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JUNE 2025

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# DÉCOR & DESIGN

- 08 Cactus Style
- 18 Calm Corner
- 25 Guest Ready
- 40 Pet Welcome
- 44 Garage Gains
- 50 In-Room Bath

# GOURMET DINING

- 34-35 Recipes

# INFORMATION

- 10 Summer Sipper
- 14 Car Registrations Spain
- 28 Men's Skincare
- 36 Martinez De La Casa
- 38 Green Cleaning
- 42-43 Charity Directory
- 48-49 Business Directory

# KITCHEN

- 33 Upgrade Tips

# LEISURE

- 30-32 What's On?

# NEWS

- 23 TV News

# OUTDOOR

- 16 Living Wall
- 51 Joel's Corner

# SPORTS

- 22 Golf Myths

# RELIGION

- 20 Wellspring Victory Church
- 26 Did You Know?

# CONTENTS

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# EDITOR'S NOTE

June in Spain arrives like a crescendo—bright, bold, and unmistakably full of life. The days stretch out longer, the skies turn a richer shade of blue, and the warmth? Let's just say it's settled in for the season. As summer takes hold in earnest, there's an undeniable energy in the air. Town squares buzz with conversation, beaches call from morning to night, and the countryside basks in golden light. It's the month where sandals become your everyday staple, fans hum quietly in the background, and life begins to dance to a slower, sunnier rhythm. Whether you're tucked away in the hills, living by the coast, or soaking it all in from the shade of your terrace, June is when Spain feels its most alive.

With all the brightness and bustle, it's also a gentle reminder to take care—drink plenty of water, keep your hat close by, and yes, don't forget the sun cream (we've all learned that one the hard way). It's also worth being mindful of walking dogs in the heat of the day, and adjusting their routine to suit the rising temperatures—early mornings or evenings are kinder on the paws. But amid the warmth and haze, there's something beautifully joyful about this time of year. It's when impromptu al fresco dinners drift long into the evening, siestas feel not just welcome but entirely necessary, and every breeze through an open window feels like a small, perfect luxury.

In this issue, we've embraced everything June has to offer. Think sun-drenched interiors, airy textiles, and colour palettes that cool the senses while still celebrating the season. We explore how to create indoor sanctuaries that feel light, breathable, and beautifully Mediterranean. From planning your dream kitchen renovation, to choosing the perfect summer-loving houseplants, and even tips for helping your family prepare for a new pet, this edition is filled with ideas for living well—and staying cool—through the warmest months.

You'll find homes that embody the ease of summer: open, breezy spaces filled with texture, character, and charm. You'll learn how to build your own living plant wall for your outdoor terrace—a green, eye-catching feature that brings natural life to your alfresco space. We've also included practical advice on improving your holiday home for guest rentals, making it as appealing as it is profitable. After all, June isn't the time for clutter or complication—it's the season for calm, simplicity, and spaces that reflect the relaxed elegance of Mediterranean living.

So here's to a glorious June—hot days, cool nights, and homes that keep up with it all. Whether you're settling in for the season or just passing through, we hope this issue brings fresh ideas and even fresher inspiration.

With gratitude and plenty of SPF,  
The Home & Living Team





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# CACTUS STYLE



Let's talk about the cactus. Yes—that tall, spiky, architectural show-off that somehow manages to look both fierce and fabulous at the same time. If you've ever stared at an empty corner in your home wondering what it's missing, let me offer you this: it's not a lamp, it's not a chair, it's a cactus.

I know, I know. You might be thinking, "A cactus? Isn't that just a desert thing?" But trust me—bring one indoors and you'll see. A cactus has this magical way of transforming a space. It doesn't shout for attention, but oh, it gets it. Its sculptural shape, dramatic lines, and natural coolness make it the kind of design element that doesn't just fill a gap—it finishes a room.

The one in the photo? I'm still thinking about it. Sitting there in its sleek white pot, backlit by warm sun and framed by that wooden counter—it's giving "effortlessly chic." It's tall, elegant, and unapologetically bold. Like the Kate Moss of the plant world: low maintenance, slightly intimidating, but impossible not to admire.

And here's the real beauty of it: cacti are ridiculously easy to look after. They're not the needy houseplants that sulk when you forget to water them for a few days. In fact, they'd prefer it if you didn't water them too often. Once every couple of weeks? Perfect. Forget for a month? Honestly, they're probably fine.

Light-wise, they love the sun—but they're not precious. Pop one near a window and they'll stretch up gracefully over time. You don't need a greenhouse or a perfect set-up. Just give them a spot with some brightness and they'll do their thing. No fuss, no drama.

Now, styling your cactus is where the fun begins. They work with almost any aesthetic—modern, rustic, boho, minimal. Keep the pot simple (stone, ceramic, terracotta—whatever suits your vibe), and let the cactus steal the spotlight. Pair it with a textured rug or a wooden stool nearby, and suddenly you've created a magazine-worthy nook without even trying.

And let me tell you something else—cacti live for ages. This isn't a "buy now, replace in six months" kind of plant. It's a "watch me grow slowly while I outlive your other furniture" kind of deal. Over time, they gain more character, more presence, and become a living sculpture in your home.

So if you've got a quiet corner, a bit of light, and a desire for something that looks like art but behaves like the chilliest roommate ever—get yourself a cactus. Trust me, it's the plant equivalent of that one friend who always looks amazing but never needs anything. No drama. Just good vibes.

Go on, let a cool cactus into your space. You'll wonder why you didn't do it sooner.

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# SUMMER SIPPER



Living in Spain sounds glamorous — and to be fair, it often is. But the summer heat? That's not just a temperature; it's a full-body experience. British expats quickly learn that once June hits, the only reasonable goals are: staying cool, staying upright, and staying hydrated. But after your fifth glass of warm water, you start thinking — surely there's a better way?

There is. You just need drinks that actually do something — cool you down, hydrate you properly, and maybe even give your skin a little glow in the process. And no, that doesn't mean turning into a smoothie-obsessed wellness guru. It just means being clever with what goes in your glass.

Let's keep coconut water at the top of the list — it earns its place. It's naturally packed with electrolytes, especially potassium, which helps replenish what the sun is stealing from you. It's a post-beach must. Keep it in the fridge and drink it cold, ideally with a slice of lime or poured over ice.

But if you want to mix things up, try chia lime water with sea salt. It sounds odd — until you try it. Add a teaspoon of chia seeds to cold water and let them sit for ten minutes. They'll form little jelly bubbles, which are surprisingly refreshing. Squeeze in lime juice and add a pinch of good-quality sea salt. It hydrates, helps your body retain essential minerals, and keeps you feeling full longer, which is ideal when the heat kills your appetite.

Next: frozen grape green tea coolers. Brew some green tea, chill

it, mix in a splash of apple juice, and toss in a handful of frozen grapes instead of ice cubes. It looks gorgeous, keeps the drink cold without diluting it, and gives you a built-in snack once the tea's gone. It's lazy luxury at its finest.

One of the easiest — and most photogenic — options is a watermelon slush. Just freeze chunks of watermelon, then blitz them in a blender with coconut water and a dash of lime. It's hydrating, packed with vitamin C, and feels like a cocktail without the dehydration. Add a sprig of mint if you're feeling fancy, or don't — it's brilliant either way.

If you're after something savoury for warm evenings, muddle cucumber and fresh basil in a glass, add sparkling water, and finish with a few drops of apple cider vinegar. Yes, vinegar. It gives a tangy little kick that weirdly works. Serve it in a wine glass and you won't even miss the G&T (well, maybe just a little).

The key to surviving the Spanish summer isn't just hydration — it's hydration that doesn't bore you to tears. These drinks are quick to make, light to sip, and clever enough to actually help you through the heat.

So the next time you feel yourself melting by 11am, skip the sugary soft drinks and try something that cools you from the inside out. Hydrated, glowing, and just a little smug? That's the summer expat dream.

