

EDITION #9

AUGUST 2025

HOME & LIVING

MAGAZINE

FREE



SO YOU KNOW
WHAT'S ON TV, VISIT

pro.tko.radio/tv-guide-grid/



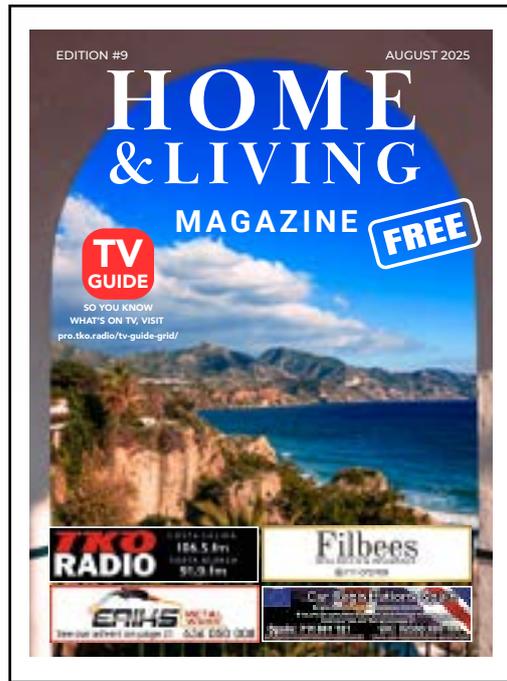
TKO RADIO
 COSTA CALIDA 106.5.fm
 COSTA BLANCA 91.9.fm

Filbees
 REAL ESTATE & INSURANCE
 © 711-072-959

ERIKS METAL WORK
 See our advert on page 11 636 050 008

Car Registrations Spain
 Do you have a Foreign Registered Vehicle?
 If so, we are specialist importers of all foreign vehicles.
 Call us or see our full ad on page 15
 Spain: 711 001 721 UK: 02380 200 706
info@car-registrations-spain.com www.car-registrations-spain.com

H&L



WWW.HOMEANDLIVINGHQ.COM

VIEW THE LATEST MAGAZINE AND BACK ISSUES ONLINE
Content Available to view immediately by anyone, anywhere, anytime

STAY UPDATED

News from our advertisers, events and happenings around Spain.



OUR FACEBOOK PAGE
Connect with Home & Living Magazine

PUBLISHER	Laura Fela. Email: laura.homeandliving@spaintodayonline.com
EDITOR	Laura Fela
SALES EXECUTIVE	Martine Shindler. Email: martine.homeandliving@spaintodayonline.com
COVER PHOTO	Laura's Interior's
PRICE LIST	Email: Info.homeandliving@spaintodayonline.com

The publisher makes every effort to ensure that the magazine's contents are correct, but cannot accept responsibility for the effects of errors or omissions. Home & Living Magazine reserves the right to refuse to publish any advertisement deemed detrimental to the best interests of the community or that is in questionable taste, and cannot accept responsibility for the claims, goods or services of advertisers. The views and opinions expressed by contributors in Home & Living do not necessarily reflect the views of the editor or the publisher. Products and prices mentioned are subject to change without prior notice. No part of this magazine may be reproduced or copied in any way without the prior written consent of Home & Living. Home & Living Magazine is delivered along the coast from Alicante to Mojácar.



DÉCOR & DESIGN

- 08-09 From Ruin to Retreat
- 18 Green Signals
- 28 Design Trials
- 40 Silent Drainers
- 41 Bath Mood
- 46 Hidden Germs
- 51 Resin Flooring

GOURMET DINING

- 34-35 Recipes

INFORMATION

- 10 Ice Bath
- 14 Car Registrations Spain
- 20 Trusted Eyes
- 33 Virtual Styling
- 38 Men's Elevation
- 45 Seasonal Shift
- 42-43 Charity Directory
- 48-49 Business Directory

KITCHEN

- 36 Kitchen Flow

LEISURE

- 30-32 What's On?

NEWS

- 26 TV News

OUTDOOR

- 16 Entry Elegance

SPORTS

- 22 Forgotten Olympics

RELIGION

- 24 Did You Know?
- 50 Wellspring

CONTENTS

H&L

EDITOR'S NOTE

In this issue, we invite you to pause and breathe a little space into your day. This isn't just seasonal styling advice – it's a quiet reflection on how the spaces we live in shape how we feel, rest, and grow.

You'll meet a couple on pages 8–9 who transformed a humble Spanish finca – not even looking like a house at first – into a beautiful summer home, full of texture and soul. Their journey is a reminder that transformation doesn't require perfection, only patience and a sense of trust in something greater than ourselves.

This edition also gently explores how design supports wellbeing. From using colour and texture to shape the mood of your bathroom, to decoding what your plants are trying to tell you through their leaves – your home can quietly heal, soothe and support you, if you let it.

And as autumn approaches, our feature on page 44, Autumn Starts in August, will guide you in adjusting your routines, lighting and meals to align with your body's changing needs. With shorter days, melatonin rises earlier, affecting your sleep, energy, and focus. Rather than resist it, we show you how to adapt and thrive.

Staying hydrated becomes more nuanced too – not just with water, but through water-rich fruits and vegetables like melon, cucumber, tomato and stone fruits, which nourish you at a deeper level.

Throughout these pages, you'll find small shifts that create meaningful impact – from the calm underfoot feel of resin flooring to the glow of soft lighting that slows your breathing and lifts your mood. It's a season for steady, thoughtful care – not for perfection, but for presence.

A kind reminder to pet owners: pavements can reach over 60°C on sunny afternoons, hot enough to burn paws in under a minute. Walk your dogs early or late, and never leave them in a parked car. Even with the windows open, temperatures can soar past 60°C in just 30 minutes.

And while you care for your home, health, and loved ones, don't forget your sun lotion. Stay cool, stay hydrated – and yes, eat your water too.

We're also delighted to introduce a brand new feature we think you'll love – our free TV Guide. It's a simple but incredibly helpful tool that allows you to browse the full schedule of your favourite shows in one easy place. Whether you want to catch your regular programmes or discover something new, it helps you plan your viewing without missing a thing. Just visit:

pro.tko.radio/tv-guide-grid/

It's there, it's free, and it's absolutely worth checking out.

We're so glad you're here.

With warmth,
Home & Living



NIGHT *Haven*

Imagine sinking into this. Heat wraps around you, the night air crisp, and the sky infinite above. Not a sound—just the hush of water and the distant call of the wild. This isn't just a view—it's a shift. A rare stillness that finds you, holds you, reminds you what peace feels like. Let this be your invitation to pause, to dream, to design a space where life slows and beauty speaks quietly. Because sometimes the most powerful escapes don't take you far—they bring you home.

Mazarrón, Almeria, Torrevieja, Albox, Balsicas, Malaga - A Spa for Every budget

EUROSPAS

Quality Hot Tubs and Swim Spas

The longest established Spa specialist in this part of Spain

NO DEPOSIT, PAYMENT ON COMPLETION & SATISFACTION

We supply chemicals, filters, and spare parts for all makes of spas.

Renew



Relax



Refresh



**Over 30 spas in stock new
and reconditioned from - 3000€**

**Have you considered a reconditioned spa?
We have good quality reconditioned spas available**

We will buy or part exchange your old Spa



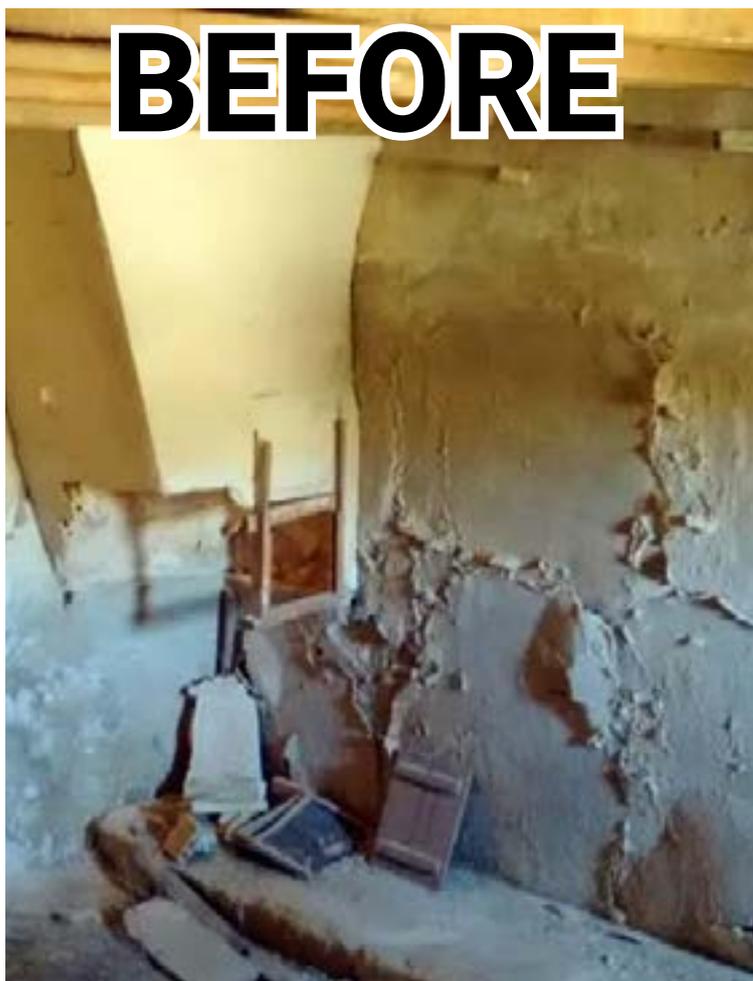
Call us to find out our "deal of the month"



facebook Check out our 5 star reviews on Facebook:
★★★★★ EuroSpas - Hot Tubs & Swim Spas



650 722 905 or 674 694 558 www.eurospas1.com
email: **eurospas@gmail.com**



From Ruin to Retreat: How One British Couple Transformed a Crumbling Spanish Finca into a Dream Summer Home

In the almond-dotted hills of Murcia's Costa Cálida, far from the tourist beaches and noisy bars, sits a stone finca once forgotten by time. Built in the 1870s, it had long been abandoned—its walls crumbling, roof caved in, and not a single sign of modern life. No water. No electricity. No promise.

