of the cliff. These multi-level living spaces flow into one another, creating a feeling of openness and intimacy at once. The main living area connects directly to a vast, cantilevered terrace, where an infinity pool stretches out to the

horizon, giving the sensation of floating above the sea.

Large glass façades allow uninterrupted views from almost every room. The sea is not just a backdrop—it becomes a living presence throughout the home. The bedrooms, perched just above the main living spaces, are quiet sanctuaries where sunrise and moonlight pour in unfiltered. The constant play of light, water, and sky brings a sense of peace and rhythm to the house, anchoring it in the natural world.

What sets The Cliff House apart is not just its beauty, but its depth of thinking. Inspired by traditional cave dwellings found in Andalusia, the design uses the earth itself for insulation. This allows the home to maintain a stable temperature year-round, minimising the need for heating or cooling. It is sustainable not through gadgets, but through timeless principles of passive design.

Built during Spain's financial crisis, the house also became a symbol of resilience. Rather than relying on pre-fabricated materials or automated construction, it was crafted by hand. Local artisans brought the vision to life using traditional methods—pouring concrete into hand-shaped moulds, plac-



ing each zinc tile with care, and shaping the interiors with fibreglass and resin. The result is a home that feels not only designed but truly made—every corner touched by human hands.

There's a quiet magic in the way this home connects people to the elements. Sunlight spills across the stone floors in soft arcs, breeze flows through open terraces, and the view—always the view—pulls you gently toward stillness. This isn't a house that impresses with extravagance. It impresses by making you feel something. Calm. Grounded. Completely at peace.

Since its appearance on Netflix's *The World's Most Extraordinary Homes*, the house has gained international acclaim. Yet, despite its fame, it remains deeply personal. It's not a show-piece or a design statement—it's a place to live slowly, to think clearly, to be present. Every detail, from the flowing floor plan to the quiet corners and curved walls, encourages rest and reflection.

This is not a house for fleeting visits. It's a home meant to be lived in. Every sunrise framed by glass, every evening spent

watching the colours change on the sea, becomes part of its rhythm. It allows life to unfold gently, with a sense of space and light that's rare in even the most luxurious homes.

The Cliff House proves that architecture can do more than shelter. It can lift, soothe, and inspire. It shows us that daring design and emotional resonance are not opposites, but partners—and that a home, when truly considered, can be both a masterpiece and a sanctuary.

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Unlocking the Hidden Potential: Beyond Structural Defects

When it comes to owning property, whether it be a home, a commercial building or a piece of land, many individuals might overlook the importance of having their property surveyed by a proper qualified architect, especially if there are no apparent structural defects.

However, a property survey conducted by a qualified architect offers numerous benefits that go beyond identifying major structural defects. From ensuring legal compliance to maximizing potential, here's why you should consider having your property surveyed by an architect.

1. Unearthing Hidden Problems: Even if your property appears to be in good condition, there may be underlying issues that an untrained eye might miss. Architect-conducted surveys can identify potential problems before they escalate into costly repairs. .

2. Ensuring Compliance with Regulations: Building codes, zoning regulations and property laws are constantly evolving. An architect's survey will ensure that your property complies with all the relevant regulations. This is especially vital if you plan to make any renovations or expansions in the future. Failing to comply with these regulations could result in fines or legal troubles, making an architect's survey a proactive measure to avoid such issues.

3. Accurate Property Documentation: An architect's survey provides you with precise and detailed documentation of your property. This documentation can be invaluable for insurance purposes, property valuations or legal disputes. It establishes a baseline for your property's condition and boundaries, protecting your interests as a property owner.

4. Maximizing Property Potential: A property survey conducted by an architect can also offer insights into how you can best utilize your property. Whether you are considering a landscape redesign, adding an extension or developing the land for a specific purpose, an architect's expertise can help you optimize your property's potential and increase its value.

5. Reducing Uncertainty in Real Estate Transactions: If you are buying or selling property, having an architect-conducted survey can instill confidence in both parties. Buyers will feel assured about the property's condition and sellers can demonstrate transparency, making the negotiation process smoother and potentially leading to faster deals. If you are purchasing a prop-



erty, having an onsite survey with a qualified architect (approximately 120€) is essential.

6. Long-term Financial Savings: While property surveys by architects may incur an initial cost, they can save you substantial amounts of money in the long run. By detecting and addressing issues early on, you can prevent more extensive damages that could be far more expensive to repair. Moreover, a well-maintained and compliant property is likely to have a higher resale value.

7. Peace of Mind: Knowing that your property has been thoroughly examined by a professional architect provides peace of mind. It gives you confidence that you are making informed decisions about your property, ensuring the safety, legality and potential for your investment.

In conclusion, property surveys by architects offer far-reaching advantages beyond just identifying structural defects. From uncovering hidden problems to ensuring compliance with regulations, maximizing potential and providing peace of mind, an architect's survey is an essential investment for any property owner.

Whether you plan to make changes to your property or simply want to be well-informed about its condition, consulting an architect for a thorough survey is a step that will pay off in numerous ways in the future. Remember, prevention is always better than cure, and having your property surveyed by an architect is a proactive measure that can save you from potential headaches and financial burdens

down the road.

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The Quiet Elegance of Minimalist Living

Step into a world where less truly is more. This serene interior is a masterclass in minimalist design—subtle, deliberate, and quietly luxurious. Notice the interplay between texture and tone: the matte black accent wall draws the eye, grounding the space, while the soft grey furnishings invite you to pause and breathe.

Minimalism isn't about empty spaces; it's about purposeful ones. Every object here earns its place—from the low, sleek cabinetry to the organic vase poised with bare twigs. It whispers calm, not clutter.

To embrace this aesthetic in your own home, begin with restraint. Choose a muted palette and layer it with tactile contrast—concrete, velvet, matte ceramics. Prioritise clean lines and unfussy silhouettes. Then, edit. Remove anything that doesn't serve either function or quiet beauty.

Lighting is key. Use concealed LEDs or spotlights to create shadow and softness. And above all, let negative space speak—it brings clarity to your surroundings and your mind.

Minimalism isn't a trend. It's a quiet rebellion against noise, a return to grace. Let your home exhale, and you just might find yourself doing the same.





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WELLSPRING

As we hit those high temperatures once again the beach beckons us, for some fun in the sun with the cool water to take away the heat of the day.

Do you ever stop to wonder how it all came about? Who made the heaven and earth? Is it just a coincidence that we are here or is there a purpose for it all?

We believe God made it all and the purpose was for us to enjoy the beauty of His creations here on earth. And to glorify His Name. He made it all, the days, giving us the sun for light and warmth and the evenings with the moon and stars to give enough light to guide us through the dark hours. (Genesis 1:3-5 NIV 3 And God said, "Let there be light," and there was light. 4 God saw that the light was good, and he separated the light from the darkness. 5 God called the light "day," and the darkness he called "night." And there was evening and there was morning—the first day).

The most important thing God gave us apart from the breath in our lungs and His Son Jesus Christ was free will. We all have opportunities to make changes and decisions throughout our lives. But do we use it wisely? Ask any person who has given their life to the Lord if they made a wrong decision in doing so, the answer will be **No**. Entrusting our life into the caring hands of God is never a wrong decision. We all need a saviour, someone in whom we trust with all our heart for our every need. That someone for us is Jesus Christ. He is our saviour and our redeemer, the one who wants us to have an abundance and to be the best that we can be.