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A woman with long brown hair, wearing a white long-sleeved shirt and white pants, is sitting cross-legged on a large, round, white woven mat. She is looking out of a large opening in a bamboo structure, which appears to be a retreat or a porch. The structure is made of bamboo poles and has several hanging lanterns made of woven bamboo. The background shows a lush green forest. The overall atmosphere is peaceful and natural.

## Natural Rest: Building Your Peaceful Spot

This bamboo escape captures the essence of slow summer living. It's soft, open, and entirely relaxed—proof that peace doesn't have to be complicated. Low cushions, airy curtains, handwoven textures and a view that doesn't ask for a filter. It's the kind of spot that makes you breathe slower the second you sit down.

To bring a touch of this vibe into your own home, think layered fabrics in light, earthy tones. Go for cream or pale grey throws, a soft woven rug, and mix-and-match pillows with a bit of texture. Add natural wood accents, a few hanging lights or baskets, and let the outdoors in—whether it's a view, a breeze, or just a potted plant in the corner.

And oh, whilst we're on making our personal spaces look cosy, check out this idea: use a round mat or blanket to define your "calm zone." It instantly softens any hard space and invites you to sit, stretch or just day-dream a bit longer.

This kind of setup isn't just for show—it's for proper rest. Read a book, take your tea, nap in the afternoon light. It's not about having the perfect decor, it's about making the space feel like yours.

So go on—build your own little retreat. One that feels slow, soft, and just right for summer.

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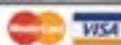


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## Top 5 Lesser-Known Facts About Driving in Spain

Thinking of driving in Spain, or bringing your vehicle over from abroad? Beyond the scenic routes and sunshine, Spain has a few driving rules that may surprise you. Here are five lesser-known facts that every driver should know before taking to the road.

**Two Warning Triangles Are Still Required (for Now).** Drivers in Spain are legally required to carry two reflective warning triangles in their vehicle. In the event of a breakdown, one goes behind the car and one in front (if on a two-way road). However, this is changing—by 2026, all drivers must replace triangles with a V16 flashing beacon, which can be placed on the roof for increased safety.

**Driving without a shirt, in flip-flops, or barefoot could incur a fine.** It might feel like holiday mode, but Spain's traffic laws take footwear and clothing seriously. Driving in flip-flops, barefoot, or without a shirt is considered unsafe and could result in an on-the-spot fine—even if it's just a quick trip to the beach.

**Roundabout Rules Aren't What You're Used To.** Unlike in the UK or other countries, it's common in Spain to stay in the outer lane of a roundabout—even when taking the third exit or turning left. While not always logical, this is standard local practice. Always drive defensively and be aware of surrounding vehicles.

**It's Illegal to Use a Sat Nav That Detects Speed Cameras.** Even if it's just a feature on your device, having a sat nav that shows or detects speed cameras is against the law. Make sure this function is turned off to avoid fines or worse.

**The Paperwork Matters—A Lot.** All vehicles in Spain must carry several key documents at all times: your driving licence, insurance certificate, ITV (MOT) card and vehicle logbook (Permiso de Circulación). If you're driving a foreign car, additional paperwork may be required depending on your length of stay.

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# LIVING WALL



There's something incredibly striking about a perfectly green, wall-to-wall backdrop. It's not just a feature – it becomes the soul of the space. A vertical garden like this instantly transforms even the most ordinary terrace into something cinematic, calming, and incredibly stylish. But to achieve that thick, lush, gap-free look – the kind that makes your outdoor space feel like a private oasis – you'll need more than a few scattered pots. The secret lies in building your plant wall like a puzzle, where every piece is planned to slot in, layer up, and create complete coverage.

Start by choosing the right system. Forget shelves or freestanding stands with scattered pots – they won't give you the density you're after. Instead, look for modular vertical wall planters. These are made up of panels that can be connected side-by-side and top-to-bottom to cover as much surface as you need. Each panel contains multiple pockets or planting cells, so the greenery can grow close together, layer naturally, and fill every inch. The result is a rich, fabric-like wall of foliage – not a plant here and there, but an uninterrupted tapestry of green.

Once you've measured the area you want to cover, it's a bit like laying tiles – start from the bottom and work your way up. Modular panels are usually made from breathable felt, recycled plastic, or lightweight resin, and can be fixed to a wooden trellis or metal frame for easy support. If you're renting or avoiding drilling into your walls, you can even attach the panels to a large wooden board or fence panel and lean or secure that against the wall. The key is having a strong, stable surface to support the weight once it's planted and watered.

When it comes to plant choice, you want a mix that not only looks full from the start, but continues to fill out over time. Use fast-growing trailing plants like pothos, ivy, and creeping fig at the top edges so they spill downwards naturally. In the central zones, choose lush tropical varieties like philodendrons, ferns, and calatheas – plants with broad, dense leaves that cover space quickly. Lower down, go for bushier species or shade-tolerant types that will thrive in the cooler part of the wall. The trick is to layer visually and biologically – think in waves, not rows.

Before planting, plan your layout on paper like you would a gallery wall. Consider the spread and direction of each plant, the colours and shapes of the leaves, and how they'll mature. Aim for contrast in size and texture but harmony in tone – this is what creates that rich, balanced look. Once you've placed them in the pockets, water everything thoroughly and step back. It will already look good – but in a few weeks, it will look extraordinary.

To finish the wall, you can frame it with bamboo slats or a timber surround to make it feel architectural – like a living artwork. Add lighting at the base or sides, using warm outdoor LEDs to highlight the textures at night. If you've planned well, there'll be no gaps, no visible planters – just a luxurious, layered wall of greenery that makes your outdoor space feel like a garden within a garden.

And the best part? Once it's set up, the maintenance is surprisingly low. With a simple irrigation system (or even just a regular watering schedule), the wall thrives on its own. It's not just beautiful – it's efficient, space-saving, and genuinely transformative.

So if you're ready to go beyond scattered pots and bring serious life to your space, build your plant wall piece by piece – like a puzzle – and let the greenery do the rest.



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# CALM CORNER

Let's be honest—summer can get a bit loud. Plans, visitors, heatwaves, inboxes that just won't quit. That's why you need your space. A little nook. A corner that isn't about to-do lists or notifications. Just calm. Just you. And trust me—it's easier to create than you think.

First things first: pick your spot. Balcony? Brilliant. Garden corner? Lovely. Sunny patch by the window? Perfect. Wherever the light feels soft and the air moves just enough to rustle a leaf—that's your spot.

Now, the seat. The humble hammock chair in the photo? That's peak relaxation. It cocoons you without making a fuss. And it's surprisingly easy to hang—just two ceiling hooks and some strong rope (ask at your local DIY shop—they live for this kind of thing). If hammocks aren't your thing, a low lounge chair with some depth will do nicely. The goal here is slouchy, not stiff.

Next: cushions. Go for texture. Think linen, canvas, cotton—something that feels cool to the touch even in summer. Mix a few neutral tones (sage, cream, soft browns) and don't overthink it. The look you want is "accidentally perfect."

Plants are a must. A few big leafy ones, some smaller pots on the floor or windowsill, even a climbing vine if you're feeling ambitious. Plants not only look great—they make you feel better. It's science. Plus, if you're crafty, you can upcycle containers as planters. Old mugs, tin cans with holes punched in the bottom, even baskets lined with plastic. It's all fair game.

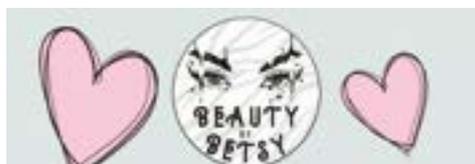
Now, scent. Don't skip this. A lightly-scented candle (citrus, mint, or eucalyptus), or better yet, a bunch of fresh herbs nearby—lavender, rosemary or mint in a jar of water—will do wonders. It's subtle, but your brain will thank you.

Lastly, keep a small basket or tray nearby. Fill it with a book you've been meaning to read, your favourite tea, maybe a sketchbook or journal. Keep a lightweight throw blanket within reach—yes, even in summer. There's nothing better than curling up with it when the evening breeze rolls in.

There you have it—your own summer hideaway. No big renovation, no massive spend. Just a few thoughtful touches and a little corner carved out for calm.