But in 2019, British couple Andy and Sharon saw not a ruin—but a future.

A €30,000 Leap of Faith

While many homebuyers fret over interest rates and mortgages, Andy and Sharon took a different path. They bought the entire property—land, stone walls, collapsing barns, and all—for just €30,000 (around £25,000 at the time). It wasn't a "move-in ready" holiday home by any stretch. It was a barebones challenge. But it was theirs.

"Everyone thought we were mad," said Sharon in one of their video diaries. "We couldn't even turn on a tap, but we just knew we'd make it work."

And they did—armed with determination, YouTube tutorials, and a never-ending supply of builder's tea.

Starting with Shelter

Their first mission? Create a liveable space on the property. They converted the old hayloft into a cosy, self-contained flat—no small feat considering the original roof was more hole than cover.

Reclaimed pine boards became flooring, a second-hand wood burner kept them warm in winter, and old Spanish tiles gave it charm. The space was small, but it had everything they needed: a bed, a place to cook, and a roof over their heads while the larger renovation began.

Stone, Sweat and Surprises

Restoring the main finca was less a renovation and more a resurrection. They chipped away layers of old gypsum plaster to reveal beautiful stone walls. They hand-sifted rubble, rebuilt doorways, and repointed stonework—all in searing Spanish heat.

Along the way, the house revealed its secrets: a hidden cave beneath the kitchen, timber beams still standing strong, and floors so uneven they had to be lifted entirely. Nothing was easy, but every breakthrough made it feel worthwhile.

Andy, a former engineer, led the structural work. Sharon took charge of design, bringing warmth and personality into every

BEFORE



AFTER



space. Together, they balanced rustic charm with clever modernisation—lime-plastered walls, hand-built cabinets, and locally sourced materials.

Living Off-Grid and Loving It

From the outset, the couple committed to an off-grid lifestyle. They installed solar panels with a generator backup and built a 4,400-gallon water tank, filled by lorry until they could harvest rainwater.

They learned how to make do—and make it beautiful. An old animal trough became a sink. A rusted doorframe became a garden gate. Their entire life became a lesson in resourcefulness, and it's what makes their finca so unique.

In the evenings, they sit under a handmade shade structure on their stone-paved terrace, sipping wine, surrounded by the scent of lavender and rosemary. "It's not luxury in the typical sense," Sharon smiles, "but it's everything we ever wanted."

From Goats to Guests

Over time, the couple added more than just bricks and mortar to the finca—they added life. Rescue cats and chickens came first, followed by goats and even a donkey. They grow olives, capers, and vegetables in bathtub planters, and dream of opening a small eco-retreat one day.

They've documented the entire journey on YouTube, where their

unfiltered, often hilarious videos have built a devoted following. Fans love the balance of grit and gratitude. There's no pretence—just two people chasing a dream, one dusty stone at a time.

The Cost of Character

In a world where renovation budgets spiral into six figures, Andy and Sharon's story is refreshingly honest. Their total costs? Modest. Their philosophy? Do it slowly, do it right, and enjoy the process.

"There were plenty of moments we wanted to pack it all in," Andy admits, "but now we walk into the house and it feels like home—because we built every bit of it ourselves."

A Life Reimagined

Andy and Sharon didn't just restore a house—they built a new way of life. Slower, sunnier, simpler. No commute. No clutter. Just honest work and long evenings watching the sun set over the hills.

Their finca is more than a summer home—it's a story of second chances. For a building that was nearly lost. For a couple who dared to dream differently. And for anyone who's ever thought, "Could we do that too?"

If you're thinking of buying in Spain, don't just look for perfection. Look for potential. The magic, it turns out, is in the making.

ICE BATH

Thinking of trying a cold plunge this summer? You're not alone. Once reserved for elite athletes and hard-core wellness enthusiasts, cold water immersion has now become one of the most talked-about trends in health and lifestyle. From sleek tubs on terraces to DIY setups in garden corners, more and more people are voluntarily lowering themselves into freezing water in the name of better sleep, clearer thinking, and reduced inflammation. But is it actually worth the hype?

At its core, cold plunging involves immersing your body in water that's typically below 15°C for a few minutes at a time. While that might sound more like a dare than a health ritual, many who try it report genuinely transformative effects. The process triggers a full-body response — your blood vessels constrict, your breathing sharpens, and your mind goes fully into the present. That initial shock is uncomfortable, but once you settle into it, there's often a surprising sense of calm and clarity that follows.

One of the biggest reported benefits of cold plunging is the dramatic increase in dopamine levels, the brain chemical responsible for mood and motivation. Many people say they feel invigorated for hours afterwards — a natural high that doesn't come from caffeine or sugar. There's also growing evidence that regular cold exposure reduces inflammation in the body, easing joint pain and muscle soreness. This makes it especially appealing for people who suffer from arthritis, chronic fatigue, or post-exercise recovery issues. Cold plunges are also said to improve circulation, support immune function, and even enhance sleep quality.

Getting started doesn't require an expensive spa setup. In fact, many people begin by filling their own bathtub with cold water and ice from the supermarket. Once you're in, staying calm and focusing on your breath is key. Even one or two minutes can make a difference. For those who enjoy the experience, investing in a portable cold plunge tub can be a worthwhile step — and many models are compact enough to fit on a balcony or in a small garden space.

But for all its benefits, cold plunging isn't without challenges. Let's be honest: it's uncomfortable. Getting into cold water goes against every instinct, and the first few sessions can be particularly tough. There's also the logistical side — sourcing ice, managing the temperature, dealing with water spills, and potentially confusing your neighbours if they spot you submerged in a tub at 7am. And while the mental resilience it builds is real, that doesn't mean it's suitable for everyone. People with heart conditions, blood pressure issues, or certain chronic illnesses should consult a doctor before attempting cold water therapy.

So, is it really worth it? That depends on what you're looking for. If you're seeking a wellness trend that genuinely shakes up your routine and challenges you in the best way, cold plunging could be a surprisingly effective tool. It's raw, it's real, and it delivers a physical and mental shift that few other habits offer in under five minutes. However, if you're after something gentle, low-effort, and mess-free, you may find it more hassle than it's worth.

To weigh it up clearly, here are the pros and cons:

Pros:

- Boosts mood and mental clarity
- Reduces inflammation and joint pain



- Enhances sleep and recovery
- Improves stress resilience
- Can be done at home with minimal equipment

Cons:

- Initial discomfort and cold shock
- Requires discipline and consistency
- Logistical challenges (ice, setup, cleanup)
- Not suitable for everyone, especially with certain medical conditions
- May take time before benefits are noticeable

Ultimately, cold plunging isn't about punishing yourself — it's about discovering how capable you are. It teaches you to breathe through discomfort, stay calm under pressure, and start your day with something bold. And once you've done it, everything else feels just a little bit easier. Whether or not you stick with it, one thing is certain: stepping into freezing water will wake you up — in more ways than one.



and home security

Established since 1999 in the Murcia Region

Tel Stan: 636 050 008

Email: stan@eriksmetalwork.com

www.eriksmetalwork.com



WE MAKE OR REPAIR

- * REJAS
- * DOORS
- * GARDEN GATES
- * RAILINGS
- * CARPORTS
- * STAIRCASES ETC

*Closed in August between
2nd - 10th and 23rd - 31st
(Happy Holidays & see you
soon)*

RUSTY REJAS? LET US:-

- * SANDBLAST
- * POWDERCOAT
- * RE-PAINT
- * GALVANISE



MOBILE WELDING SERVICE AVAILABLE



SOLICITOR & LAWYER RECHTSANWALT INTERPRETERS

Conveyancing
 Inheritance and Spanish Wills
 Property Taxes: Resident & Non Resident
 NIE/EU Residencia
 Contracts, Litigation & Court Matters

Multi Language Office:
 English French German Dutch Scandinavian
 Open 9am to 3pm - Monday to Friday



New Office:
 Centro Comercial AL-KASAR,
 Local 3, Urb. Condado de Alhama,
 30849, Alhama de Murcia

Avenida Doctor Meca No 107
 Local 11, (Mercadona Centre)
 Puerto de Mazarrón, Murcia.
 Latitude 37.57176,
 Longitude: 1.26629

English, German, French and Dutch

English, Dutch, French and Scandinavian

E-mail: info-mazarron@palsolicitor.com
www.palsolicitor.com

Direct Line (0034) 968 595 826
 Direct Fax (0034) 968 595 827



The Staircase as Sculpture: Elevating Everyday Architecture

A staircase can truly serve as the ultimate artwork in your home — more than just a functional feature, it forms a sculptural moment that defines your interior's character. In Andalusia, renowned architects such as **Cruz y Ortiz Arquitectos** in Seville and **Alberto Campo Baeza**, known for his work in Granada, have elevated staircases into architectural centrepieces. Their designs blend clean geometry with light, shadow, and elegant materials to create unforgettable transitions between floors.