A relationship with the one true God is never a wrong decision. In scripture it says, "come taste and see that the Lord is good", and we would like to give you the opportunity to do just that.



Come along and see for yourself what a transformed life looks like. Come and see how God repairs the broken hearted, how He restores lives and gives hope to the lost. Come and turn your tests in life into a testimony for Christ.



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THEY WILL BE DONE

Why a Spanish Will Is About More Than Saving Money

It's not uncommon to see people online recommending that you create a Spanish Will by going directly to a notary. This option can save you around €40 upfront, making it seem like a smart, no-frills choice. But while the initial savings are tempting, it's worth thinking beyond the short term—especially about what your loved ones might face after you're gone.

The real reason for making a Will isn't just to document your wishes, but to ensure they're followed and that your beneficiaries are spared unnecessary stress, confusion and expense.

That's where Thy Will Be Done offers real value. They specialise in handling not just the creation of Wills, but the entire process that follows.

If you're using their service, your beneficiaries won't have to travel to Spain to obtain an NIE number, as everything can be man-



aged from the UK through the Spanish Consulate. There's also no need to search for a Spanish-speaking solicitor. If Thy Will Be Done is named as executor, they manage all legal correspondence—communicating with your family in English and with Spanish authorities in their native language.

One of the most significant benefits is cost clarity. Spanish probate can be unpredictable, but this service offers a fixed fee of 1.75% + IVA of the estate's value, or just 1.16% + IVA if you opt into their low-cost Priority Client Cover.

Unlike many others, they also handle probate in both the UK and Spain, streamlining what is often a complicated, two-part process.

So before deciding to cut out the "middleman," ask yourself: what would your beneficiaries prefer—saving €40 today or saving time, money and stress tomorrow?

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ECO ELEGANCE

Sustainability has become more than just a buzzword—it's a lifestyle choice. Yet for many design lovers, the assumption remains that eco-friendly interiors must come at the cost of elegance. Not anymore. Today's most forward-thinking homes are proving that sustainability and style can exist in perfect harmony. From recycled stone to responsibly sourced woods and toxin-free paints, eco-conscious choices are finally getting the luxury treatment they deserve.

Recycled Stone: Beauty with a Back Story

Gone are the days when recycled materials meant rough and rustic. Today's recycled stone surfaces—think marble, quartz and even terrazzo—are artful, polished, and often indistinguishable from newly quarried options. Brands now craft exquisite countertops and tiles from offcuts and reclaimed building materials, resulting in one-of-a-kind finishes with depth and soul. Not only are these surfaces breathtaking, but they also prevent waste and reduce the environmental toll of extraction.

Sustainable Woods: Elegance That Endures

There's nothing quite like the warmth and texture of real wood. But traditional logging practices have long threatened global forests. The answer? FSC-certified and reclaimed timbers. Whether it's rich walnut, ash, or white oak, sustainable hardwoods bring timeless sophistication to floors, cabinetry and furniture. Reclaimed wood, salvaged from old buildings or wine barrels, offers added charm with its patina, grain and history intact—perfect for adding character to both modern and classic spaces.

Low-Impact Paints: A Breath of Fresh Air

Paint is often the unsung hero of interior transformation—but conventional products can be full of VOCs (volatile organic compounds), contributing to poor indoor air quality. Today's low-VOC and VOC-free paints offer a palette of soft, luxurious hues without the chemical load. From soothing neutrals to rich, dramatic tones, eco-paint brands are now celebrated for their velvety textures and long-lasting finish. And the best part? They're safe for both your family and the planet.

A Luxe Future

The shift towards sustainable interiors isn't just about ethics—it's about longevity and intention. When we invest in eco-conscious materials, we're choosing quality over trend, stories over mass production, and health over haste. This is luxury redefined: thoughtful, tactile, and enduring.

As awareness grows and technology evolves, the once-rigid divide between luxury and sustainability is disappearing. The modern home can be elegant, bespoke—and good to the earth. And isn't that the most stylish statement of all?





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GLASS TERRACE



There's something quietly transformative about a glass terrace. It doesn't just extend your home — it reshapes how you live within it. A space like this brings the outdoors into everyday life, blurring the boundary between inside and out. With soft light filtering through the glass, gentle garden views on all sides, and the shelter of a well-built frame, it becomes more than a feature. It becomes a lifestyle.

Whether you're reading, dining, hosting guests, or simply enjoying a cup of coffee while listening to the rain, a glass terrace offers the rare luxury of presence. In warmer regions like Spain, it lets you enjoy the view without harsh sun or wind. In cooler months, it traps passive heat and light, warming your home while creating a peaceful, usable space year-round.

The benefits are both emotional and practical. A glass terrace increases your usable living space, improves natural light throughout your interior, and boosts the value of your property — but more than that, it offers a deep sense of calm. It becomes a quiet sanctuary, a place to slow down and notice the world just outside your door.

To build one, consider structure first. Slimline aluminium or steel frames provide strength with minimal sightlines, keeping the focus on the view. Choose high-quality tempered or double glazing to maintain insulation, reduce sound, and keep temperatures steady. For year-round use, look into UV-filtering glass or integrated blinds to manage sunlight during the hottest parts of the day.

Orientation matters. South- and west-facing terraces receive the most sun, while east-facing options offer cooler morning light. Privacy is easy to create with vertical planters, wooden slats, or tall grasses in oversized pots — soft solutions that blend naturally into the surroundings.

Flooring is just as important. To bridge the indoor-outdoor feel, use natural materials like wood-look porcelain tiles, microcement, or composite decking. They're durable, weather-resistant, and easy to clean, helping the space feel refined without being precious. Make sure drainage is built in, especially if your terrace is open to the elements.

As for furnishing — comfort is key. A glass terrace should feel like an extension of your home, not a compromise. Choose weather-resistant seating with deep cushions, woven textures, and soft throws for evening warmth. A central coffee table, side shelves for candles or plants, and a rug to ground the space will make it feel lived-in and welcoming.

Lighting brings it to life after dark. Warm wall lights, LED strips beneath benches, or floor lanterns with a gentle glow will add atmosphere without glare. For colder nights, a discreet heater — whether wall-mounted or underfloor — can make the space cosy and inviting well into winter.

If you want something truly seamless, consider sliding or folding glass walls that open the space fully during spring and summer. It's the best of both worlds: protection when you need it, openness when you don't.

What's most beautiful about a glass terrace isn't just how it looks, but how it makes you feel. It turns passing weather into theatre. It brings light into your routine. It gives you a place to notice the little things — the changing sky, the movement of trees, the shift in seasons.

So if you're looking to add something meaningful to your home — something that goes beyond decoration — consider a glass terrace. It's not just a structure. It's a way to live more slowly, more beautifully, and more in touch with the world just outside.

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The film, once applied to your glass, will help hold all glass together just in case an accident occurs and the glass breaks or shatters. The other good security reason is that the one way reflective colour film helps deter burglars, as they can't see in to your property but allows you to see out.

The coloured film that Colour Glass Window Tint provides stops up to 99% of all UV light which helps to protect your art pieces and furniture from fading and it also stops the glare of sunlight entering the rooms of your property.

Very importantly, over the course of the year, the colour window tint on your windows will reduce the price of your utility bills; in the summer months it will help to keep cool air in and decreases the use of air conditioning and in the few winter months it helps keep the warmth in.

As owners of your own home in Spain, you can appreciate the beautiful colours of your homes. The different colours of film Colour Glass Window Tint brings more style and colour to your homes, so why not put some class to your glass today?