So this summer, don't just plan to escape somewhere far away. Escape to the spot you made, right at home. Shoes off. Shoulders down. Time to unwind.





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# WELLSPRING

Once again, we are halfway through the year. Where does the time go?

Our lives are so full of rush rush rush that we don't even notice the time going by, until suddenly we realise that the time **has** gone by. All of a sudden there are more years behind us than in front, the years have run away with themselves and we are left questioning "Where did all that time go?"

During our lives we have many decisions to make, the who's, what's, when's and why's are plentiful. Some decisions are easy to make, others take time and careful consideration. The one thing we all need to ask ourselves is, are we living a life to fulfilment or are we just muddling through? Are we happy with where we are or are we searching for more?

When we share our lives with Jesus, we live a fulfilled life because He wants nothing but the best for us. We are never alone when Jesus is beside us, He will help us navigate the muddles of this world and lead us onto the right path. He is our one constant that never lets us down. He goes before us and beside us. The world and everything in it will at some point let each one of us down, but the steadfast love of Jesus is constant no matter where we go or no matter what we do, He will always be there for us.

Deuteronomy 31:8 The Lord Himself goes before you and will be with you: He will never leave you nor forsake you. Do not be afraid; do not be discouraged.

Is it time for you to step into what God has planned for you? Is it time to make that change, take that step, to stop working for self and to allow the love of Jesus to share your life?

If you feel that time is now, come along and have a chat with us, our services are welcoming and inclusive to all. There's a seat waiting just for you! And a friend you haven't met yet just wait-



ing to be introduced. He's a decision you won't regret! A relationship that won't let you down, a saviour to turn your life around and a helper in times of need. What more could anyone ask for? We too are looking forward to meeting you at Wellspring Victory Church!



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Golf, often described as a gentleman's pursuit, is a game rich in history, ritual, and the occasional tall tale. Over the centuries, as the sport spread from the windswept dunes of Scotland to manicured courses worldwide, so too did a host of myths. Some are harmless curiosities, others have shaped how we perceive the game itself. It's time to separate fact from fiction.

Myth 1: Golf was invented in Scotland

While the modern game of golf was certainly formalised in Scotland—complete with 18 holes and official rules—claims of its invention are more complex. Ancient civilisations played stick-and-ball games that bore a striking resemblance to golf. The Chinese game of chuiwan, played during the Song Dynasty, is one of the earliest recorded examples. However, it was the Scots who codified and elevated golf into the sport we recognise today. So, while they may not have invented it, they undoubtedly made it their own.

Myth 2: Professional golfers never lose balls

Even at the highest level, golf remains a game of margins. Despite precision, planning and relentless practice, professionals are not immune to the occasional wayward shot. The difference lies in their response: where amateurs may hunt through the rough for ten minutes, a pro will drop a new ball and move on, accepting the penalty. At events like the Open, with unforgiving links terrain, even the best can watch a ball vanish beyond recovery.

Myth 3: The 18-hole round was always standard

Originally, golf courses varied wildly in the number of holes. St Andrews—the spiritual home of golf—once had 22. It wasn't until 1764 that it was reduced to 18, a layout that gradually became the global standard. This wasn't dictated by tradition, but practicality. Yet today, the 18-hole round is treated with near-religious reverence, a testament to how quickly habit can become myth.

Myth 4: Golf is a game of calm and composure

While the image of the composed golfer remains strong—perhaps due to the sport's quiet spectators and etiquette—the reality is far more human. Golf is psychologically demanding. The margin for error is tiny, and frustration is common. Even the calmest player is not immune to the occasional crack in composure. This doesn't make golf less noble; in fact, it underscores the sport's unique challenge.

In the end, myths persist because they're compelling. But understanding where they begin—and where they fall apart—adds another layer to the richness of the game. Golf is not just about scorecards and swings; it's also about stories, both true and embellished.



# GOLF

## Myths

# TV NEWS

Here we are in June with the thermostat turned well up! Look after yourself - plenty of water and not too much sun. Your dogs need plenty of water too and no walking in the midday sun; the ground is just too hot for them, causing many burnt feet each year. Your garden benefits from a good deep watering once a week - a daily light spray achieves nothing, is not good for plants and is wasted water.

Then enjoy the summer! It is the reason most of us came here.

TV NEWS: Those on UK TV via satellite in southern Spain will have realised that most mainstream signals are now not available. Summer signals, as always, are well down on winter levels. We may get something back next autumn onwards if the whole system is not closed by then.

Internet TV is the way forward and for those of you who can't get fibre, Starlink is now available at very reasonable rates. Free equipment, including delivery, a saving of some 350€ then a reasonable 40€ per month for the 12 month initial contract.

It is quite easy to install but we at Rainbow are here to help if needed. It works, and with 250+mbs download speeds there is enough internet for most households. One anomaly is that your Starlink IP address can constantly change meaning you can get any nation-

ality at any time. This can cause problems for TV viewing, more information on request, but can be resolved by using a VPN, router rather than APP is recommended. Again, more information available on request but you should factor in a VPN if going to use Starlink. So, anyone with slow unstable internet now has a solution.



For those in the Mazarrón area, Camposol TV launched on 17/05/25 providing a mix of TV including lots of Camposol information. We have added it to our IPTV system but it can be viewed online.

Finally remember that we at Rainbow offer potential IPTV clients a free, no obligation in home demonstration and a loan box for a week. Test and assess before you commit to buy.

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

That's it for June – more TV information in July 2025.

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## Sculpting Light

A statement lamp can do so much more than light a room—it can completely change how a space feels. Just look at this one. Its tall, sculptural shape immediately draws the eye, gently curving like it's been shaped by nature rather than design. It stands there with such quiet confidence, adding movement and elegance without disturbing the calm.

The soft white base has a smooth, matte finish that subtly catches the light, while the pleated shade casts a warm, gentle glow across the room. It's not trying to impress with loud design—it just works. It brings in that perfect balance: practical, but also undeniably beautiful.

Placed next to a simple woven bench and a low wooden stool, the lamp gives this corner a sense of purpose. It almost invites you to sit down with a book or just pause for a moment. Everything here feels considered—the textures, the shapes, the way light falls across the wall.

That's the thing about a good statement piece. It doesn't need to compete for attention. It quietly anchors the space, adding depth and personality without saying a word. With just one well-chosen lamp, the whole room feels more intentional—more yours.

If you're looking to find something similar, there are some great places online in Spain for sourcing unique lighting. Shops like Kave Home & DomésticoShop offer carefully curated collections—from minimalist curves to bold, artistic forms. Each one has its own personality—just like the spaces they're meant for.



# GUEST-READY

Thinking of renting out your Spanish property for holidaymakers? Great idea. But before you list it, it's worth giving the place a quick refresh — nothing major, just enough to make it feel inviting, modern, and rental-ready. And the best part? You don't have to spend a fortune to do it.



Start with the first impression — the entrance. A clean welcome mat, a fresh coat of paint on the front door, and a couple of potted plants can make a big difference before guests even step inside.

Inside, lighting is key. Swap out any harsh or dated bulbs for warm-toned LEDs. Add bedside lamps, floor lights, or even battery-powered wall sconces to create a softer, more relaxing atmosphere — especially important if your guests are winding down after a day in the sun.

Textiles are an easy win. Crisp white bedding, fresh towels, and a few decorative cushions go a long way in making the space feel cared for. A stylish throw over the sofa can hide wear and tear without needing a full reupholster.

In the kitchen, update old cupboard handles, declutter the worktops, and consider a few stick-on tiles or splashback vinyl to modernise the space. A kettle, decent mugs, and a bottle opener don't cost much, but guests will notice.

Add a few personal touches — a local map, a framed print, a beach basket with a few essentials. These thoughtful extras create a memorable stay without a big investment.

One often overlooked detail? Scent. A subtle reed diffuser or a clean-smelling air freshener can make the space feel fresh and cared for. Avoid anything overpowering — light, neutral scents tend to please the most people.

And finally, create a small welcome guide. It can be digital or printed, and should include Wi-Fi details, local recommendations, and check-out instructions. It costs nothing but adds a sense of professionalism that makes your guests feel instantly looked after.