To make your staircase even more dramatic, consider adding LED lighting beneath each tread or along the handrail. Not only does it create a striking visual effect — especially after sunset — but it also serves a practical purpose, helping you navigate safely through the house at night. Whether sweeping, floating or spiralled, a well-designed staircase isn't just something you climb — it's something you admire.

Bryan White Insurance S.L.

Providing your insurance needs
Motor, Home, Travel, Pet, Private Medical, Funeral,
Commercial, Community

Tel: 950 472 098
Email: info@bwispain.com

HANDYMAN BUILDER
ALL YOUR BUILDING NEEDS
RENOVATIONS, REFORMS, PLASTERING, PAINTING



NO JOB TOO SMALL
FULLY LEGAL & INSURED.

Email philippgreaves204@gmail.com Tel/Whatsapp (0034) 602 643 436



Prime Property Murcia SL

Inmobiliaria – Estate Agents
+34 868 053 149 / +34 666 819 697
www.primepropertymurcia.com
Info@primepropertymurcia.com
Avda Antonio Segado del Olmo 2-1, Bolnuevo, 30877 Murcia

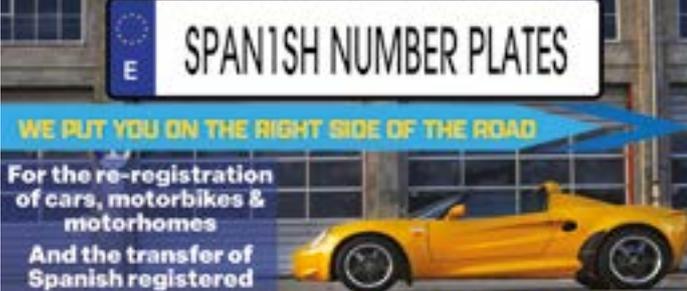
Mediata.com | PisosSun | thinkSPAIN | kyero

PINTURAS ACOSTA DECORACION



PAINTING, DECORATING
ACRYLIC ENAMEL, LACQUER EXPERTS, WATERPROOFING
SATISFACTION GUARANTEED
ASK FOR YOUR FREE, NO OBLIGATION QUOTE TODAY

☎ 0034 626 960 354 Lisa | 📱 Pedro Acosta Pinturas



SPANISH NUMBER PLATES

WE PUT YOU ON THE RIGHT SIDE OF THE ROAD

For the re-registration of cars, motorbikes & motorhomes
And the transfer of Spanish registered vehicles

Tel: 671 608 503
www.spanish-number-plates.com
info@spanish-number-plates.com

Alex Woods

24H TRANSLATION SERVICES
MEDICAL LEGAL DAILY SERVICES

FIXTECH
COMPUTER TECHNICIAN HOME SERVICE
SALE & REPAIRS INSTALLATIONS ADVICE
Transfer of videos to digital

📧 alex.woods@hotmail.es | 📧 info@fixtech.es

☎ 696 667 182

MULTISERVICIOS
COMPLETE ELECTRICAL SERVICE
📞 618 783 709 🇬🇧

PROFESSIONAL SERVICES

- ★ ELECTRICIAN ★ PLUMBER
- ★ PRUNING OF PALM TREES
- ★ GARDEN MAINTENANCE

WE SUPPLY AND FIT AIR CONDITIONING

Costa Coches Rent-A-Car | **AA parking**

Offering the best prices for car rental from our Mojácar office and local airports as well as long & short-term parking in Almería, Alicante and Murcia airports.

Tel: 639 081 067 / 950 459 208

info@costacochesrentacar.biz | www.costacochesrentacar.biz
info@aa parking.es | www.aaparking.es

CAR REGISTRATIONS SPAIN

What Do the Coloured ITV Stickers in Spain Really Mean? by Car Registrations Spain

If you've driven in Spain, you've probably seen those colourful stickers in the windscreen's top right corner. But what do they mean? Let's uncover their role in road safety and compliance.

What Do the Colours Mean?

The ITV windscreen stickers are visual proof that your vehicle has passed its safety and emissions inspection. Each year, these stickers come in a different rotating colour to make it easy for authorities to spot whether your vehicle is up to date.

Here's how the system works:

- The colours follow a rotating cycle denoting the year of expiry as follows:

Green stickers: 2025, 2028, 2031

Yellow stickers: 2026, 2029, 2032

Red stickers: 2027, 2030, 2033

The sticker also shows the month and year of your next inspection by means of a punch hole. For example, if your sticker is punched at "12/2025," your ITV expires in December 2025.

Understanding the Sticker

Each ITV sticker contains important details to ensure clarity and compliance:

- Month and Year of ITV expiry
- Region of Issue
- ITV Station Number

Only One Sticker!

- Did you know you could face a fine of up to €100 if you don't display your current ITV sticker, or if you display more than one?

- To avoid confusion and potential penalties, it's crucial to remove old stickers before placing the new one on your windscreen.

Why Are ITV Stickers So Important?

- They show that your vehicle meets Spanish safety and environmental standards.

- Authorities can tell at a glance if your vehicle is overdue

Keep Your Vehicle Legal and Safe!



The ITV windscreen sticker isn't just a formality, it's your vehicle's badge of safety and compliance. By keeping your sticker up to date, you're not only avoiding fines but also ensuring your car is roadworthy and environmentally friendly. Don't take chances - stay legal, stay safe, and enjoy worry-free driving on Spanish roads!

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

info@car-registrations-spain.com

+34 868 990 576

+44 (0)2380 200 706

<https://www.facebook.com/carregistrationspain/>

<https://quote.car-registrations-spain.co>

Living in Spain?

Speak to our local adviser who can help you with:

- UK and International pension transfers and switches
- Retirement wealth portfolios
- Invest tax efficiently in Spain

Keith Littlewood | Costa Calida | Almeria
keith.littlewood@blacktowerfm.com | Tel: +34 657 684 094
120, Avenida Dr. Artero Guirao 2C, San Pedro del Pinatar, 3070 Murcia



BLACKTOWER

Blacktower Insurance Agents and Advisers Limited is authorised and regulated by the Central Insurance Companies Control Service (CICS) under Licence number: 5101
Blacktower Financial Management (Central) Limited is licensed and regulated by the Central Securities & Exchange Commission (CSEC) with Licence number: 38622



Need to import your Foreign Registered Vehicle into Spain?



We are specialists in all aspects of vehicle importation and can provide you with a low cost, professional, and quick service

We'll Provide you with:

- Fully Managed Process
- Headlight Realignment
- Spanish Registration Documentation
- Import Tax Paid
- Road Tax / SUMA paid
- New Spanish Registration Plates

Free Quotation Available

Spain: +34 868 990 576
info@car-registrations-spain.com

UK: +44 (0)2380 200 706
www.car-registrations-spain.com

ENTRY ELEGANCE

In 2025, the front door is no longer simply functional—it is a design manifesto. It quietly declares the taste of the owner, hints at what lies within, and anchors the façade with presence and poise. The latest architectural trend places subtle luxury at the forefront: measured drama, natural harmony, and quietly confident colour are now the signatures of an elevated entrance. Across cities and coastlines alike, homes are being framed by doors that are not just entryways, but statements of style and intent.

Colour has taken on a new role in architectural design, not just to stand out, but to create a sense of harmony and emotion. Rich, grounded hues such as soft eucalyptus, moss green and smoky teal are particularly sought after for their timeless, natural appeal. For those drawn to bolder tones, shades like oxblood red or deep navy offer a refined drama, especially when paired with classic hardware finishes. At the same time, more traditional and lighter tones—whether cool greys, subtle creams or crisp whites—continue to be favoured for their versatility and elegance. These shades, when paired thoughtfully with contemporary accessories or subtle textural contrast, remain quietly luxurious and perfectly in step with modern design.

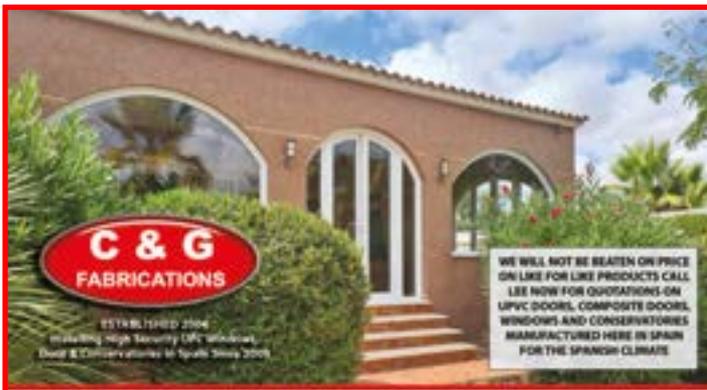
Timber is enjoying a revival in its most honest form. From pale oak to warm walnut, wooden doors are increasingly being treated to celebrate the natural grain rather than conceal it. These surfaces add depth and tactility, sitting beautifully within both contemporary builds and more traditional homes. Many of the most admired entrances now combine this natural warmth with striking architectural details such as steel-framed glazing, polished stone or limewashed render. The result is a front door that feels not only inviting, but artfully composed.

Hardware has become a defining element of the door's personality. Elegant ironmongery, once purely functional, now feels like jewellery for the home. Oversized handles in brushed brass or blackened steel make an immediate impression, while traditional knockers and intricately shaped latches lend a sense of heritage and craftsmanship. More than ever, these details are being selected with the same consideration as lighting or artwork—objects to be admired in their own right.