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SPORTS

We see them as titans of physical power, masters of competition, and icons on the pitch, court or track. But behind the headlines and highlight reels, many of the world's top athletes have secret talents that are wildly unexpected—and, frankly, totally charming.

Take Petr Cech, the legendary Chelsea and Arsenal goalkeeper, for instance. Off the pitch, he's an accomplished drummer. Not just a casual hobbyist—tech posts full rock covers online, complete with drum kits and impressive technical skill. His performance of Smells Like Teen Spirit by Nirvana showcases a surprising flair for rhythm and performance.

Then there's Andy Murray, who, when he's not battling through Grand Slam matches, enjoys playing the saxophone. It's an unusual pastime for a tennis champion, and it reveals a more relaxed, personal side of someone better known for intense competition.

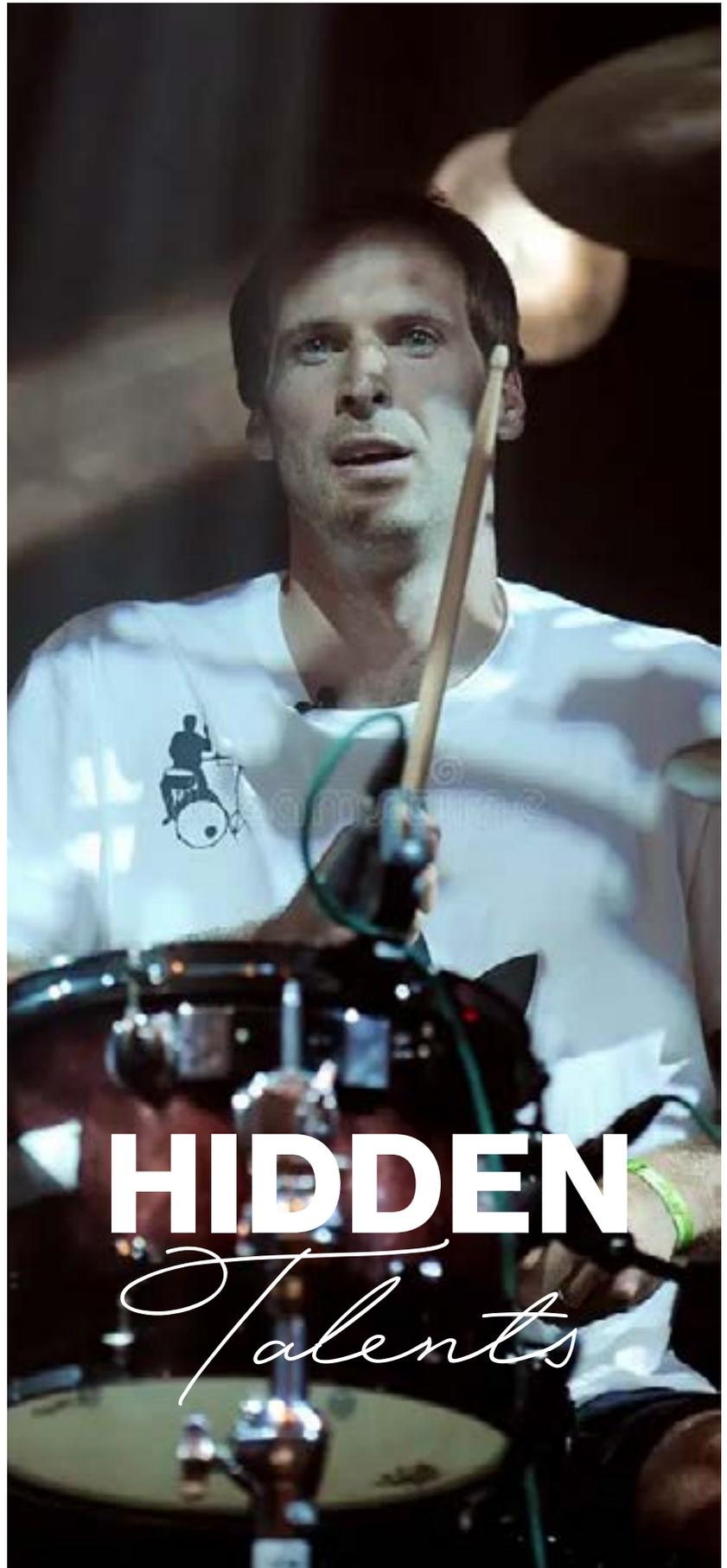
Not to be outdone, Anthony Joshua, former heavyweight boxing champion, reportedly enjoys baking cakes. Yes, you read that correctly. In between training sessions and media appearances, Joshua has mentioned that he finds time in the kitchen to make desserts—especially cakes for family and friends. It's a contrast to his professional image that people find both unexpected and endearing.

And let's not forget Gerard Piqué, the former Barcelona centre-back, who has developed a strong interest in business and tech. He co-founded a sports investment firm and helped launch a global football competition. From defending the goal to building ventures, his range of skills is impressive.

Serena Williams, one of the most decorated tennis players in history, has also made a name for herself as a fashion designer. She studied fashion alongside her athletic career and launched several clothing lines, drawing widespread attention for her attention to detail and personal style.

These talents might seem unrelated to sport, but they show that many athletes have interests that extend well beyond training grounds and stadiums. Whether it's music, baking, business or design, the ability to excel often goes hand-in-hand with a willingness to try new things.

In a world where athletes are often measured by goals, titles, or statistics, these personal pursuits offer a refreshingly human angle. They remind us that behind every world-class athlete is an individual with surprising hobbies and skills—some of which are as impressive as their sporting achievements.



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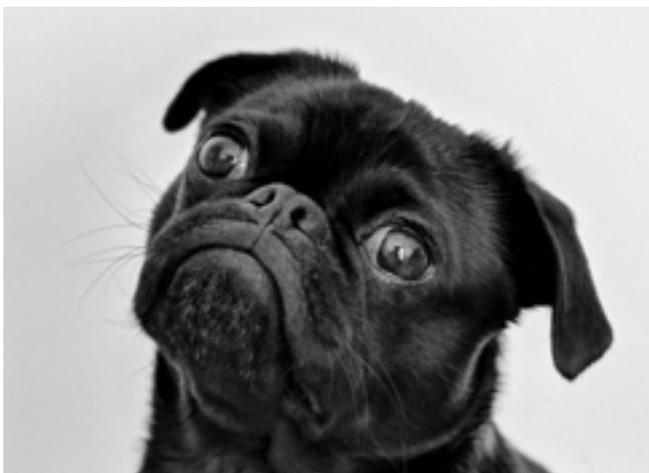
MINDFUL PETS

In an increasingly fast-paced and overstimulated world, the quiet companionship of a pet offers something many of us crave—presence. Whether it's the gentle purring of a cat curled by your feet or the excited tail wags of a dog waiting at the door, pets have a unique ability to draw us into the here and now.

Science now supports what many pet owners have always known in their hearts: living with animals is good for our mental wellbeing. According to a 2021 study by the University of York and the University of Lincoln, pet ownership during the COVID-19 pandemic was linked to lower levels of loneliness and improved mood, even when owners were facing social restrictions. The simple routine of feeding, walking, or brushing an animal gives shape to our day—and often provides an emotional anchor when everything else feels uncertain.

One of the most powerful ways pets support our health is by reducing stress. Studies published by the American Heart Association show that petting a dog or cat for just ten minutes can significantly lower cortisol, the body's main stress hormone. This simple act also prompts the release of oxytocin—a hormone associated with bonding and calm. It's not surprising, then, that therapy animals are increasingly used in hospitals, nursing homes, and even university exam centres.