Keep it simple, clean, and thoughtful — and you'll have a holiday let that guests love, without spending more than you need to.

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# DID YOU KNOW?

## Who are the 'Saints' in Scripture (1)

Did you know that Saints are mentioned over 90 times in the Scriptures? Who are these Saints? What is the purpose of the Saints and what do they do? Where do the Saints come from? Can we see the Saints? Can anyone become a Saint? There is so much confusion in the world regarding this very important issue. Let's take some time to explore the Scriptures, to ascertain what is the truth about Saints.

According to a dictionary definition of the word Saints, it says "The title given to a person who has received an official honour from the Christian, especially the Roman Catholic Church for having lived a good and holy way. The names of Saints are sometimes used to name places and buildings". Another definition is "A person officially recognised, especially by canonisation, as being entitled to public veneration and capable of interceding for the people".

Wikipedia states "In Christian belief, a Saint is a person who is recognised as having an exceptional degree of holiness, likeness, or closeness to God. However, the use of the term Saints depends on the context and denomination". Some denominations believe that the faithful deceased are Saints in heaven. Many other denominations believe that Saints refer to a holy Christian (holy means set apart, sacredness, separateness).

The Catholic Church has a different understanding of Saints ("they canonise those whom they deem to have heroic virtue and evidence of at least one miracle performed in their lifetime") compared to what the Scriptures actually say. In Hebrew they do not use the word Saints, but they use the words "set apart ones".

The word Saint in English comes from the latin word 'Sanctus' and in Greek it is 'Hagios', meaning holy. All major religions tend to use the word Saints for their leaders or special holy people (eg Islam, Hindu, Sikh, Buddist).

In Psalms chapter 106 and verse 16 it gives an example "They envied Moses also in the camp, and Aaron the saint of the Lord". Aaron was the brother of Moses, who led the Israelites out of Egypt and crossed the Red sea. Philippeans chapter 4 and verse 21 says "Salute every Saint in Christ Jesus. The brethren which are with me greet you". Deuteronomy chapter 33 and verse 3 states "Yea, he loved the people, all his Saints are in

his hand, and they sat down at his feet, everyone shall receive of thy words". In 1<sup>st</sup> Samuel chapter 2 and verse 9 states "He will keep the feet of his Saints, and the wicked shall be silent in darkness, for by strength shall no man prevail".

2<sup>nd</sup> Chronicles chapter 6 and verses 40 and 41 explains "Now, my God, let, I beseech thee, thine eyes be open, and let thine ears be attent unto the prayer that is made in this place. Now therefore arise, O Lord God, into thy resting place, thou, and the ark of thy strength, let thy priests, O Lord God, be clothed with salvation, and let thy Saints rejoice in goodness". For in Psalms chapter 16 and verse 3 records "But to the Saints that are in the earth, and to the excellent, in whom is all my delight". Psalms chapter 30 and verse 4 notes "Sing unto the Lord, O ye Saints of



his, and give thanks at the remembrance of his holiness". Psalms chapter 31 and verse 23 says "O love the Lord, all ye his Saints, for the Lord preserveth the faithful, and plentifully rewardeth the proud doer".

According to Psalms chapter 34 and verse 9 it clarifies "O fear the Lord, ye his Saints, for there is no want to them that fear him". Psalms chapter 37 and verse 28 explains "For the Lord loveth judgement, and forsaketh not his Saints, they are preserved forever, but the seed of the wicked shall be cut off". Again, in Psalms chapter 149 and verse 1 it says "Praise ye the LORD, sing unto the LORD a new song, and his praise in the congregation of the saints".

In Mathew chapter 27 and verses 50 to 53 it explains "Jesus, when he had cried again with a loud voice, yielded up the ghost. Behold, the veil of the temple was rent in twain from the top to the bottom, and the bottom did quake, and the rocks rent, and the graves were opened, and many bodies of the Saints which slept arose, and came out of their graves after his (Jesus) resurrection, and went into the holy city, and appeared unto many". Acts chapter 9 and verse 13 points out "Then Ananias answered, Lord, I have

heard by many of this man, how much evil he hath done to thy Saints at Jerusalem". Also, in Acts chapter 9 and verse 32 it states "And it came to pass, as Peter passed throughout all quarters, he came down also to the Saints which dwelt at Lydda".

Paul locked up many of the Saints or people of God. This is in Acts chapter 26 and verse 10 which declares "Which thing I also did in Jerusalem, and many of the Saints did I shut up in prison, having received authority from the chief priests, and when they were put to death, I gave my voice against them". The believers in Rome were called Saints as noted in Romans chapter 1 and verse 7 "To all that be in Rome, beloved of God, called to be Saints, grace to you and peace from God our Father, and the Lord Jesus Christ". Here again, in Romans chapter 15 and verse 26 it explains "For it hath pleased them of Macedonia and Achaia to make a certain contribution for the poor Saints which are at Jerusalem".

1<sup>st</sup> Corinthians chapter 1 and verse 2 says "Unto the church of God which is at Corinth, to them that are sanctified in Christ Jesus, called to be Saints, with all that in every place call upon the name of Jesus Christ our Lord, both theirs and ours". God says that his people or Saints should not take each other to court. This is declared in 1<sup>st</sup> Corinthians chapter 6 and verses 1 and 2 "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...".

Yehovah (Jehovah or God) does not like confusion. For in 1<sup>st</sup> Corinthians chapter 14 and verse 33 it confirms "For God is not the author of confusion, but of peace, as in all churches of the Saints". Also, Ephesians chapter 2 and verse 19 it reminds "Now therefore ye are no longer strangers and foreigners, but fellow citizens with the Saints, and of the household of God". Some people think that the church is a building, but in Hebrew the church is the assembly or gathering of believers.

I hope you have learned more about the Scriptures. Next month I will continue with Part 2.

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

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# MEN'S SKINCARE

Let's be honest—most men don't think about skincare until something starts to go wrong. Maybe it's a dry patch that won't go away, skin that feels tight after shaving, or that one particularly rough sunburn that made your forehead peel for a week. Sound familiar? If you're someone who's never had a skincare routine, or who sees it as unnecessary or overly complicated, this is for you.

The good news? You don't need a dozen products or a bathroom cabinet filled with bottles to take care of your skin. In fact, just three steps—done properly—can make a visible difference. No fluff, no drama, just better skin and more comfort in your day-to-day.

## Step 1: Cleanse – Wash Your Face the Right Way

Most men use regular soap or even shower gel on their face, which often leaves the skin feeling dry, tight, or irritated. That's because body soaps are designed for tougher skin and can strip away essential natural oils from the more delicate skin on your face.

What you need instead is a gentle facial cleanser. These are designed specifically to clean your face without damaging the skin's protective barrier. They remove sweat, dirt, oil, and pollution from the day without making your face feel like sandpaper. Use it once a day—either in the morning to freshen up or in the evening to clear away the day. If you've been exercising or outdoors a lot, a second wash won't hurt.

## Step 2: Moisturise – Keep It Hydrated and Healthy

Moisturising might sound optional, but it's one of the simplest things you can do to keep your skin comfortable and looking well. Even if your skin isn't dry, applying a light moisturiser helps lock in hydration and protect against irritation—especially after shaving.

There are moisturisers for every skin type, from oil-free gels for oily or acne-prone skin to richer creams for dry or sensitive

skin. You don't need anything scented or expensive—just look for something basic and effective. Apply it after washing your face, when your skin is clean and slightly damp. It takes less

than a minute and will leave your skin feeling smoother, calmer, and better protected throughout the day.

## Step 3: Protect – Sunscreen is Non-Negotiable

If there's one thing you absolutely should do every day, it's wear sunscreen. Even in cloudy weather, UV rays can penetrate the skin and cause long-term damage—everything from fine lines and wrinkles to sunspots and increased risk of skin cancer.

A daily facial sunscreen with SPF 30 or higher is your best defence. Choose one made for the face so it doesn't feel sticky or greasy, and apply it as the final step in your morning routine. If you're going to be outside for long periods, reapply every couple of hours. It may not feel like a big deal now, but your future self (and your skin) will thank you.