Subtle lighting completes the picture, casting a soft glow that elevates the entrance from practical to atmospheric. Whether it's a pair of antique-style lanterns flanking the door, or minimalist ground lights that trace the base of the frame, lighting creates a sense of theatre and arrival. It transforms a threshold into a moment—welcoming not just guests, but a mood.

The most tasteful front doors today are those that feel intentional, well-balanced and deeply personal. They don't compete with their surroundings—they enhance them. Whether sleek and modern or warm and classic, a thoughtfully designed front door doesn't merely open into a house. It opens into a life well considered.





C & G FABRICATIONS
ESTABLISHED 2004
making high security UPVC windows, doors & conservatories in Spain since 2009

WE WILL NOT BE BEATEN ON PRICE ON LIKE FOR LIKE PRODUCTS CALL LEE NOW FOR QUOTATIONS ON UPVC DOORS, COMPOSITE DOORS, WINDOWS AND CONSERVATORIES MANUFACTURED HERE IN SPAIN FOR THE SPANISH CLIMATE

TOP QUALITY UPVC WINDOWS, DOORS, CONSERVATORIES
ALL BUILT TO EUROPEAN STANDARDS USING QUALITY EUROPEAN PROFILES

ASK ABOUT OUR SPECIAL OFFER FOR FREE UPGRADE TO 36MM TRIPLE GLAZING

- ✓ Composite doors
- ✓ Make a saving on instant orders
- ✓ High security 7 point locking (shoot bolt top and bottom, 2 x hook bolts, 2 x compression points dead bolt latch lock) with security hinges
- ✓ High security reinforced panels
- ✓ Fully reinforced so all locking points fit into steel
- ✓ Internally beaded
- ✓ 70mm DECEUNBRICK European profile one of the worlds leading UPVC systems
- ✓ Decorative sight lines
- ✓ Discreet neutral grey seals (NOT BLACK, black stands out against white)
- ✓ Thermal performance 3 chamber system less than 1.8 U value
- ✓ Secure by design door locks
- ✓ Tested in Spanish AENOR test centres for all the elements of the Spanish weather
- ✓ Comprehensive guarantee against, discoloration, cracking, warping
- ✓ 100% more designs available

Security is a must in this day and age, due to the increase of break-ins through inferior locking points on both windows and doors. Other than conservatories we also manufacture TR & Turn, Casement and sliding windows, Open in or out French doors, Open in balcony doors, Sliding patio doors, Open in or out Slide and Swing doors, Persiana blinds, Malloca shutters and Mosquito nets.

FULLY REGISTERED SPANISH COMPANY MANUFACTURING AND INSTALLING ON THE COSTA BLANCA

WE ARE NOW OPEN
Monday - Friday 10am-4pm
WE LOOK FORWARD TO SEEING YOU SOON.

ALL TRADE ENQUIRIES WELCOME

VISIT OUR NEW WEBSITE FOR ALL INFORMATION
www.candgfabricationses.com
To obtain details of our current offers and to arrange your **FREE** estimate and survey telephone

POLIGONO INDUSTRIAL LAS MAROMAS, CALLE REINO UNIDO 19, NAVE 3, ALMORADI 03160 ALICANTE

966764730 or 667689587
enquiries@candgfabricationses.com

WANT TO FIND YOUR DREAM HOME OR HAVE ONE TO SELL? CALL US TO HELP!

COUNTRY PROPERTIES RESORTS
COASTAL PROPERTIES TOWNHOUSES

Contact us by email at info@filbees.com or by telephone on 711 072 959/669 075 157



Filbees
REAL ESTATE & INSURANCE

OUR INSURANCE SERVICES COVER

- HOME
- AUTO
- LIFE
- HEALTH
- BOAT
- PET
- BUSINESS
- MONEY EXCHANGE
- REGISTRATION PLATES
- TOURIST BUSINESS

EXCLUSIVE OFFER FOR OUR EXISTING CUSTOMERS!

QUALITY GUARANTEED

Don't miss this chance to save and stay protected with Filbees Real Estate & Insurance!

CONTACT US BY EMAIL AT filbeesinsurance@gmail.com or by telephone on 711 072 959/669 075 157

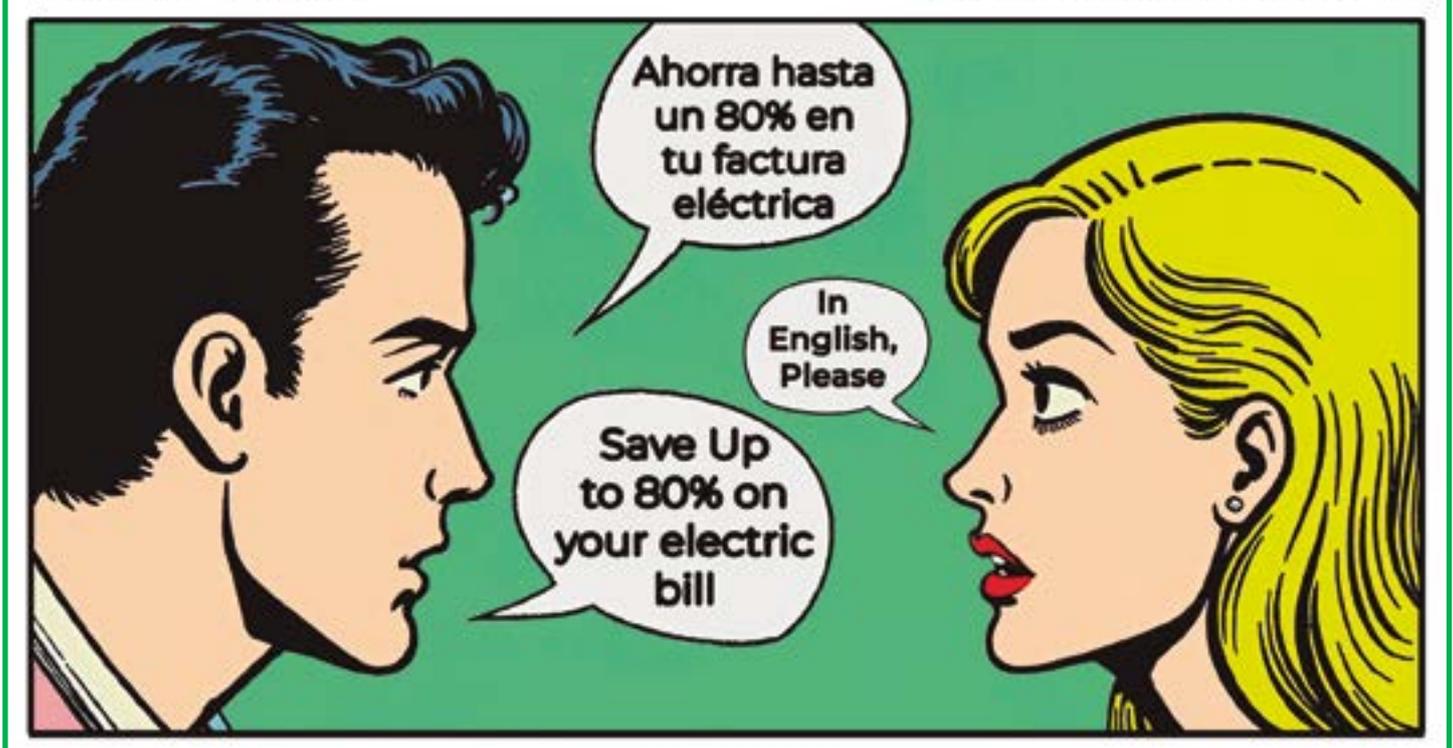
GENERALI

WWW.FILBEES.COM



GO SOLAR
SOLAR ENERGY

Call now for a free site viewing!
(+34) 654 596 247
www.infogosolar.com



Ahora hasta un 80% en tu factura eléctrica

In English, Please

Save Up to 80% on your electric bill

GREEN SIGNALS



If you learn to read them, leaves will tell you everything. Long before a plant gives up, it whispers distress signals—curled edges, yellowing veins, crispy tips. These subtle changes are not random; they're messages. Leaves are how plants speak, and once you understand their language, you'll never look at them the same again.

Yellow Leaves – A Cry for Balance

One of the most common plant concerns is yellowing leaves. The reasons vary, but the solution begins with observation. If the lower leaves are turning yellow and dropping, it's often a sign of overwatering. The roots are suffocating, and the plant is shutting down unnecessary growth to survive. Let the soil dry out completely before watering again, and ensure the pot has proper drainage. If yellowing occurs near the top, it could signal nutrient deficiency, particularly nitrogen. A balanced liquid fertiliser can help restore the colour and vitality.

Crispy Brown Edges – A Call for Humidity

Leaves with dry, brown, and crispy edges—especially in tropical plants like calatheas, ferns, or peace lilies—usually mean low humidity. Central heating and air conditioning suck moisture from the air, leaving leaves parched. Grouping plants together, using a pebble tray with water, or running a small humidifier nearby can dramatically improve leaf health. Mist lightly only if your plant tolerates it—some, like succulents, do not.

Drooping Leaves – A Confusing Duality

Wilting or drooping can mean two opposite things: underwatering or overwatering. The key is to check the soil. If it's bone dry, your plant is thirsty. If it's soggy, the roots may be rotting. Either way, the plant is struggling to transport water properly. Re-establish a watering rhythm by checking soil moisture with your finger—roughly two inches down for larger pots. Aim for consistency, not just frequency.

Curling Leaves – Defence or Distress?