Sleep is another area where pets quietly make their mark. While some sleep researchers caution against sharing beds with pets, many owners report that the presence of their dog or cat helps them relax and drift off faster. The soft breathing, rhythmic movements, and emotional reassurance of an animal nearby can help regulate our



nervous systems, especially for those who struggle with anxiety or nightmares. According to a Mayo Clinic study, some pet owners even claim that co-sleeping with their dog provides a greater sense of security and warmth than sleeping alone.

Beyond the measurable effects, pets also teach us mindfulness in the most natural of ways. Dogs, for instance, don't worry about next week's errands—they focus entirely on the walk, the smells, the moment. Cats often curl up by a sunny window, perfectly content just to be. Their sense of peace becomes contagious. By watching them, we remember how to pause, to breathe, to simply observe without overthinking.

Across Spain and Europe, the trend of “doga”—yoga with dogs—is growing. These sessions encourage pet owners to stretch, breathe, and meditate with their dogs beside them, often incorporating light massage or joint poses. The result isn't just a better downward dog—it's a deeper emotional bond.

Of course, pets aren't a magic fix. They require care, commitment, and attention. But that very responsibility can deepen our sense of purpose and connection. In return, they offer us a world free of judgement, rich with loyalty, and rooted in the now.

Whether you live in a small flat in Málaga with a rescue cat or on a country finca with a bouncy Labrador, your pet may be doing far more than keeping you company. They might just be your most loyal mindfulness coach.

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COOKIE - Your Heart's Missing Piece is Waiting! Found abandoned in the road, this gorgeous 25kg Lab mix (born 2022) has blossomed into pure gold! Cookie's been waiting since July 2023 for someone special. She's sociable, affectionate, adores cuddles, and walks beautifully on lead. Gets along brilliantly with male dogs but would shine as your one-and-only where she can soak up all the love and attention. This resilient beauty has overcome so much - now she's ready to be someone's perfect companion! - Cookie's ready for her happily ever after!

♥ **MARTY - Ready to Steal Your Heart!** ♥
 This brave 18kg mixed breed (born Sept 2023) was rescued from a goat herd after being attacked, but has blossomed into the sweetest boy! Marty loves other dogs and would benefit from a canine companion, though experienced owners could help him thrive solo. Perfect for adult homes or families with older children. Still nervous in new situations but full of puppy potential - he just needs patient, loving guidance to shine! - ready for his fresh start!

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SUMMER OF FUN

The TKO Radio 'Summer of Fun' roadshow lit up La Quinta at La Manga Club on Wednesday May 28, delighting a crowd of several hundred people with poolside entertainment, live music, excellent food and a strong sense of community spirit, all in aid of a great cause.

The event, held at La Quinta's poolside venue, welcomed guests throughout the day who enjoyed a party atmosphere with families swimming, relaxing and dancing in the sun.

A standout highlight came with the appearance of a lively ABBA tribute band featuring Carla Stone and Angel, whose crowd-pleasing set had everyone on their feet.

TKO Teddy made a special appearance too, bringing smiles and selfies galore, especially among the youngest visitors.

Chef Adrián Ros of La Quinta's La Solana restaurant kept everyone well fed with a selection of dishes that were as well received as the music, earning plenty of praise from attendees.

TKO Radio kept the tunes going live from the event, adding to the feel-good mood. You can continue to enjoy their mix on 106.5FM or online via the station's live player.

A major attraction was the charity raffle, which



included nearly a dozen generously donated prizes worth an estimated €7,000-€10,000. Winners took home luxury items such as designer watches, a week's villa stay at La Quinta, a Sunseeker sunset cruise, week-long car rentals and meal vouchers for some of the area's most popular restaurants.

The day wasn't just about fun; it also raised over €2,100 for the Pablo Ugarte Association children's cancer charity, thanks to the generosity of guests and sponsors.

Mark Pugsley, Chairman of La Quinta, gave his heartfelt thanks to all the sponsors for their generous donations and to the La Quinta members and guests "for embracing the day and for their generosity in raising €2,100 for the Pablo Ugarte Association for children's cancer".

He also gave a huge thanks to the staff, management team, the radio presenters and the ABBA tribute band "for making the day run seamlessly and for ensuring the delivery of a wholly enjoyable experience".

The success of this event confirms La Quinta and TKO Radio as a winning team when it comes to bringing the community together for good causes and great entertainment.

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Bringing the Sauna Home: A Complete Guide for Andalucía Homeowners

The idea of having a private sauna at home has evolved from a luxury indulgence into a practical and health-conscious choice. Particularly in regions like Andalucía, where wellness culture is growing alongside property development, installing a sauna has become a lifestyle decision for those seeking daily relaxation, therapeutic benefits, and even a potential increase in property value.

There are many benefits to owning a home sauna. Aside from the obvious luxury, regular sauna use can support cardiovascular health, improve circulation, reduce inflammation, enhance muscle recovery, and contribute to better sleep quality. For those managing chronic stress or looking to strengthen the immune system, consistent heat exposure can be a powerful wellness tool. Perhaps most importantly, having a sauna at home allows for consistent use without the inconvenience of visiting public facilities. Whether it's a cool winter morning or a warm summer evening, stepping into your personal sauna provides privacy, comfort, and routine.

One of the first decisions to make is whether to install an indoor or outdoor sauna. Indoor saunas are typically integrated into

existing bathrooms, basements, or dedicated wellness rooms. They offer ease of use, protection from the elements, and can be more energy efficient in cooler months. A well-designed indoor sauna adds warmth to the space and can often be installed using existing plumbing and electrical systems. However, they require proper ventilation and moisture control to avoid long-term damage to the surrounding interior structure.

On the other hand, outdoor saunas offer a sense of retreat and flexibility in design. From freestanding barrel saunas to sleek, modern cabins with glass panels, outdoor installations feel like a private spa in the garden. They're ideal for homeowners with more land or views to enjoy, and they don't take up precious indoor space. Outdoor saunas do, however, need weatherproofing, foundational preparation, and in some cases, planning permission, depending on the size and location.

When it comes to the type of sauna, the two most common options are traditional electric or wood-fired models, and the increasingly popular infrared sauna. Traditional saunas heat the air and stones to temperatures between 80–100°C and often include the option of steam by pouring water over hot stones. Infrared saunas, by contrast, use infrared panels to directly warm the body at lower air temperatures, typically around 50–60°C. Infrared heat penetrates deeper into muscle tissue, making it



especially beneficial for recovery and joint care. Additionally, infrared saunas are more energy efficient and tend to be easier to install in compact spaces.

In terms of costs, the prices for installing a sauna in Andalucía can vary widely based on style, materials, and whether it's a DIY kit or a bespoke build. Outdoor barrel-style saunas typically range between €2,600 and €6,200. Indoor traditional saunas, either electric or wood-fired, often cost between €6,000 and €11,000 depending on customisation and finish. Infrared saunas for home use usually range from €4,500 to €9,000.

Several companies in Andalucía offer sauna installations tailored to different tastes and budgets. One of the more accessible providers is Casetas de Jardín 24, based in Marbella. They offer a 2x2 metre outdoor sauna cabin starting at €4,970. Their full installation service is priced from €1,440, with optional extras such as base preparation from €370 and upgraded internal finishes starting at €360. Thicker insulated walls can be added for an additional €1,960, creating a well-sealed environment suitable for year-round use.