## A Routine That Actually Works

You don't need to spend hours in the bathroom or know what "hyaluronic acid" is. A good skincare routine is like any other kind of maintenance—it's about prevention, not perfection. Cleanse your face daily, apply moisturiser, and protect it from the sun. That's it. Three steps. Less

than five minutes a day.

The best part? You'll start to notice the difference in just a week or two. Your skin will look fresher, feel more comfortable, and you'll avoid many of the common issues men face, from shaving irritation to dry patches and early signs of ageing.

Skincare isn't about beauty—it's about feeling confident, staying comfortable, and taking care of what you've got. So keep it simple, keep it consistent, and enjoy the benefits of a routine that works as hard as you do.



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# WHAT'S ON?

## Events

**Every Day** [Noah's ARC Dog Walking @ Mazarrón](#)

**Every Mon** [Market @ Alhama & Huercal 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](#)

[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 Lumbreras](#)  
[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 Multiples, 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 9.30am-1pm  
**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 Walking Route @** Mojácar 9.30am (950 615 025 to book)  
**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 9am  
**Beach Dog Club Meeting** opposite Pueblo Best Indalo, Mojácar 9.30am  
**Car Boot Sale @** Camposol A  
**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€  
**Free Yoga Session @** Playa del Descargador, Mojácar 11am-12.30pm  
**Free Roller Skating @** Car Park by Playa del Descargador, Mojácar 11am-12.30pm (until May)  
**Dog Walking/Socialisation @** Turre (meet at Plaza Constitución) 6pm

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

**JUNE**

**Sun 1**

**St Nicholas Church Songs of Praise @** Camposol D20 C/Sobrija 11am

**Tues 3**

**Monthly 'B' Clean Meeting @** Camposol B 4pm

**Thurs 5**

**PAWS-PATAS Charity Bingo/Brunch @ The Snug**, Mojácar Playa 10€ inc brunch 12pm

**Sat 7**

**St Nicholas Church Garden Fete/Live Entertainment @** Camposol D20 C/Sobrija 11am-3pm

**Harlequin Rock Choir & Sunshine Ukele Band Perform @** St Nicholas Church Garden Fete 11am-3pm

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**Noah's ARC Sizzling Summer Disco @** Camposol A 12€ inc food 7pm

**Sun 8** **St Nicholas Church Holy Communion @** Camposol D20 C/Sobrija 11am

**Harlequin Rock Choir Perform @** Hacienda del Álamo Fiesta

**Tues 10** **PAWS-PATAS Book Sale @** Scotty's, Mojácar Playa 10.30am-1pm  
**PAWS-PATAS Official Opening of Furniture Store @** Mojácar Playa 11am  
**HELP MMM Coffee & Company @** Calle Helena, Los Alcazares 11am-12.30pm

**Weds 11** **St Nicholas Church Coffee Morning @** Camposol D20 C/Sobrija 9.30am-12pm

**Thurs 12** **Ladies Chatterbox Meeting @** Camposol B

**Sun 15** **St Nicholas Church Morning Prayer @** Camposol D20 C/Sobrija 11am

**Thurs 19** **Ladies Chatterbox Summer Party**

**Sun 22** **St Nicholas Church Holy Communion @** Camposol D20 C/Sobrija 11am

**Weds 25** **St Nicholas Church Coffee Morning @** Camposol D20 C/Sobrija 9.30am-12pm

**Fri 27** **D Gardening/Community Group Street Party @** Calle Nogales, D7, 5€ 7-11pm

**Sun 29** **St Nicholas Church 5<sup>th</sup> Sunday Service @** Camposol D20 C/Sobrija 11am

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CAMPOSOL WALKING FOOTBALL CLUB	634 103 668	sectordphone@mail.com
CLIMBING WORKSHOP FOR MOTHERS, MOJÁCAR		nlinareo@mojacar.es
FORGET ME NOT	603 121 416	
FRIENDS OF MAZARRÓN ANIMALS	711 032 574	fma.murcia@gmail.com
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HELP MAR MENOR		helpmmm@gmail.com
LA BASTIDA, TOTANA	968 418 153	turismo@totana.es
LADIES CHATTERBOX		onlyforsue23@gmail.com
LINE DANCING, MOJÁCAR	648 217 503	
LOS AMIGOS DE MAZARRÓN		d.c.greenfield@hotmail.co.uk
LOS BANDIDOS CYCLE/RUN/SWIM GROUP	see our fb page	
LOS PALACIOS GARDENING/COMM GROUP	634 312 853	
MAKING A DIFFERENCE	603 389 006	
MAZARRÓN AA GROUP	646 290 420	
NOAH'S ARC		info@noahsarcmurcia.com
PAWS PATAS		dogs@paws-patas.org/ cats@paws-patas.org
ST NICHOLAS ECUMENICAL CHURCH	634 143 260	
VERA & DISTRICT LIONS CLUB	711 005 682	lionsshopturre@gmail.com
WELLSPRING VICTORY CHURCH	711 073 419	info@wvces.es

# UPGRADE TIPS

Thinking about giving your kitchen a makeover? Excellent decision. Whether you're picturing quartz worktops, a statement island, or simply a layout that actually makes sense, a kitchen renovation can be as thrilling as it is overwhelming. But with a bit of planning (and a pinch of patience), it doesn't have to be a stressful experience.

**Know What You Want (and What You Really Need)**  
Before you dive head-first into catalogues or start pinning away on Pinterest, take a moment to think practically. How do you actually use your kitchen? Is it your cooking sanctuary? A hub for the kids' homework? A hangout spot while you sip a glass of red?

Make three lists: must-haves, nice-to-haves, and don't-bother. Be brutally honest. You might adore the look of high-gloss cupboards, but if fingerprints are going to drive you mad, it's worth rethinking.

**Budget Like a Boss**  
Kitchen budgets have a cheeky way of creeping up when you're not looking. That sleek tap you spotted? €200 more than expected. That custom-built shelving unit? Somehow double the price.

Set a budget you're comfortable with – then add on a little buffer (around 10–15%) for the inevitable surprises. You'll need to account for plumbing, electrics, installation, flooring, and removal of the old stuff – not just the glossy finishes.

So, if you've got €10,000 in mind, be ready to spend €11,500. Not glamorous, but realistic.

**Layout Comes First**  
Forget fads for a moment – layout is where your kitchen lives or dies. The old-school "kitchen triangle" (sink, hob, fridge) still holds up because it simply works. Think about how you move around the kitchen now and what annoys you. Too much back and forth? Now's your chance to fix it.

Lighting is key too. Make the most of natural light, and don't forget task lighting under cupboards or above counters – no one enjoys chopping onions in the shadows.

**Choose Your Crew Carefully**  
Whether you're going full DIY or hiring trades, work with people who are reliable, clear, and ideally come with recommendations. Avoid the cheapest quote just for the sake of it – sometimes it costs more in the long run. And ask questions. A good fitter or designer won't mind.

**The Dust Before the Shine**  
Yes, it'll get messy. There'll be noise, dust, and probably a few nights of microwave dinners. But that first breakfast in your beautiful new space? Worth every second.

So plan smart, stick to your vision, and enjoy the journey. Your dream kitchen is on its way.



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# GREEN LASAGNE

This green vegetable lasagne is a comforting and hearty dish, perfect when you want something filling and full of flavour. Start by gently frying chopped garlic, shallots, and leeks in olive oil until soft. Add spinach and kale, cooking until wilted. Stir in a spoonful of ricotta, a bit of lemon zest, salt, pepper, and some chopped walnuts for crunch. In another pan, melt butter, stir in plain flour to make a paste, then slowly whisk in milk until it thickens into a smooth white sauce. Add a pinch of salt and pepper. To assemble, spread a little white sauce in the base of a baking dish, then layer cooked lasagne sheets, the vegetable mixture, more sauce, and grated cheese. Repeat the layers and finish with sauce and cheese on top. Bake at 180°C (fan) for 30–35 minutes until golden. Steam some tenderstem broccoli and slice cucumber into ribbons. Once the lasagne is ready, rest it for a few minutes, then top each slice with broccoli, cucumber, and a bit of fresh dill. A warm, satisfying veggie meal that's easy to love.