When leaves curl inward, it's often a sign of heat stress, low humidity, or too much light. Plants curl their leaves to conserve moisture, much like we draw into ourselves under pressure. Move the plant to a less intense light source or increase humidity. If the curling is accompanied by a reddish tint, your plant may be sunburnt—especially in species like rubber plants or fiddle leaf figs.

Black Spots or Mould – A Hygiene Issue

Black spots, mushy patches, or fuzzy mildew on leaves often signal fungal or bacterial issues, caused by stagnant air and water sitting on leaves. Improve ventilation, prune infected parts, and avoid wetting leaves unnecessarily. Use neem oil or an antifungal spray if needed, but always test on a single leaf first.

Pale, Washed-Out Leaves – Time to Feed

When leaves look pale or faded, it often means your plant is hungry. Without enough nutrients, chlorophyll production drops, and photosynthesis slows. Use a plant-specific fertiliser every few weeks during the growing season. For organic options, seaweed extract or worm tea work wonders.

Your plants don't demand words—they speak in colour, texture, and posture. When you start noticing these patterns, you become a better gardener. But more than that, you become more attentive to the world around you. Listening to plants teaches patience. Noticing their needs sharpens your own awareness. Because sometimes, curling leaves and tired soil mirror more than just a plant's life—they reflect our own.

JARDINERÍA EL MILAGRO
Tel: 610 949 595
www.jardineriaelmilagro.es

Map showing locations: BULEVAR, PUERTO, CAMPUS, and RIVERA.

5% discount with this advert

* Sale of plants and accessories
* Garden care & maintenance (incl pruning)
* Building

SEND YOUR ORDERS BY FACEBOOK OR WHATSAPP



Sending money to or from Spain?

- ✓ Authorised by the Bank of Spain
- ✓ Excellent exchange rates
- ✓ Award-winning service
- ✓ 24/7 payments online or by app
- ✓ Over 25 branches across 4 continents



Scan here for your customised quote



Bank of Spain registration No. 6716

Mazamón
Avenida Los Covachos, Camposol B,
Mazamón, Murcia, 30075
+34 968 978 383
muria@corriencedirect.com

Mojácar
Avenida Mediteráneo 34E,
Mojácar, Almería, 04108
+34 900 479 914
mojacar@corriencedirect.com



EL GRIEGO

Greek and Spanish cuisine

Plaza Reina I.
36010 polanco

Come and experience authentic greek cuisine with beautiful mediterranean views

Open
Tue-Sun
12:00-16:00
18:30-22:00

El Griego Restaurante 📍
865 770 774
602 573 506 📞
islamediterraneagriego@gmail.com



Colour Glass Window Tint

Colour Glass Window Tint is a business run from: Condado de Alhama, Murcia covering regions of Murcia, Valencia and Andalucia. Colour Glass Window Tint offers a wide range of colour film (reflective or transparent) for your windows, doors, patio doors, French doors and conservatories.

Our colour window film also acts as a security film for more than one reason:

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?



Gold



Blue



Bronze



Green



Pink



Purple



Red



Silver

For free no obligation quote and advice contact **Glen**

Spain: 695 768 134 🇪🇸 🇬🇧 UK: 07934 561434 Email: colourglasswindowtint@gmail.com

WhatsApp or Text

TRUSTED EYES

There's something quietly powerful about the way a pet looks at you when you're sad. No questions. No judgement. Just a soft gaze, a weight pressed against your side, a tail that slows its wag until it matches your breath. It's a kind of knowing that feels older than words. As if they've been listening all along—even when we haven't said a thing.

Most pet owners will tell you that their animal understands them. They see it in the way a dog pads gently into the room when they're crying, or a cat climbs onto their chest during a panic attack. But this isn't imagination. It's instinct, empathy, and behaviour—all finely tuned by evolution and, more importantly, by love.

Dogs are perhaps the most emotionally responsive animals we share our homes with. They read our faces with an attentiveness that rivals our closest human companions. Research has shown they can distinguish between a smile and a frown, but more importantly, they respond to it. A slow wag, a lowered head, ears pinned back—all of these are ways a dog says: I see you. I feel it too.

They don't just rely on sight. Dogs have an extraordinary ability to smell emotional change. When we're stressed, our body chemistry shifts, and our dogs pick it up through scent—detecting cortisol, adrenaline, even the pheromones linked to fear and sadness. Some will approach you with a toy, trying to lift your spirits. Others simply lie beside you, pressing their weight into you like a grounding force. This is their comfort language: proximity, pressure, presence.

Cats communicate more subtly, but no less meaningfully. A cat who sits near you without touching is showing you safety. A slow blink is their version of saying I trust you. If a cat head-butts you or curls up in the curve of your arm, that's affection in its most peaceful form. But their stress signals are important

too—watch for a twitching tail, ears flattened sideways, or sudden grooming. These are signs they're anxious or overstimulated and need space, not scolding.

Horses are highly sensitive animals, shaped by their evolution as prey. In the wild, they survived by reading even the slightest shift in energy or movement. That sensitivity remains. They can detect tension in your shoulders, hesitation in your step, or strain in your breath. A horse that lowers its head, sighs deeply, or follows you calmly is mirroring your groundedness. But a raised head, flared nostrils, or pinned ears is their way of asking you to soften, slow down, or give space.



Even smaller animals—rabbits, birds, guinea pigs—have rich emotional languages. Rabbits thump their hind legs when afraid and purr softly when relaxed. Parrots mimic not only your voice but your emotional tone—if you're tense, they may become louder or more restless. Guinea pigs squeal with joy when they hear a familiar voice, or freeze completely when they're uncertain or afraid.



These signs are not quirks. They are conversations. A dog licking their lips repeatedly, yawning, or turning their head away is saying they're uncomfortable. A cat flicking her tail sharply isn't "just being moody"—she's warning you. A parrot fluffing its feathers after a cuddle is resetting itself, relaxing again.

Understanding your dog's body language builds something deeper than obedience — it builds trust. When your dog leans into you quietly during stress, licks your hand when you're crying, or rests their chin on your foot without a sound, they're offering pure, wordless empathy. They don't pretend. They don't judge. They simply show up — with soft eyes, steady breath, and unwavering loyalty — exactly when you need them.

All they ask is that we learn to notice. And they do the same.

Noah's A.R.C. Animal Rescue

Registered Animal Charity No 9.971/1

Helping the animals of Mazarrón for a better future for all!

CONTACT US FOR MORE INFO

EMAIL: janenahoming150@gmail.com

CALL: 602 653 639

VISIT: www.noahsarcmurcia.com

ADOPT ME



DRAKO



DRAKO, THIS HANDSOME LAD WAS FOUND ON CAMPOSOL ON 3RD JULY AND WE HAVE SINCE BROUGHT HIM UNDER OUR WING. DRAKO IS AROUND 4 YEARS OLD AND HAS RECENTLY BEEN NEUTERED. SADLY, HIS PREVIOUS FAMILY FOUND THEMSELVES IN A SITUATION WHERE THEY COULD NO LONGER KEEP HIM, AND WE KNOW HOW DIFFICULT THAT DECISION MUST HAVE BEEN FOR EVERYONE INVOLVED. DRAKO IS A FRIENDLY BOY AND WALKS WELL ON A LEAD BUT WOULD SUIT A QUIET HOME TO BUILD HIS CONFIDENCE. D.O.B 5/10/2021

DIEGO



DIEGO, IN AUGUST 2024, SIX PRECIOUS PUPPIES WERE HEARTBREAKINGLY ABANDONED ON CAMPOSOL, LEFT TO FEND FOR THEMSELVES WHEN THEY WERE FAR TOO YOUNG AND IN A DESPERATELY POOR CONDITION. DIEGO IS A LARGE LOVELY FRIENDLY BOY WHO NEEDED SURGERY ON HIS LEG, BUT IS NOW FULLY RECOVERED AND READY FOR HIS FOREVER HOME. HE IS NEUTERED AND FULLY VACCINATED. D.O.B JUNE 2024

PIEPER



THIS GORGEOUS YOUNG LAD WAS FOUND ON A LOCAL URBANISATION IN A TERRIBLE STATE, COVERED IN TICKS AND FLEAS AND SADLY TESTING POSITIVE FOR PARVO. HE WAS TAKEN IN BY A LOVELY LADY WHO FOSTERED HIM IN HER HOME FOR 6 WEEKS NURSING HIM BACK TO HEALTH BEFORE HAVING TO RETURN TO HER HOME IN BELGIUM. WE HAVE SINCE WELCOMED HIM TO THE NOAH'S ARC KENNELS BECAUSE SADLY WE WERE UNABLE TO FIND A FOSTER CARER FOR HIM. PIEPER ONLY WEIGHS 7 KILOS AND IS A SWEET AFFECTIONATE BOY WHO ADORES CUDDLES. HE IS NEUTERED AND FULLY VACCINATED. D.O.B 23/08/2024

ZACK



ZACK WAS FOUND BY ONE OF OUR VOLUNTEERS IN JANUARY THIS YEAR, DANGEROUSLY CLOSE TO THE ROAD, ALONG WITH HIS SIBLINGS WHO HAVE ALL NOW FOUND LOVING HOMES. ZACK IS A LITTLE BOY WEIGHING ONLY 7 KILOS AND IS NEUTERED AND FULLY VACCINATED. D.O.B SEPTEMBER 2024



(ADOPTIONS OF PUPPIES WILL BE MADE ON THE AGREEMENT THAT THEY ARE NEUTERED OR SPAYED WHEN THEY ARE OLD ENOUGH).