Another option is Oceanic Saunas Europe, a long-standing company supplying both commercial and residential sauna solutions across Spain. Although their website doesn't publish set

prices, they offer comprehensive indoor and outdoor options and bring decades of expertise to installations. ProgibeSPA, another respected company in southern Spain, specialises in both saunas and hammams, offering ready-to-install models ideal for bathrooms, terraces, or garden spaces. Prices vary by specification, but they are known for custom solutions that adapt to Spanish home layouts and climate conditions.

Before installation, homeowners should be mindful of a few essential preparations. Proper ventilation is crucial for indoor saunas to prevent moisture build-up and potential damage. For outdoor units, a level foundation is required, whether that be a concrete slab or raised wooden base. Electrical wiring may require trenching or weatherproof conduits for outdoor builds, and it's always worth checking with the local council in case any planning permissions are needed for larger external units.

Ultimately, bringing a sauna into your home in Andalucía is an investment in health, comfort, and lifestyle. Whether you choose the natural setting of an outdoor cabin or the convenience of an indoor infrared unit, the benefits go far beyond relaxation. With a growing number of reputable suppliers across Spain offering turn-key solutions, it's never been easier to turn part of your home into a wellness retreat.

WHAT'S ON?

Events

Every Day

Noah's ARC Dog Walking @ Mazarrón

Every Mon

Market @ Alhama & Huerca Overa

Camposol Walking Football Club @ Pto de Mazarrón 10am-11am

Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am

Friends of Mazarrón Animals Collection @ Camposol B Lower Car Park 10.30am-11am

Andrea's Animal Rescue Collection @ Camposol B Car Park 11am-1pm

Every Tues

Market @ Alhama & Los Gallardos

Los Bandidos Cycle Ride from Mojácar Playa Tourist Office 9.25am

Loose Woman on Tuesday Meeting @ Brisas del Mar, Mojácar Playa 1.30pm (last one on 8th July until September)

Helping the Perrera Dogs Volunteering @ Mazarrón Perrera 9am

Helping the Perrera Cats Volunteering @ Mazarrón Perrera 9am

Noah's Arc available for donations @ Spar, Mazarrón Country Club 10am-12pm

GoMad available for collections @ Camposol A Car Park 10.30am-12pm

Qi Gong & Tai Chi on the beach. Meet at Samsara, Mojácar Playa 11am Proceeds to **Donkey Charity**

Every Wed

Market @ Totana & Mojácar

Los Bandidos Run/Walk/Jog from Best Indalo Hotel, Mojácar Playa 8.55am

Los Bandidos Sea Swimming Club @ Boracay Beach, Garrucha 1.15pm

Climbing Workshop-Mothers & Children @ Mojácar 5.15pm & 6.30pm

Every Thurs

Market @ Lorca

Los Bandidos Cycle Ride from Mojácar Playa Tourist Office 9.25am

Camposol Walking Football Club @ Pto de Mazarrón 10am-11am

Los Amigos de Mazarrón FC Meeting @ Camposol A 4pm

Over 60's Memory Workshop @ Centro de Usos Multiples, Mojácar Pueblo 5pm

Friends of Mazarrón Animals available for donations @ Pto de Mazarrón 10-10.30am

Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am

Mazarrón AA Meeting @ Cañadas de Gallego 5.30pm (Call 646 290 420)

Every Fri

Market @ El Pareton, Garrucha & Puerto Lumberas

Camposol D Bucket Collection @ The Hut, Camposol D 9.30am-12pm

Los Palacios Gardening Group Library @ Camposol A 10am-12.30pm

Climbing Workshop-Mothers & Children @ Mojácar 5.15pm & 6.30pm

Line Dancing @ Centro de Usos Múltiples, Mojácar 5€ 4-8pm (proceeds to **Charity**)

Helping the Perrera Dogs Volunteering @ Mazarrón Perrera 9am

Helping the Perrera Cats Volunteering @ Mazarrón Perrera 9am

Noah's Arc Stall @ Camposol B Commercial Centre 9am-1.30pm

Friends of Mazarrón Animals Collection @ Isla Plana Social Centre 1-1.30pm

Every Sat

Market @ Fuente Alamo, Mazarrón, Aguilas & Vera

Los Bandidos Run/Walk/Jog from Best Indalo Hotel, Mojácar Playa 8.55am

Guided Visit @ La Bastida, Totana 10am/12pm from 2.50€

Harlequin Rock Choir Rehearsals @ The Social Centre, Camposol B 1.30pm

Every Sun

Market @ Pto de Mazarrón

Antique and Second Hand Market @ Cañadas del Romero 8am-1pm

Beach Dog Club Meeting @ Bolnuevo Beach 8am

Beach Dog Club Meeting opposite Pueblo Best Indalo, Mojácar 8.30am

Los Bandidos Cycle Ride from Mojácar Playa Tourist Office 9.25am

Rastro Market @ Centro de Usos Múltiples, Mojácar Pueblo

Guided Visit @ La Bastida, Totana 10am/12pm from 2.50€

Dog Walking/Socialisation @ Turre (meet at Plaza Constitución) 6pm

Juke Box DJ @ Mojácar Playa, all proceeds to **PAWS-PATAS** 9pm

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- Tues 1** **Monthly 'B' Clean Meeting @ Camposol B 4pm**
- Sat 5** **PAWS-PATAS Music Extravaganza @ Oasis Pool Bar, Los Gallardos 2€ 2-5pm**
- Sun 6** **St Nicholas Church Songs of Praise @ Camposol D20 C/Sobrija 11am**
- Tues 8** **PAWS-PATAS Book Sale @ Scotty's, Mojácar Playa 10.30am-1pm**
HELP MMM Coffee & Company @ Calle Helena, Los Alcazares 11am-12.30pm
- Weds 9** **St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm**
- Sun 13** **St Nicholas Church Holy Communion @ Camposol D20 C/Sobrija 11am**
- Sun 20** **St Nicholas Church Morning Prayer @ Camposol D20 C/Sobrija 11am**
- Weds 23** **St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm**
- Fri 25** **Fiestas de Santiago, Totana**
Santiago Apóstle, Lorquí
- Noah's Arc Pop Up Shop @ Casa Club, Camposol C 1-5.30pm**
- Sun 27** **St Nicholas Church Holy Communion @ Camposol D20 C/Sobrija 11am**

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MAD CHARITY

Last month we had a change of President and we would like to thank Kevin McAlister for his time and effort over the past few years. Our new President is Paul Smith and we welcome him and thank him for stepping into this vital role. We also thank Martin Lawford for his time and effort as our Treasurer, who has also had to step down. His role will be taken over by Anne Bennett, our current Secretary.

We have made several donations over the past months. Firstly, to ASPADEM, a Spanish Association who help children and young adults with disabilities and learning difficulties. They are based in the Puerto de Mazarrón and we donated 2000€. Also last month we made a donation of a further 2000€ to MABS, the charity who help people who have been diagnosed with cancer, and their families. We were also able to donate some games and books to the Francisco Capparó School situated in Mazarrón town. These donations are only possible because of our supporters who donate articles for us to sell in our shop in the Puerto de Mazarrón and all our volunteers who give their time and effort.

We would like to thank Anne Blandford, one of our previous Presidents who has pledged to donate 50€ a month to us.