# HERBY DUMPLINGS DELIGHT

These soft dumplings in broth are a delicate and comforting dish that's full of subtle flavour. Start by making the filling using finely chopped mushrooms, garlic, spring onions, and a handful of fresh herbs like coriander or parsley. Gently fry the mixture in a little oil until softened, then season with salt, pepper, and a splash of soy sauce. For the dough, mix plain flour with warm water and a pinch of salt, knead until smooth, and roll it out thinly. Cut small circles and place a spoonful of filling in each, folding and pinching the edges to seal. Bring a pot of vegetable stock to a gentle simmer, then drop in the dumplings and cook for a few minutes until they float. Serve the dumplings in shallow bowls of hot broth, finished with freshly ground black pepper and a few sprigs of herbs on top. It's a light yet satisfying meal, perfect for a cosy lunch or a warming starter that's easy to make and packed with homemade charm.





# SWEET SUMMER TREAT

This creamy no-bake cheesecake is a light and delicious dessert, perfect for warmer days or when you want something simple yet indulgent. To make the base, crush 150g digestive biscuits and mix with 75g melted butter, then press firmly into the bottom of a springform tin and chill for 20 minutes. For the filling, whisk together 300g cream cheese, 100g icing sugar, and 1 tsp vanilla extract until smooth. In a separate bowl, whip 250ml double cream until it holds its shape, then gently fold it into the cream cheese mixture. Spoon the filling over the chilled base, smooth the top, and refrigerate for at least 4 hours or overnight until set. Just before serving, top with halved fresh strawberries and a sprinkle of freeze-dried raspberry pieces for colour and a little tang. The result is a smooth, velvety slice with a buttery crunch, fresh fruit, and just the right hint of sweetness—a perfect end to any meal.



# MARTINEZ DE LA CASA

## The Hidden Extension Dilemma

Undertaking an extension without the necessary permits brings several potential drawbacks.

-Firstly, the lack of legal compliance poses a significant risk. Homeowners can face penalties, fines, and even demolition orders if the unlicensed extension is discovered. Living in a property with an illegal extension can cause ongoing worry and anxiety.

-Furthermore, the lack of proper documentation may complicate property transactions, hinder resale potential and deter potential buyers or lenders.

-The fear of discovery and constant unease create anxiety. Homeowners live with the constant worry of being exposed by authorities or neighbours. The knowledge that their extension is unauthorized brings a sense of unease and discomfort. This psychological toll prevents homeowners from fully enjoying their property, undermining their overall quality of life.

-Addressing these hazards is vital. Obtaining a retrospective licence can provide relief from the constant anxiety and stress associated with an unapproved extension. It allows homeowners to rectify their non-compliant actions, restore legal compliance and enjoy their property without fear of denouncement or legal repercussions. This proactive approach demonstrates a commitment to adhering to local regulations and provides peace of mind.

-Moreover, a retrospective licence positively impacts the property's value and marketability. Prospective buyers and lenders value properties with documented, legally compliant extensions. Such properties generate increased interest and have the potential to maximize the selling price.

-Obtaining the necessary documentation also enables homeowners to secure appropriate insurance coverage for the extension, offering financial security and peace of mind in case of unforeseen events.

-Retrospective licensing provides homeowners with the oppor-

tunity to plan for the future with peace of mind. It eliminates the fear of hidden legal issues or denouncement when undertaking further renovations or modifications. Knowing that the extension has been rectified and brought into compliance instills confidence and allows homeowners to fully enjoy their property.

-Additionally, obtaining a retrospective licence facilitates future property transactions. The comprehensive documentation provided satisfies buyer and lender requirements, ensuring a smooth and worry-free transfer of ownership. Homeowners can proceed with property transactions without concerns about the legality of the extension, streamlining the process and avoiding potential obstacles.



-To obtain a retrospective licence for an extension built without a proper building licence, certain conditions must be met:

·In Murcia, the building work must be at least 4 years old.

·In Almeria, the building work needs to be over 6 years old.

·Alicante, it must have been completed before August 2010.

-By demonstrating a commitment to following regulations and taking the necessary steps to obtain a retrospective licence, homeowners can transform their hidden extension dilemma

into a path towards legal compliance, security and peace of mind.

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For all enquiries or to arrange an appointment, homeowners can contact Martinez de la Casa Architects at 665 810 411 (English) or visit their website [www.martinezdelacasa.com](http://www.martinezdelacasa.com) to learn more and access over 300 testimonials from satisfied clients.



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# GREEN CLEANING

If you're trying to move away from harsh, chemical-laden cleaning products, you're not alone. Many people are now opting for natural cleaning methods that are better for the environment, safer for kids and pets, and kinder to our health. The great news is that you don't need anything fancy. In fact, most natural cleaning heroes are already in your kitchen cupboard – and they often work just as well (if not better) than the shop-bought stuff.

Let's start with the basics: white vinegar and bicarbonate of soda. These two are your natural cleaning staples. Vinegar is brilliant for cutting through limescale, soap scum, and greasy residue. Mix equal parts white vinegar and water in a spray bottle and use it to clean windows, mirrors, kitchen counters, bathroom tiles, and taps. You can even pour it down your drains to help keep them fresh. Not keen on the sharp smell? Add a few drops of essential oil like lemon, eucalyptus, or lavender to soften the scent and leave your home smelling lovely.

Bicarbonate of soda is equally handy. It's gentle enough not to scratch, but powerful enough to lift stains and grime. Make a paste with water and use it to scrub ovens, sinks, bath tubs, or even stained mugs. Sprinkle it on your mattress or carpet, leave it for 15 minutes, then Hoover it up to absorb odours. You can also use it in the washing machine to freshen clothes and remove lingering smells.

Next up, lemons. Lemons are naturally antibacterial and full of citric acid, which helps break down grease and brighten surfaces. Rub half a lemon directly onto chopping boards or over dull chrome taps to remove limescale and make them shine again. Add lemon slices to a bowl of water and microwave it for a couple of minutes – the steam will loosen food splatters, making your microwave easy to wipe clean.

Now, here are a few ingredients you might not have thought of. Vodka, believe it or not, is an excellent natural cleaner – and we're talking about the cheap, undrinkable kind! It's great for shining mirrors and glass and also acts as a natural disinfect-

ant. Spritz it on upholstery or curtains to neutralise odours without leaving a strong scent behind.

Uncooked rice is surprisingly useful too. If you've ever struggled to clean the inside of a narrow vase or bottle, just add a spoonful of dry rice, a bit of warm water, and a drop of washing-up liquid. Give it a good shake – the rice acts as a gentle scrubber, reaching places you can't.

Another hidden gem is banana peel. The inside of the peel works wonders on leather. Rub it gently on shoes, sofas or bags, then buff with a soft cloth for a natural shine. It's also brilliant for cleaning dusty houseplant leaves – just wipe gently to remove dirt and bring back their natural gloss.

Cornflour (or cornstarch) is great for lifting grease and oil stains from fabric and upholstery. Simply sprinkle it over the affected area, leave it to sit for 10–15 minutes, then brush or vacuum it off. It'll absorb oil without damaging the fabric.

And let's not forget about tea – specifically black tea. Brew a strong cup, let it cool, and use it to clean and polish wooden furniture or floors. The tannins in tea lift grime, restore a bit of shine,

and can even help disguise small scratches.

You can also rely on steam and hot water. A kettle of boiling water and a good microfibre cloth go a long way. Steam naturally loosens grime and kills bacteria without the need for chemicals. It's ideal for things like tiles, grouting, or cooker hoods.

By switching to these natural methods, you're creating a cleaner home in more ways than one. You're reducing toxins, cutting down on plastic waste, and using affordable ingredients that don't cost the earth – literally or financially. So next time you're tempted by a colourful bottle in the supermarket, remember: the best cleaning solutions might already be in your cupboard. Give them a try – your home (and the planet) will thank you for it.