WHEN ADOPTING OR FOSTERING A RESCUE DOG OR PUPPY PLEASE NOTE SOME NEED PATIENCE AND UNDERSTANDING, MOST HAVE BEEN BADLY TREATED OR ABANDONED. THEY NEED TIME TO DECOMPRESS AND SETTLE IN. MOST TURN INTO WONDERFUL PETS WITH THIS LOVE AND UNDERSTANDING.

GREAT NEWS FOR DOGS ON ADOPTIONS RECENTLY. SNOOPY AND DILLON WENT OFF TO THE UK WITH STARFISH DOG RESCUE WHO HAS WORKED WITH NOAH'S ARC FOR A NUMBER OF YEARS AND WE ARE TRULY GRATEFUL FOR THEIR CONTINUED HELP.

DONATE ❤️

ALSO RECENTLY HOMED ARE WHISKEY, COOPER AND NOVA.



WE, AS A CHARITY, RELY SOLELY ON DONATIONS, WHETHER IT'S MONEY OR GOODS TO SELL IN OUR SHOPS AND WE ARE ALWAYS VERY GRATEFUL. IF YOU HAVE ANY ITEMS OF CLOTHING, BRIC A BRAC OR FURNITURE, WE ARE HAPPY TO ACCEPT IT AND WE ARE ALSO HAPPY TO COLLECT LARGER ITEMS OF FURNITURE. YOU CAN CALL OUR SHOP FOR COLLECTION ON 711 016 236. WE ALSO STOP AT THE MAZARRÓN COUNTRY CLUB ON TUESDAYS BETWEEN 10AM AND 12PM OUTSIDE THE SPAR SHOP SO YOU CAN DROP OFF YOUR DONATIONS THERE.

PLEASE BE MINDFUL WHEN WALKING YOUR DOG IN THIS EXTREME HEAT! WE ARE STILL SEEING SOME PEOPLE STILL WALKING THEIR DOGS IN THE HEAT OF THE DAY AND THIS CAN DO SO MUCH DAMAGE TO THEIR PADS.

A QUICK CHECK LIKE PUTTING THE BACK OF YOUR HAND ON THE PAVEMENT/TARMAC WILL SHOW YOU HOW HOT.



ARE YOU LOOKING FOR A FUN WAY TO EXERCISE? DO YOU LIKE DOGS? IF SO, WE ARE LOOKING FOR VOLUNTEER DOG WALKERS AT OUR KENNELS, WE NORMALLY ARRIVE AROUND 9AM TO WALK THE DOGS, THEN IT'S A TEA AND COFFEE BREAK WITH SOME OF THE DOGS OUT PLAYING, ALL VERY SOCIAL. IF YOU ARE INTERESTED GIVE PAUL A CALL ON 604 172 627 FOR DETAILS. IT WOULD BE LOVELY TO MEET YOU.

SPORTS

The Olympics are a celebration of human excellence, discipline, and tradition. But not all Olympic events stand the test of time. Over the decades, some competitions have quietly disappeared, leaving behind little more than faded photographs and a trail of curiosity. Among the most baffling? Events like solo synchronised swimming, rope climbing, and pistol duelling. Yes, really.

Let's begin with solo synchronised swimming—a concept that sounds like a contradiction in terms. How does one synchronise with... oneself?

First introduced at the 1984 Los Angeles Games, solo synchronised swimming involved athletes performing carefully choreographed routines in the water to music, judged on precision, artistry, and timing. Technically, the synchronisation was with the music rather than another swimmer. But to viewers, it appeared rather strange—an elegant solo ballet in a pool, labelled as “synchronised.” The event was quietly retired after the 1992 Olympics, merged into duets and team routines instead. It faded from public memory, but for a brief moment, it was part of Olympic history.

Then there was rope climbing, an event that would feel more at home in a Victorian gymnasium than on the world's biggest sporting stage. Introduced in the first modern Olympics in 1896, rope climbing involved athletes racing to the top of a vertical rope using only their hands. It was as gruelling as it sounds—and, to some, just as dull to watch. The event was part of Olympic gymnastics in various editions until 1932, when it was dropped for good. Still, the image of men in tight white singlets scrambling up a 25-foot rope remains a curious visual from the Games' early years.

But perhaps the most jaw-dropping forgotten event was pistol duelling. While never a full medal sport, it featured in the 1906 Intercalated Games (which the IOC no longer officially recognises) and again as a demonstration event in 1908 in London. Competitors stood at a set distance and shot at dummies dressed in frock coats, with bullseyes placed over the heart and head. Thankfully, they weren't shooting at each other, but the event still carried the theatrical air of a duel at dawn. As you might expect, pistol duelling didn't last long.

Other discontinued sports include tug of war (an official Olympic event from 1900 to 1920), live pigeon shooting (thankfully replaced by clay targets), and even art competitions—with medals once awarded for painting, sculpture, music, literature, and architecture.

So why do some sports vanish while others remain? The reasons vary: lack of popularity, safety concerns, evolving global standards, or simply the desire to modernise. The Olympic programme is reviewed regularly, and with limited slots, organisers must decide what best represents the spirit of competition today.

Still, these vanished events serve as a reminder that even the most time-honoured institutions have their quirks. For a brief time, someone trained, competed, and dreamed of gold in rope climbing or solo synchronised swimming. And just like that—one Olympic cycle later—it was gone.



Ken Sherwood

British Car Mechanic



Tel: 679 646 859

www.kensherwood.es
Email: kenstrike2011@hotmail.co.uk

Ring us with your best quote and we will do our best to beat it!

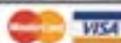


Carretera de Cuevas de Reylo a la Picilla
Cuevas de Reylo
Fuente Alamo, Murcia

AUGUST OPENING HOURS:
8am-2pm Monday to Friday
(We don't close for lunch)

Free pick-up and deliver
service on Camposol and
Hacienda del Alamo

We now take credit
card payments



Servicing • ITV'S • General Repairs
Small Body Repairs • Air Conditioning Repairs & Re-Gassing
Computerised Diagnostics • Courtesy Cars Available

ANCHOR LANDSCAPES



(Always on the cutting hedge)

Professional Garden Maintenance
Trimming/ Pruning / Chainsawing
Tree Climbing/ Felling
Mini Digger with professional driver
All Building Work Undertaken
Legal disposal of garden waste
Palm tree removal



Free no obligation quotes

Tel: +34 622 648 038
anchor.landscapes@hotmail.com
Mazarrón and surrounding area



We are specialists in

LEGAL SERVICES, CONVEYANCING & IMMIGRATION

- Legal services and conveyancing
- Property conveyancing
- All traffic matters (vehicle transfer, Spanish plates, driving licenses)
- NIE
- Spanish wills and inheritance
- Residency, VISAS, Nationality
- Insurance exclusive agent for Patria Hispana

We have personnel that can assist you in English and Spanish

Office hours: 9am - 2pm and 4.30pm - 7.30pm

Avenida Dr Meca, n°38, Pto de Mazarrón

Tel: (+34)968 154 045 or (+34) 619 173 626 e-mail: info@gestoriacarvajal.com



OwnersAway
Rental Property Services

- Holiday rentals
- Short & long term rentals
- Property Management
- Packages Keyholding
- Laundry Service
- Registered with Tourist Board
- Full range of rental management support services

Contact US for all your Rental & Property Management needs

TEL: (+34) 691 977 107 info@ownersaway.com
www.ownersaway.com

CHECK OUT

H&L

website here

@homeandlivinghq.com

CONTACT SALES: 680 588 377

Email: info.homeandliving@spaintodayonline.com
www.homeandlivinghq.com

Costa Cálida Property Services S.L.

Property Conveyancing & Legal Work

Insurances
Banking & Financial Advice
Wills, Inheritance
Fiscal Representation & Advice
Translations
NIE Numbers, Residencia
Driving Licences & Car Paperwork

Our company is dedicated to service and our experience of over 20 years will provide our clients with the care and attention they expect.

Urbanización Camposol, Centro Comercial A,
Local 28, 30875 Mazarrón
www.costacalidaps.com

Tel. 968 199 251. Fax: 968 199 175

LORDS REMOVALS

UK: (0044) 7709 557109
Murcia Camposol: (0034) 608 061 872

- * From single items to full loads throughout UK & Europe *
 - * Full & Part Packing service available *
 - * Goods in Transit Insurance Inc *
 - * Over 30 years experience *
- FLEXIBLE STORAGE TO SUIT ALL YOUR NEEDS,
COLLECTION AND DELIVERY AVAILABLE

- * Fully secure and alarmed storage facilities
- * On site security
- * 7 cubic metre storage containers
- * Storage for vehicles and boats
- * Free storage periods



lordsremovals@hotmail.com
www.lordsremovals.com

YOU WON'T FIND A BETTER PRICE OFFERING
THE SAME COVER AND INCLUSIONS

DID YOU KNOW?

What is the Church?

Did you know that 'Church' is mentioned over 70 times in the Scriptures? How can one become part of the church? Who or what is this church as directed in the Scriptures? Is the church a building? How is it to be built? Does this church exist today? How do believers interact with the church? Let's take a closer look at the Scriptures to see what it says concerning the church?

What is the definition of the church as noted in the dictionary? "A church is a building for public worship and can also refer to an organised body of religious believers. It encompasses both the physical structure where services are held and the community of individuals who practice the Christian faith".

The word church comes from the Greek word Ekklesia, meaning church. This word church was never mentioned in Hebrew. The word church is the English translation of Ekklesia. The word church is first mentioned in Matthew chapter 16 and verse 18 "And I say unto thee, that thou art Peter, and upon this rock I will build my church and the gates of hell shall not prevail against it". In Hebrew the word used is assembly of believers.