A reminder of where we are located - Calle Sierra Espuna Ordenacin Bahía 31, Puerto de Mazarrón, 30860. Tel No. 603 389 006

Our shop will be closed for the whole of August, our last day of opening beforehand will be Saturday 26th July. We re-open to our normal hours of Tuesdays, Thursdays and Saturdays as from Tuesday 2nd September.

We continue to make a donation of food to the San Jose food-bank throughout the summer months and we thank Alen whose family runs the food shop on Urbanisation Camposol Sector A who supply the food we donate to church.

Thank you all for your continued support.



TERIYAKI CHICKEN

To make this fresh and flavourful bowl, begin by marinating boneless chicken thighs in a mix of soy sauce, honey, garlic, and a splash of sesame oil for at least 30 minutes, then pan-fry or grill them until golden and cooked through. While the chicken rests, prepare a crisp slaw by finely shredding white cabbage and tossing it with grated carrot, sesame seeds, and a dressing made from rice vinegar, soy sauce, and a touch of brown sugar. Arrange baby spinach leaves, halved cherry tomatoes, and the slaw on a plate, then slice the chicken and lay it neatly over the greens. Finish with a wedge of lemon and an extra sprinkle of sesame seeds for a bright, balanced meal.



GOURMET CHEESEBURGER

To create this stacked beauty, begin by shaping high-quality minced beef into thick, round patties—around 150 grams each works well—and season both sides generously with salt and freshly ground black pepper. Heat a griddle pan or barbecue and cook the patties over medium-high heat until they're beautifully seared on the outside and juicy in the centre, flipping only once for the best texture. While they cook, prepare your toppings by finely slicing red onion, crunchy pickles, and a few crisp leaves of iceberg or romaine lettuce. Lightly toast sesame-topped burger buns on the cut sides until golden and warmed through. Once the patties are nearly done, lay a slice of mature cheddar cheese over each one and allow it to melt slightly from the residual heat. To build the burger, spread a generous layer of creamy mayonnaise on the bottom bun, followed by a spoonful of ketchup. Place the beef patty on top, then stack with the sliced onion, pickles, and fresh lettuce, finishing it all with the top bun. For a playful finishing touch, secure the burger with a cocktail stick topped with black olives or a cherry tomato. Serve immediately with a side of golden fries, coleslaw, or even a cold milkshake for that nostalgic, indulgent burger-shop experience—comfort food at its finest.





CREAMY GNOCCHI NUT

Start by cooking store-bought potato gnocchi in a large pot of salted boiling water; once they float to the surface—usually within 2 to 3 minutes—they're ready to drain. Meanwhile, in a deep frying pan, melt a generous knob of butter and gently sauté two finely chopped garlic cloves until fragrant but not browned. Pour in a good splash of double cream and let it simmer for a minute before stirring in a handful of freshly grated Parmesan, allowing the sauce to thicken into a smooth, velvety consistency. Add a couple of large handfuls of fresh spinach leaves and stir until just wilted, then fold in the cooked gnocchi and gently toss to coat every piece in the creamy sauce. To finish, sprinkle the dish with lightly toasted walnuts for a touch of crunch and richness, followed by an extra flourish of Parmesan shavings and a generous grind of black pepper. Serve immediately while hot and bubbling—this warming, creamy gnocchi dish is indulgent, earthy, and ideal for a cosy evening meal.



CAR REGISTRATIONS SPAIN

Can a NON RESIDENT Register a Vehicle in Spain?

By Car Registrations Spain

There's often confusion about whether non-residents can legally register a vehicle in Spain. Some even claim it's impossible. At Car Registrations Spain, we're here to clear things up and provide the facts.

So, Can Non-Residents Register a Vehicle in Spain?

Absolutely. Non-residents can register a vehicle in Spain. Although the process involves specific requirements, it's entirely possible for non-residents, including British nationals, to import, buy, and own a vehicle here. Let's dive into what you'll need.

Requirements for Non-Residents Registering a Vehicle in Spain

To register a vehicle as a non-resident, you'll need to meet certain conditions and gather the following documents:

NIE Number – This unique number is essential for any legal process in Spain, including vehicle registration.

Photo ID – A valid passport or national ID card is needed to prove your identity.

Proof of Address – For non-residents, this can be house deeds or a rental contract (12 months minimum).

Vehicle Documentation – Original vehicle registration documents are required for imports.

ITV Import Inspection Certificate – Required for imports.

Proof of Taxes Paid – Confirmation that the required taxes have been paid.

Registering a vehicle in Spain as a non-resident is entirely possible. Car Registrations Spain is here to help you with paperwork, ITV appointments, and any questions about the registration process. Reach out to us today.

Car Registrations Spain S.L. is the leading vehicle registration service for pre-registered foreign vehicles in Spain. If you have a foreign-registered vehicle that you would like to register onto Spanish plates or think we can be of service, please don't hesitate to get in touch with a member of our team.

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MEN'S WELLNESS

Let's be honest—modern life isn't exactly set up to support men's wellness. The days are long, the expectations are high, and the pressure to "just get on with it" still hangs around like a bad aftershave. Whether it's work stress, relationship responsibilities, or just trying to get through the week without crashing, many men are running on empty without even realising it.

But strength today isn't just about physical power. It's about energy, mental clarity, emotional resilience, and being able to keep going—not just in the office or the gym, but in relationships, friendships, and everyday life. The good news is that you don't need a full personality reboot or start living off green juice to get there. A few straightforward, sustainable habits can make a massive difference.

Let's start with the basics: movement. If the word "exercise" makes you feel instantly guilty or bored, forget what you think it has to look like. It doesn't have to mean joining a gym, wearing Lycra, or lifting absurd amounts of metal in a warehouse full of mirrors. What matters is consistency. A brisk 20-minute walk before or after work, a few sets of press-ups and squats at home, or even climbing stairs instead of the lift—all of it counts. Movement helps your body function better, yes—but it's also one of the quickest ways to lift your mood and calm the mind. It burns off nervous energy, resets your brain, and keeps your joints from turning to rust.

Then there's sleep—arguably the most underrated health tool going. You can eat like a king and train like a machine, but if you're only getting four or five hours of sleep a night, your body and mind are going to hit a wall. Lack of sleep wrecks concentration, messes with your hormones, and makes you more prone to stress, poor decisions, and mood swings. Aim for seven to eight hours. Create a wind-down routine, ditch your phone an hour before bed, keep your bedroom cool, and avoid stimulants like caffeine late in the day. It's not lazy—it's smart maintenance.

Now let's talk food, and no, you don't have to live off salads and supplements. Just aim to eat more real food and fewer ultra-processed options. Think protein with every meal—eggs,

chicken, lentils, fish—and plenty of colourful veg to support your immune system, digestion and brain health. Drink more water, eat at regular times, and don't skip meals only to binge later. If your energy's crashing by mid-afternoon, chances are your body needs fuel, not another double espresso.

Mental health often gets brushed aside in men's wellness conversations, but let's be real: stress, anxiety, and burnout don't care how tough you think you are. Bottling things up might seem easier, but it usually ends in snapping at people you care about, or worse, letting pressure build until it explodes. One of



the strongest things a man can do is acknowledge when he's not okay—and take action. That might mean having a proper conversation with a mate, speaking to a professional, or even just admitting to yourself that something needs to shift. Therapy is not weakness; it's strategic self-care.

If therapy feels like too big a leap, start by creating a bit of mental breathing room. Taking time out doesn't have to mean a spa retreat. It could be a solo drive with no destination, a quiet pint in your local, or even two minutes of deep breathing in the car before heading into work. Silence and

space can be powerful tools if you use them with intention.