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# PET WELCOME

## Introducing a New Pet to Your Home

Bringing a new pet home is incredibly exciting – it marks the beginning of a special relationship that can bring years of joy. But it's also a transition that deserves a bit of planning and patience.

### Start with Preparation

Whether you're welcoming a puppy, kitten, rescue dog or even a rabbit, helping your new companion settle in properly is key to building trust and creating a happy environment for everyone involved.

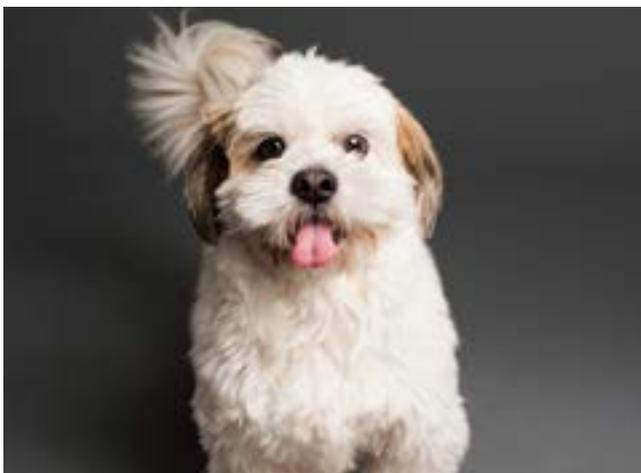
Before your pet even walks through the door, make sure you've set up a safe space just for them. This doesn't need to be anything fancy – just a quiet, cosy area with their bed, food and water bowls, and maybe a toy or two. Think of it as their 'base camp' where they can relax and observe their new surroundings at their own pace.

Make sure everyone in the household knows that this new addition will need some space and time to adjust. Pets, like people, can become overwhelmed in new environments – especially when there's a lot of noise or fuss.

### The First 24 Hours

The first day is all about calm and comfort. Don't invite the entire neighbourhood round to meet them – even if you're tempted! Instead, keep introductions low-key. Speak gently, avoid sudden movements, and let your pet approach you rather than the other way around. Let them sniff around the house, take in the smells, and explore slowly.

It's natural to want cuddles straight away, but some animals may be shy, especially if they've come from a rescue centre or have had a difficult past. Give them time. Offer treats, sit quietly nearby, and simply be present.



### Establishing Routines

Pets thrive on routine, so try to introduce consistent meal-times, toilet breaks, and walks (if applicable) from the start. It helps them understand what to expect and reduces anxiety.

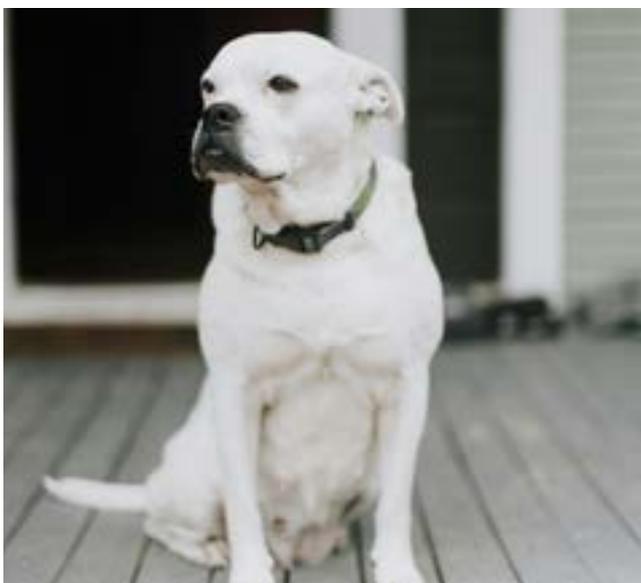
If you're introducing a dog, try short walks around your local area to help them feel grounded. For cats, keep them indoors for at least a few weeks to get used to their new home before allowing them outside.



Remember, every animal is different. Some settle in within hours, others take weeks. Be patient and celebrate the small wins – like the first time they come for a cuddle, or eat from their bowl.

### Introducing Other Pets

If you already have pets at home, introductions should be gradual and supervised. Don't force interaction – keep them in separate spaces initially and let them get used to each other's scent through closed doors or blankets. Then try short, positive interactions with plenty of praise and treats.



Watch their body language closely. Hissing, growling, or overly intense staring are signs you should slow down. In time, most pets learn to tolerate – and often love – each other, but it's important not to rush it.

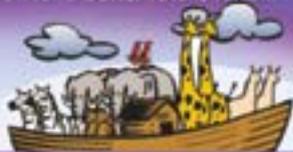
### A Relationship Built on Trust

Ultimately, introducing a pet to your home is about building a relationship. Trust takes time, but with patience, kindness, and structure, your new pet will soon feel like a natural part of the family. And when that tail wags, that purr starts, or they snuggle up next to you – you'll know you've done something truly wonderful.

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## ADOPT ME

### DANNY



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### MILO



MILO WAS ONE OF 7 PUPPIES BORN IN THE MOUNTAINS AND RESCUED BY ONE OF OUR VOLUNTEERS. THE OTHERS HAVE FOUND HOMES BUT MILO IS STILL WAITING PATIENTLY, BLESS HIM. HE IS A SWEET BOY, ALMOST 6 MONTHS OLD, BUT ALREADY SITS FOR A TREAT AND HAS STARTED HIS VACCINATIONS. PLEASE NOTE THAT WHEN HE IS ADOPTED IT WILL BE AGREED THAT HE WILL BE NEUTERED BY THE OWNER WHEN HE IS OLD ENOUGH.

### CHICO



CHICO WE CAN'T PRAISE THIS BOY ENOUGH BECAUSE HE IS THE PERFECT PET. HE LOVES TO RUN, PLAY BALL AND WALKS LOVELY ON THE LEAD, WITH GREAT RECALL. WE CAN'T THINK OF ANYTHING MORE TO EMPHASISE HOW GREAT THIS BOY IS, SO IF YOU ARE LOOKING FOR A NEW DOG PLEASE COME AND MEET HIM, YOU WILL NOT BE DISAPPOINTED. CHICO IS NEUTERED AND FULLY VACCINATED. D.O.B JAN 2020.

### DILLON



DILLON IS ANOTHER SWEET BOY WHO WAS FOUND ABANDONED ON A LOCAL URBANISATION, WHO WE THINK HAS BEEN IN A HOME. HE GIVES YOU HIS PAW, BUT UNFORTUNATELY NO ONE HAS CLAIMED HIM SO HE HAS BEEN FULLY VACCINATED AND NEUTERED IN OUR CARE. VET ADVISES US HE IS APPROXIMATELY 3 YEARS OLD.



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# GARAGE GAINS

Let's be honest — the garage isn't exactly earning its keep, is it? A few dusty tins of paint, a deflated football, and that box marked "Cables – Definitely Important" that hasn't been opened since 2009. But here's a thought: what if that same dead space could actually become something useful — like a no-fuss home gym?

Don't worry, this isn't some dramatic life overhaul. You're not being recruited into a triathlon. No one's asking you to start juicing spinach or taking cold showers at 6am. This is just a straightforward way to reclaim a bit of space and put it to work — somewhere you can get moving, on your own terms, without all the noise that comes with a commercial gym.

You don't need to be an athlete. You don't even need to be in particularly good shape. If your knees bend and you can lift a shopping bag, you're halfway there. All you really need is a bit of clear floor, a wall that won't fall over, and the willingness to try. That's it.

Start with the basics. A mat. A couple of dumbbells. Maybe a resistance band or a bench if you're feeling ambitious. That's all you need to begin. You don't need a mirrored wall or LED lighting. Though if a motion sensor spotlight helps you feel like you're entering a secret training zone, by all means.

Clear out a corner. Put down some solid flooring — rubber mats, old carpet, whatever works. Hang your bands on a hook, set up a speaker for some tunes, and you've got a functional space. No queues, no weird smells, no one wiping sweat on the bench before you sit down.