In Matthew chapter 18 and verse 17 the church is not the building, but the people "And if he shall neglect to hear them, tell it unto the church, but if he neglect to hear the church, let him be unto thee as a heathen man and a publican". Acts chapter 2 and verses 46 and 47 says "And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart, praising God, and having favour with all people. And the Lord added to the church daily such as should be saved". They ate meals together from house to house and giving thanks for what God was doing for them, by adding more people to the assembly of believers (adding to the church).

More clarity as to the church, is mentioned in Acts chapter 8 and verses 1 and 3 "...And at that time there was a great persecution against the church which was at Jerusalem and they were all scattered abroad throughout the regions of Judea and Samaria, except the apostles. As for Saul, he made havoc of the church, entering into every house and haling men and women committed them to prison". Acts chapter 11 and verses 22, 25 and 26 states "Then tidings of these things came unto the ears of the church which was in Jerusalem and they sent forth Barnabas, that he should go as far as Antioch. Then departed Barnabas to Tarsus, for to seek Saul. When he had found him, he brought him unto Antioch. It came to pass, that a whole year they assembled themselves with the church, and taught much people. The disciples were called Christians first in Antioch". Church in these verses refer to the believers. (Saul is the same person, Paul)

In Romans chapter 16 and verse 5 it shows "Likewise greet the church that is in their house...". 1st Corinthians chapter 1 and verse 2 states "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...". 1st Corinthians chapter 10 and verse 32 says "Give none offence, neither to the Jews, nor to the gentiles, nor to the church of God". Also in 1st Corinthians chapter 11 and verse 18 it says "For first of all, when ye came together in the church, I hear that

there be divisions among you, and I partly believe it".

The following text from 1st Corinthians chapter 16 and verse 19 clarifies that the church refers to the believers and they were not confined to large buildings. The church or believers met in houses too. "The churches of Asia salute you. Aquila and Priscilla salute you much in the Lord, with the church that is in their house". Also, Colossians chapter 4 and verses 15 and 16 repeats "Salute the brethren which are in Laodicea, and Nymphas and the church which is in his house. And when this epistle is read among you, cause that it be read also in the church of the Laodiceans and that ye likewise read the epistle from Laodicea". Philemon chapter 1 and verse 2 affirms "And to our beloved Apphia, and Archippus our fellowsoldier, and to the church in thy house".

Ephesians chapter 3 and verse 9, 10 and 21 explains "And to make all men see what is the fellowship of the mystery, which from the beginning of the world hath been hid in God, who created all things by Jesus Christ. To the intent that now unto the principalities and powers in heavenly places might be known by the church the manifold wisdom of God...Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen".



Yeshua (Jesus) is the head of the church (believers). Ephesians chapter 5 and verse 23 says "...Christ is the head of the church, and he is the saviour of the body. Therefore the church is subject to Christ...". This is also repeated in Colossians chapter 1 and verses 13 to 18 which clarifies "Who hath delivered us from the power of darkness and hath translated us into the kingdom of his dear son. In

whom we have redemption through the blood, even the forgiveness of sins, who is the image of the invisible God, the firstborn of every creature. For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers. All things were created by him and for him. He is before all things and by him all things consist. He is the head of the body, the church...".

Philippeans chapter 4 and verse 15 notes "Now ye Philippeans know also, that in the beginning of the gospel, when I departed from Macedonia, no church communicated with me as concerning giving and receiving, but ye only". Here again the church refers to the believers in Hebrews chapter 2 and verse 12 "Saying, I will declare thy name unto my brethren, in the midst of the church will I sing praises unto thee". Hebrews chapter 12 and verse 23 declares "To the general assembly and church of the firstborn, which are written in heaven, and to God the Judge of all...".

1st Corinthians chapter 12 and verse 28 explains "God hath set some in the church, apostles, prophets, teachers, after that miracles, gifts of healings, helps, governments, diversities of tongues". (tongues is the same as languages). The church is the believer, and not a building. Believing in Yehovah (Jehovah or God) and his son, Yeshua (Jesus), then you are the church.

I hope you have learned more about the Scriptures. Next month I will look at 'what is the Soul'.

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



2Let2Sell2Buy.Com

Struggling to sell your property?

Our clients are ready to buy

We're in immediate need of new properties for sale. Contact us today for a free, no-obligation consultation.



Find us on
Facebook



Youtube
Costa.Calida.Expats

Address

Calle Jara,
Camposol B,
30875 Mazarrón

Opening hours

Mon-Fri: 9am till 6pm
Sat: 9am till 2pm
Sun: Closed

Contact

968 979 876
www.2let2sell2buy.com



**LEGAL & FINANCIAL
EXPAT ASSISTANCE**

SPECIAL OFFERS FOR EXPATS



**WILLS FOR SPAIN
OR THE UK**
FROM **99€** including IVA



**POWERS OF ATTORNEY
VALID IN SPAIN
OR THE UK**
FROM **99€** including IVA



(Gabriel's Spanish Bar Assoc
Reg No. is ICAE 1265)

**LEGAL & FINANCIAL
ADVICE IN FLUENT ENGLISH**

- Probate • Tax/Pensions
- Court cases • Family matters
- Property issues
- **No stress • No drama**
- **No problem**



**ONE OF THE LOWEST
PRICED FUNERAL
PLANS IN SPAIN**
FROM **2200€**

Your funds fully protected with Amundi
via Sabadell Asset Management
Interest free options available



Call Paul on: **865 756 058**

or complete the contact
form on our website at:
www.thywill.es



**We share 10€ from each sale
between these 4 charities**



We cover the whole of mainland Spain, the Balearics and the Canaries

TV NEWS

August – just another two months of the intense heat and we will need a log delivery for the wood burner. This year seems to have been more difficult to cope with than previous – maybe it's just my age!

However, only one more month until we get our roads, beaches, shops, restaurants and car parks back – Madrid will have gone home. Although the two months of July and August, whilst frustrating for the locals, is the life blood of many businesses and they would not survive without that boost. I just get frustrated when I have to allow 30 minutes to get to Bolnuevo – a 10 minute journey in winter!

Casa Rainbow is fine – plants soaked once a week and dogs that do not go out in the midday sun – but happy to play all night!

TV news We still get asked if we can come and fix UK satellite systems – mainly by people with holiday homes arriving for the first time in months. Unfortunately, for 24/7 all channel reception the answer is no, we cannot fix it. We probably can get CH5 and a few others but BBC, ITV, CH4 are just not available all day every day. When the channels went HD they also went to frequencies that are marginal in southern Spain – add in the weaker summer signals and the result is no TV! Some may come back in the autumn/winter but we doubt full channel coverage.

Internet TV is the way forward – ALL TV will be by this transmission service in the not too distant future. Most of us have access to fibre these days – generally excellent for TV viewing. Those with no fibre access now have Starlink – again excellent quality internet. We reported free equipment availability (save 360€) in the last newsletter but by the time it was published the offer had ceased but is now back again. If you want Starlink look at the offers each day until you get the one you want – it takes 2 minutes on the Starlink website to check offers.



They did have the 'mini on free' offer for a while and we installed one the other day – the problem is that the router is located within the antenna which is great for camping / caravanning but not so good for homes – you would need to run an ethernet cable from antenna to indoor router site. Rainbow has lots of Starlink experience now – we can offer advice and installation packs.

We at Rainbow 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 August – more TV information in September 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, whatsapp or email, or take a look at our website. We are also on Facebook – take a look and like us!



rainbow
SATELLITES

For All Your TV Needs

686 358 475

rainbowsats@gmail.com



www.rainbowsats.org

TKO **RADIO**

COSTA CÁLIDA

106.5.fm

COSTA BLANCA

91.9.fm

**YOUR NUMBER 1 ENGLISH LANGUAGE
RADIO STATION ON THE
COSTA BLANCA AND NOW
BROADCASTING ON THE COSTA CÁLIDA**

TKO.RADIO

DESIGN TRIALS

They say hindsight is 20/20—but in the world of interior design, hindsight often looks like a velvet sofa that stains when you so much as glance at it, or a kitchen so minimal you can't even find your own kettle. Design regret is a rite of passage, and the good news is, it's one you don't have to go through yourself—if you're willing to learn from those who've gone before.

We've scoured real forums, home blogs, and design confession threads to find the most common (and most entertaining) home design mistakes that real people have lived to regret. So before you knock down walls, paint everything grey, or install that matte black tap, take a pause—and have a read.

One of the most repeated regrets across the board? Grey. One homeowner summed it up perfectly: "I painted everything grey and now I live in a sad cloud." What once felt sleek and modern now feels cold and lifeless. The trouble with grey is that when it dominates a space without warmth or texture, it can quickly turn dreary. If you're still tempted, the trick is to balance grey with natural woods, earthy tones, and soft textures. Grey can still work beautifully—but it needs company.

Then there's the classic white sofa. "White couch + toddler = pain," someone wrote, and you can practically hear the regret through the screen. Yes, they're stunning, but in a household with children, pets, or even the odd snack, they rarely stay white for long. The smarter choice? Slipcovered sofas in off-white, beige, or grey that can be thrown in the wash, or opt for darker tones and textured fabrics that hide the evidence of real life.

Another surprising one is the glass dining table. At first glance, it's stylish, light-reflecting, and modern. But according to one user: "We bought a glass dining table. Fingerprints. Forever." They're beautiful, but high-maintenance. If you're someone who hates constantly wiping down surfaces, consider timber, marble, or even frosted glass instead.