And here's a final note: drop the pressure to "optimise" everything. You don't have to wake up at 5am, track your macros, or have a perfectly curated morning routine. Wellness isn't about being perfect—it's about being aware, consistent, and kind to yourself. Some days will go to plan, and others won't. That's life. What matters is having a basic structure that supports you when things get tough.

A strong man in today's world isn't the one shouting the loudest or pushing through pain without blinking. He's the one who knows when to take stock, reset, and invest in his own well-being—not just for himself, but for the people who rely on him. So eat well, move often, sleep enough, talk honestly, and make space to simply pause. You're allowed to take care of yourself—because being strong doesn't mean going it alone.

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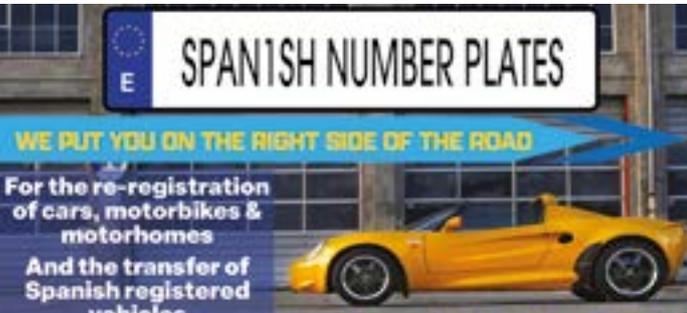
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TV NEWS

Here we are in July. Writing this in mid June to meet publication deadlines we wonder who controls the Spanish thermostat?

Here at Casa Rainbow we seemed to go from roaring log fires to all A/C units on overnight! Under 20c to over 30c in a moment – but don't complain about the heat – it is probably the main reason we all came here. Find yourself a reasonably priced electric supplier and don't worry about the A/C costs – they really are out there but you need to do a bit of research and keep monitoring. We have a same price 24 hour deal – we could get a better overnight rate – but do we want to be cool at 4 in the morning as well as 7 in the evening?

TV NEWS We have fitted many Starlink internet systems in the past month. They now have free equipment with just the 40.00€ per month internet fee. 40.00€ is not the cheapest internet available but does your cheaper internet work well? In our experience Starlink is excellent quality with minimum 250mbs speed. The installation is really easy – the biggest problem, as with all tech installations, is connecting the antenna to the router with the supplied Starlink cable – but generally there's always a way, even if a longer cable has to be purchased.

TV reception is excellent, although you have to be aware that the Starlink IP address constantly changes – if you get a UK IP address and you have a legal TV system it will block as required by law. Using a VPN overcomes this problem and we at Rainbow now have an IPTV box with a built in VPN – a year's TV subscription gets the VPN included. Ask us for details. We can also assist with Starlink installation – again, ask us for details.

Rainbow still offer all potential clients a free no obligation "in



home demonstration" of our IPTV system and a loan box for a week so that you can fully assess the system before committing to a purchase.

We can usually help all nationalities get their own TV – unfortunately our language skills are fairly limited but WhatsApp a message to us and Google translate can help us chat to each other!

That's it for July – more TV information in August 2025. Article sponsored by RAINBOW SATELLITES SL – the TV company for ALL your TV and Radio needs in the region of Murcia. Contact us by phone or WhatsApp), email us, or take a look at our website. Ware also on Facebook – take a look and like us!



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TASTY SPACES

Let's talk about edible plants—but not in your garden. Inside your home. Right there in the kitchen, living room, or even hallway. Imagine fresh basil growing on your windowsill, baby tomatoes hanging from a stylish wall frame, or strawberries brightening up a quiet corner. Growing food indoors isn't just possible—it's beautiful. And in sunny Spain, it's surprisingly easy to get right.

Indoor gardens have come a long way. No longer messy trays on the windowsill or faded pots tucked away behind curtains. Now, they're modern, design-led, and made to be seen. Some systems are so sleek they look like art installations. The Click & Grow Wall Farm is a perfect example. It holds up to 51 plants in one neat, vertical frame. With automatic watering and built-in lighting, it takes care of the work so you can enjoy the greenery—and the flavours. It ships easily to Spain and looks just as stylish in a modern flat as it does in a rustic villa.

Another favourite comes from SingularGreen, a Spanish company that designs hydroponic garden walls. These soil-free systems are slim, smart, and full of possibilities. They're perfect for herbs like parsley and mint or leafy greens like rocket and lettuce. If you prefer something that adds even more drama, the Wally 32, sold by Planta Greenhouses in Europe, offers a modular approach. It's bold, sculptural, and turns any blank wall into something lush and alive.

If that all sounds a bit advanced, you don't need to start big. Try herbs first. A few terracotta pots by the window with thyme, coriander, or rosemary can bring fresh flavour and fragrance to your kitchen. Add a dwarf lemon tree in the lounge, and suddenly you've got a Mediterranean mood, right there in your sitting room. Even microgreens—fast-growing sprouts like cress or radish—can add a gourmet flourish to your meals, grown in shallow trays and harvested in a week.

What makes it so lovely is that it isn't just decoration. These plants give back. They grow, they scent the room, they brighten your cooking, and they make your home feel grounded and alive. A kitchen with herbs feels more welcoming. A space with strawberries feels full of life. And there's something deeply satisfying about garnishing dinner with a sprig of something you grew yourself.

So if you're looking to fill a quiet corner or breathe new life into your space, consider growing something edible. It's stylish, it's calming, and best of all—it's delicious.

Go on, bring a bit of the garden indoors. You might just love it more than your sofa.



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HEAT HACKS

As temperatures rise, our kitchens can quickly become the hottest spots in the house—and not always in a good way. From boiling pots to sun-drenched windows, summer can turn everyday cooking into a sweaty affair. But with a few clever upgrades, your kitchen can stay cool, calm, and comfortable—without sacrificing style or function.

One of the most effective changes you can make is improving ventilation. Installing a modern extractor fan or upgrading your existing one can help remove excess heat and steam. If a full renovation isn't on the cards, even something as simple as a portable fan or opening cross-facing windows during peak cooking times can help circulate air and keep things breezy.

Appliances play a big role too. Summer is the season to rethink how much heat your kitchen tech adds to the space. Induction hobs are far cooler than traditional gas or electric stovetops, as they only heat the pan—not the surrounding air. Likewise, consider using a countertop air fryer or pressure cooker instead of the oven. They're faster, energy-efficient, and produce far less ambient heat.

Colour is another secret weapon. Light-reflective finishes, pale cabinetry, and cool-toned paint colours (think soft sage, crisp white, or pale blue) can make a kitchen feel airier and more refreshing. Swapping out dark blinds for sheer ones or adding reflective splashbacks can also brighten the space without adding extra warmth.

Then there's the matter of cold storage. In summer, having an organised, efficient fridge becomes more essential than ever. Consider adding a mini drinks fridge or a wine cooler to keep your main fridge from overworking. If you entertain often, a built-in ice maker or a stylish ice bucket station can be a game-changer.

Small touches go a long way too: swap heavy tea towels and oven mitts for lighter fabrics, keep a bowl of lemons and fresh herbs on the counter for that Mediterranean vibe, and stock your freezer with ice cubes and cold treats to make summer feel more delicious than demanding.

With just a few thoughtful tweaks, your kitchen can stay as cool as you are—making summer meals a breeze, and hosting feel effortless. Whether you're a salad devotee or a weekend griller, now's the time to let your kitchen work with the season, not against it.