If the garage is freezing, wear a hoodie. If it's too dark, install a cheap lamp. If there's too much stuff in the way, shove it aside.

You don't need a designer finish. You just need enough room to squat without knocking over the sledgehammer you forgot you owned.

Now, wondering what to actually do in this space? Keep it simple. Push-ups. Squats. Planks. Maybe a few rows with a resistance band.

It doesn't have to be fancy — it just has to happen. You'll find hundreds of short, equipment-light workouts online. Ten to fifteen minutes is enough to get going. And before you know it, the idea of doing a quick workout in your garage won't seem like such a big deal.

If you're someone who gets bored easily, switch it up. Some days, you'll want to stretch. Others, you'll throw a kettlebell around. Maybe you fancy a bit of shadowboxing or even a blast of skipping. That's the beauty of a garage gym — no rules, no mirrors, no pressure.

Let's be realistic: you're not going to feel motivated every single day. That's normal. Some days you'll look at the mat, sigh, and go put the kettle on instead. Fair enough. But when you've got the space set up and ready to go, you're far more likely to use it — even if it's just to stretch your back for five minutes and feel a bit more human again.

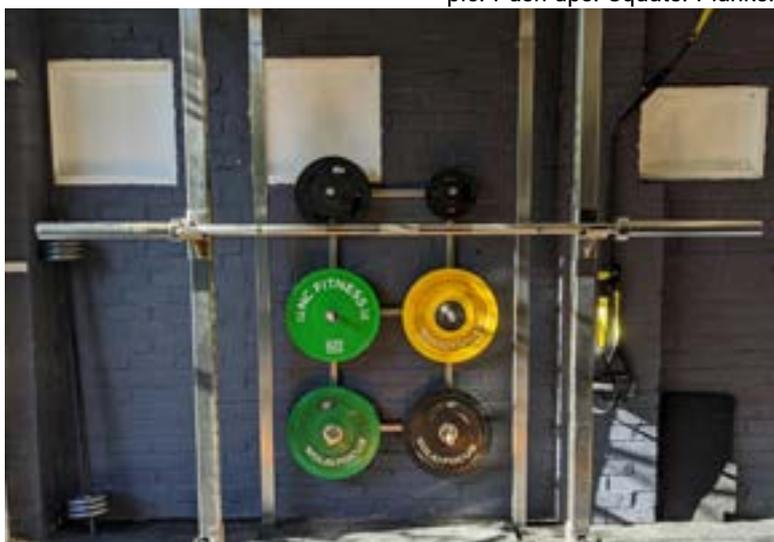
Because that's really the point. It's not about building the perfect body. It's about building the habit. Having a bit of

space that helps you move, breathe, reset — without driving anywhere, without queuing for a machine, and without needing to impress anyone.

So if your garage is just collecting dust and housing forgotten power tools, why not make it earn its keep? You don't need to turn it into a high-tech fitness bunker. Just carve out a corner and make it functional.

No fuss. No mirrors. No pressure.

Just you... a mat... and the lawnmower, minding its own business in the background.



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## Utility, Elevated

Once purely practical, the utility room is stepping into the spotlight—and rightly so. No longer just a space to hide your washing machine, today's utility rooms are being reimagined as refined extensions of the home. Thoughtfully designed and elegantly detailed, they can hold just as much charm as a show kitchen, while quietly working behind the scenes.

This room proves that function need not come at the expense of form. The cabinetry, finished in a soft heritage green, blends country character with contemporary elegance. Textured limestone flooring and brushed brass details elevate the space, while a deep ceramic sink and integrated appliances ensure utility remains at its core.

What truly sets this space apart is the attention to lifestyle. A simple vase of fresh greenery, woven baskets, and natural light pouring through sheer curtains all add a lived-in softness—reminding us that even chore-based spaces can be places of beauty and calm. It's no longer about just having a practical area; it's about having a room you actually want to spend time in.

As with a well-appointed kitchen, a beautifully designed utility room speaks to quality of life. Whether it's clever storage, a dedicated laundry zone, or simply a serene corner to pause with a cup of tea, every detail contributes to a sense of order and quiet luxury.

In elevating the everyday, this space reminds us that true style is not reserved for the entertaining areas. With considered finishes and an intentional palette, even a humble utility room becomes a statement—one that reflects both good taste and modern living.





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# IN-ROOM BATH

Yes, you read that right—a bath. In your bedroom. Not tucked away in a bathroom, not behind a frosted glass door, but right there, just a few steps from your pillow. While it may sound extravagant, even slightly eccentric to some, having a freestanding bathtub in your bedroom is not only a touch of true luxury—it's a lifestyle choice with charm, comfort, and character.

Let's talk ambience. There's something undeniably striking about a beautifully crafted tub positioned beneath a window or beside a softly dressed bed. It evokes boutique hotel stays, countryside retreats, and a certain effortless sophistication. With the bedroom bath, the boundary between sleeping space and sanctuary fades, turning your room into a place to rest, reflect, soak, and savour.

Design-wise, it's an absolute showpiece. A well-placed bath—whether in sculptural stone, classic roll-top, or polished enamel—creates a focal point that elevates the entire room. It brings drama, softness, and spa-like charm in equal measure. Pair it with warm ambient lighting, elegant tiling, a plush rug, and perhaps a leafy plant or two, and your bedroom becomes an experience rather than just a space.

But there's more to it than beauty alone. The practical luxury of being able to slip straight from bed into a deep, hot soak (or vice versa) is pure joy. No need to navigate tiled corridors or wait your turn. Your soak time is on your terms—peaceful, private, and perfectly unhurried.

For those who worry about logistics, modern layouts and clever plumbing make the idea entirely feasible. Many open-plan bedrooms now feature wet zones, with subtle flooring transitions or feature walls defining the bath area. Whether sunken or elevated, tucked in a corner or centre stage, the right placement can feel as natural as a reading chair or dressing table.

Let's not forget the romance. A bath in the bedroom invites slower evenings, soft lighting, shared moments and quiet indulgence. It feels personal. Intentional. A little less ordinary in the best way.

And for solo bathers, it's the ultimate form of self-care. A book, a glass of wine, a cloud of bubbles—and not a single tiled wall in sight.

So if you've ever considered it, take this as your nudge. A bedroom bath isn't about showing off—it's about creating a space that feels truly yours. Elegant, calming, and quietly luxurious. Because everyday life deserves something exceptional.





### 5 Surprising Benefits of Solar Energy You Might Not Know

Hello, friends! Joel here from Working Solar & Heating and Luxsparium.

With summer coming in strong and the sun making itself known, I thought I'd share a few less obvious benefits of solar energy. Most folks know it helps save on electricity—but solar does a lot more than that. Here are five unexpected reasons why going solar this summer might just be the smartest move you make.

- 1. Keeps Your Roof Cooler**  
Here's something not many people realise—solar panels can help insulate your roof. They absorb sunlight that would otherwise directly heat your roof tiles, keeping your attic cooler by up to 5°C. That translates to a cooler home, and less strain on your AC.
- 2. Protection Against Power Outages**  
If you install a battery system alongside your solar panels, you can keep the lights (and fridge!) on during a power cut. That's becoming more important as grids get overloaded during summer heatwaves.
- 3. Solar Panels Are Surprisingly Low Maintenance**  
Once installed, panels don't need much looking after. Just a light clean every now and then to keep dust and pollen off. No moving parts, no noise and nothing you need to worry about—especially if you opt for professional monitoring (which I always recommend).
- 4. Helps Fight Rising Daytime Rates**  
Many areas now charge more for electricity during the daytime, when usage is highest. With solar, you generate your own power during those peak hours—so you're not paying premium prices when your home needs cooling the most.
- 5. It's Easier Than You Think to Get Started**  
This isn't a technical benefit, but it surprises people all the time—how simple the process really is. From inspection to installation, most systems are up and running in under a week, and financing options make it accessible for many households.

As always, if you've got questions or just want to explore whether solar could work for your home, give me a shout. I'm here to help—no jargon, no pressure.

Wishing you a sunny and stress-free summer!

Joel  
Working Solar & Heating | Luxsparium





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