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NEXT SELF

Let's talk about designing for the person you're becoming—not just the person you are today. Most interiors reflect who we've already been: practical choices, old habits, familiar colours. But what if your home could nudge you towards the life you want to live?

This is the idea behind designing for future memories. It's not about aspirational dream boards or wishful thinking. It's about shaping small, gentle spaces that invite you to grow. Spaces that don't just serve your routines—but slowly rewrite them.

Take the writing desk, for instance. You might not journal now. You might never have the time, or think it's not really your thing. But place a simple desk near a quiet window. Add a warm lamp, a comfortable chair, maybe a notebook and a pot of pens. You've just left yourself a quiet suggestion: you could start writing here.

Or imagine a breakfast nook. Not the kind of breakfast you normally have—toast, phone, rush. This one is slower. Cushions on a bench. A little table just for two. Sunlight coming through sheer curtains. You might not use it straight away. But one Sunday, without meaning to, you sit there with your tea. And suddenly, it begins.

Future memory design is full of these soft ideas. A book left half-open near the bath. A robe hung on the back of the bedroom door. A single chair facing a view—because maybe one day, you'll take your morning coffee there. You're not buying into a fantasy. You're creating the conditions for it to quietly arrive.

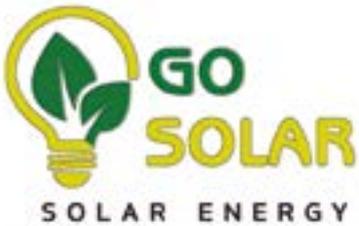
It's the opposite of perfection. It's gentle, slow, personal. It doesn't matter if the chair stays empty for months. What matters is that it's there—for the version of you that one day chooses to sit.

In Spanish homes, where space flows and light moves throughout the day, this kind of design comes alive beautifully. Let a hallway corner become your future reading spot. Let an empty wall invite your first piece of art. Let a kitchen shelf be home to a sourdough starter—even if you haven't tried baking yet.

The truth is, design isn't just about styling a house—it's about scripting your days. The things you place around you aren't just objects; they're invitations. They whisper, quietly: "You could slow down here. You could be creative. You could breathe."

So don't wait until you've become someone new to decorate differently. Start now. Leave little clues around the house—for the life you haven't lived yet, but one day might.





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DID YOU KNOW?

Who are the Saints in Scripture (2)

Did you know that saints are mentioned throughout the Scriptures? Last month I made reference to the fact that all major religions tend to use the word saints for their leaders or special holy people. Some included Islam, Sikh, Buddhist, Hindu and many others. This month I will continue with the same theme, continuing from the Old Testament through to the New Testament, recording the passages which mention saints, so it will become clearer who the saints are according to Scripture.

Psalms Chapter 89 and verses 5 to 7 declares that the saints refer to the congregation or the assembly of believers "And the heavens shall praise thy wonders, O LORD, Thy faithfulness also in the congregation of the saints. For who in the heaven can be compared unto the LORD? Who among the sons of the mighty can be likened unto the LORD? God is greatly to be feared in the assembly of the saints, and to be had in reverence of all them that are about him". Psalms chapter 97 and verse 10 says "Ye that love the LORD, hate evil. He preserveth the souls of his saints and delivereth them out of the hand of the wicked". (Soul in Scripture represents the living human being). Proverbs chapter 2 and verse 8 states that "He keepeth the paths of judgement, and preseveth the way of his saints".

The book of Daniel chapter 7 and verse 25 reminds "And he will speak great words against the most High, and shall wear out the saints of the most High...". In 1st Corinthians chapter 6 and verse 1 and 2 points out "Dare any of you, having a matter against another, go to law before the unjust, and not before the saints? Do ye not know that the saints shall judge the world...? Paul was called by Yehovah (Jehovah or God) to minister to the gentiles (none Jews). He was a believer and had the faith of Yeshua. This is what he says about himself in Ephesians chapter 3 and verse 8 "Unto me, who am less than the least of all saints, is this grace given, that I should preach among the gentiles the unsearchable riches of Christ".

Ephesians chapter 4 and verses 11 and 12 clarifies "And he gave some, apostles, and some prophets, and some evangelists, and some pastors and teachers. For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ". Ephesians chapter 6 and verse 18 also states "Praying always with all prayer and supplication in the spirit, and watching thereunto with all perseverance and supplication for all saints".

In Philippeans chapter 1 and verse 1 there is a greeting "Paul and Timotheus, the servants of Jesus Christ, to all the saints in Christ Jesus which are at Philippi...". Also, Philippeans chapter 4 and verses 21 and 22 says "Salute every saint in Christ Jesus. The brethren which are with me greet you. All the saints salute you, chiefly they that are of Caesars household". Colossians chapter 1 and verses 2 and 4 again notes "To the saints and faithful brethren in Christ which are at Colosse, grace be unto you, and peace, from God our Father and the Lord Jesus Christ. Since we heard of your faith in Christ Jesus, and of the love which ye have to all the saints".

Philemon chapter 1 and verses 4 and 5 notes "I thank my God, making mention of thee always in my prayers. Hearing of the love and faith, which thou hast toward the Lord Jesus, and toward all saints". In Hebrews chapter 6 and verse 10 it states "For God is not unrighteous to forget your work and labour of love, which ye have showed toward his name, in that ye have ministered to the saints, and do minister".

Jude chapter 1 and verse 3 reminds the believers to hold onto the faith "Beloved, when I gave all diligence to write unto you of the common salvation, it was needful for me to write unto you, and exhort you that ye should earnestly contend for the faith which was once delivered unto the saints". Revelation chapter 13 and verse 10 says "...Here is the patience of the saints". Also in Revelation chapter 14 and verse 12 it clarifies "Here is the patience of the saints, here are they that keep the commandments of God, and the faith of Jesus". Revelation chapter 16 and verse 6 explains "For they have shed the blood of the saints and prophets...".



Throughout Scripture the saints are always referred to as the believers of Yehovah (Jehovah or God) and his son Yeshua (Jesus). There are varied theories out there, but the Scripture is very clear, that the believers of Yehovah (Jehovah or God) are referred to as saints. It is so important to read and seek truth for yourself. 1st Corinthians chapter 3 and verse 18 declares "Let no man deceive himself. If any man among you seemeth to be wise in this world, let him become a fool, that he may be wise". Ephesians chapter 5 and verse 6 makes it clear "Let no man deceive you with vain

words, for because of these things cometh the wrath of God upon the children of disobedience".

Truth comes from a knowledge of the word of Yehovah (Jehovah or God), in his Scriptures. John chapter 17 and verse 17 states "Sanctify them through thy truth, thy word is truth". Psalms chapter 19 and verse 9 explains "The fear of the LORD is clean, enduring for ever, the judgements of the LORD are true and righteous altogether". Also, Psalms chapter 119 and verse 151 says "Thou art near, O LORD, and all thy commandments are truth".

Everyone has the freedom to choose whether to accept what is written in the Scriptures or reject it. Salvation is a free gift to all who would believe. Only those who are obedient to Yehovah's commandments are known as saints in scriptures. To conclude, looking at John chapter 3 and verse 16 it leaves a promise "For God so loved the world, that he gave his only begotten son, that whosoever believeth in him should not perish, but have everlasting life".

I hope you have learned more about the Scriptures. Next month I will look at the 'Church' in Scripture.

If you would like to know more, contact Sandra 602 466 534



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