Open shelving is another trend that seemed like a great idea... until reality hit. One person wrote: "We ripped out all the kitchen cabinets for open shelving. Now it's just clutter on display." What

looks curated and charming on Instagram quickly becomes visual chaos in real life. If you love the aesthetic, go for a mix of open and closed storage—and rotate what's on show, like a gallery, not a pantry.

Then there's the all-too-common fireplace TV mount. "We put the TV above the fireplace. Now we all have neck problems." It's a decision many regret once they've spent a few hours craning upward to watch the news. Unless your fireplace is unusually low, try mounting the TV at eye level for seated viewing. It's not revolutionary, but it's ergonomic—and your neck will thank you.

Matte black taps also make the list. "Matte black taps. Gorgeous. Impossible to keep clean." They attract water spots, fingerprints, and soap residue like magnets. If you're not the sort who enjoys polishing taps daily, consider brushed brass, stainless steel, or textured finishes that are more forgiving.

On a more practical note, electrical regret is a big one. "We didn't put enough plugs in the kitchen. Now we're doing the toaster dance." Renovation forums are full of people kicking themselves for not adding extra sockets. Always install more outlets than you think you'll need—especially in the kitchen and bedroom. You'll never wish you had fewer.

And finally, the romantic dream of open-plan living often turns to noise-filled chaos. "We went full open-plan. It's beautiful. And loud. So loud." Without walls, there's no sound buffer. Noise from the kitchen, telly, and daily life blends into one echo chamber. Zoning with rugs, curtains, bookcases, or even sliding doors can help bring back a sense of calm and structure without undoing the open-plan flow.

Design regrets don't make you foolish—they make you human. And every regret is just a sign that your home is growing and evolving, just like you. The key is not perfection, but intention. Ask yourself: is this choice beautiful, or just trendy? Is it

practical for my actual life—or just photogenic for five minutes?

When in doubt, try it small, test it temporarily, and always leave room for change. Because even the best homes have a few design hiccups—and that's what makes them feel lived in.





**marena
murray**

LA MANGA CLUB PROPERTY EXPERTS

HOME SALES | PROPERTY MANAGEMENT | VILLA HOLIDAYS

 **WWW.MARENAMURRAYPROPERTY.COM**

 **+34 968 175 087**  **INFO@MARENAMURRAYPROPERTY.COM**

Megarsa
Specialists

YOUR HOME, OUR EXPERTISE

FREE
no obligation
QUOTE

At Megarsa, we make your dream home a reality by handling every aspect of home renovation and construction.

-
- Pools & pool repairs
- Bathrooms & kitchens
- Flooring
- Artificial grass
- Guttering
- Solar panels
- General construction
- Paint shop
- BBQs
- Security doors & windows
- Air conditioning



ES/FR 602 10 39 80 EMAIL megarsapiscinas@gmail.com
EN/ES 643 27 47 35 WEB megarsapools.com

Calle Jara 23, Comercial Center
Sector B, Camposol.

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 - see their FB page for info

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 Mojácar - see their FB page for times

Los Bandidos Sea Swimming @ Mojácar – see their FB page for times

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

Every Thurs **Market @ Lorca**

Los Bandidos Cycle Ride from Mojácar – see their FB page for times

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 Múltiples, 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 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 @ Mojácar – see their FB page for times

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 – see their FB page for times

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) 8pm

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

AUG

Sun 3

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



Minigolf
ALBATROS

Open 7 days a week from 12pm, March to November

18-hole minigolf
Trampolining
Bar service

Avda. del Mediterráneo, 28 (opposite Hotel El Puntazo) 04638 Mojácar Playa
telf. +34 667 550 190
minigolfalbatrosmojacar@gmail.com



BLU
ICE CREAM PARLOUR & COFFEE SHOP

Delicious

ICE CREAM PARLOUR & COFFEE SHOP

INDULGE IN THE DELIGHTFUL WORLD OF COFFEE AND ICE CREAM WITH US

+34 661 644 042
BLU@HELADERIA.ORG

- Tues 5** **Monthly 'B' Clean Meeting @ Camposol B 4pm**
- Sun 10** **St Nicholas Church Holy Communion @ Camposol D20 C/Sobrija 11am**
- Tues 12** **HELP MMM Coffee & Company @ Calle Helena, Los Alcazares 11am-12.30pm**
- Weds 13** **St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm**
- Fri 15** **Asunción de Virgen, National Holiday**
- Sat 16** **Friends of Mazarrón Animals Adele Tribute @ Mazarrón Country Club 10€ 8pm. Tickets via whatsapp 711036388**
- Sun 17** **St Nicholas Church Morning Prayer @ Camposol D20 C/Sobrija 11am**
- Sun 24** **St Nicholas Church Holy Communion @ Camposol D20 C/Sobrija 11am**
- Weds 27** **St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm**
- Thurs 28** **San Agustin, Fuente Alámo & Mojácar**
- Sun 31** **St Nicholas Church 5th Sunday Service @ Camposol D20 C/Sobrija 11am**

NAME	PHONE	EMAIL
ANDREA'S ANIMAL RESCUE	690 906 565	andreasantimalrescuemurciaotmail.com
B CLEAN		bcleangardening@gmail.com
CAMPOSOL D GARDENING/COMM GROUP	634 103 668	sectordphone@mail.com
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
GOLDEN STARS AMATEUR THEATRE GROUP		goldenstarsmazarron@gmail.com
HARLEQUIN ROCK CHOIR		randcjackson56@gmail.com
HELP MAR MENOR		helpmmm@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

VIRTUAL STYLING

From the Costa del Sol to country fincas, Spanish homes are seeing a surge in online decorating – with more and more people turning to websites and apps for stylish, affordable pieces delivered right to their doorstep. Whether you're searching for a statement mirror, minimalist coffee table, or woven pendant light, shopping for furniture online promises convenience, choice, and often, a surprisingly low price tag. But how reliable is it, really?

In Spain, platforms like **Maisons du Monde**, **Kave Home**, and **La Redoute Interiors** offer on-trend designs with relatively fast delivery and dependable customer service. Then there are international giants like **IKEA** and **Zara Home**, both of which offer extensive online catalogues with local delivery options across much of the country. Newer names like **H&M Home** and **Westwing** have gained popularity for their curated edits and seasonal collections, especially among renters or those looking for quick, chic updates.



But while online shopping offers access to styles you may not find locally – especially in rural areas – it also carries its fair share of frustrations. One of the most common is the disparity between how an item looks in a professional product photo and what arrives at your door. That sleek armchair with boucle fabric may, in reality, feel more like thin felt. The rustic coffee table that looked beautifully aged online might arrive as a flat-packed board with faux wood veneer. These differences don't always mean the product is bad – but they can disappoint if expectations aren't managed.



There are also issues of size. In physical stores, you can see and feel the scale of furniture – how high a seat sits, how deep a sofa feels, or how wide a dining table really is. Online, it's easy to misjudge. Even with measurements listed, shoppers can find themselves with items that either overwhelm or underwhelm the space. Reading reviews, especially those

with customer photos, is one of the most effective ways to navigate this. Real photos often reveal true colour, material texture, and proportions better than anything the product description will tell you.

On the upside, online shopping opens up flexibility. You can browse multiple styles from bed, compare prices across sites, and take your time without pressure. For busy families, remote workers, or expats renovating second homes, this ease is invaluable. And because many sites offer free or low-cost delivery across Spain – especially on orders over a certain amount – the experience is often more economical than people expect.

However, returns remain a grey area. While most reputable sites allow returns, the process isn't always simple. Returning a cushion cover is one thing; sending back a 40kg wardrobe is another. Costs, repackaging requirements, and courier collection slots can turn what seems like a small mistake into a full afternoon of logistics. For this reason, many shoppers avoid buying bulky items unless they're confident in the quality or have seen them in person previously.

That said, when done wisely, online furniture shopping in Spain can be a brilliant resource. It allows you to discover pieces that reflect your style – whether that's Mediterranean minimalism, rustic warmth, or bold contemporary – without being limited by local showroom stock. And with a bit of patience and review-scrolling, there are real gems to be found. A handmade-look rug, a perfect glass vase, or a lamp that adds just the right glow to your living space.

So what's the takeaway? Online homeware shopping can offer incredible value, especially if you know where to look and take time to research. Trustworthy sites, customer reviews, and a realistic view of what you're buying are key. While some items may fall short, many are well-made, beautiful, and genuinely elevate your home.

As with anything, it's about balance: a little care in selection goes a long way – and sometimes, you really do get what you pay for. But every now and then, you might just find something special that looks and feels like it cost three times the price.



ROSEMARY LAMB CHOPS

To prepare this elegant yet hearty lamb dish, start by gathering your ingredients: a rack of lamb or around six lamb cutlets, sea salt, freshly ground black pepper, a few sprigs of rosemary, garlic cloves, olive oil, a small knob of butter, baby carrots, baby shallots or pearl onions, cherry tomatoes, a handful of diced potatoes or turnip, and a splash of red wine or balsamic vinegar for reduction. You'll also need cauliflower or parsnip for the purée, along with double cream and a touch more butter for smoothness. Begin by marinating the lamb with chopped rosemary, minced garlic, olive oil, salt, and pepper—leave it to rest for at least 20 minutes at room temperature. Meanwhile, peel the carrots and shallots, then boil them briefly until tender, drain, then toss in butter and a pinch of thyme. Dice the potatoes into small cubes and roast them with olive oil and seasoning in a preheated oven at 200°C; once they begin to colour, add the cherry tomatoes and roast for 10 more minutes until softened. For the purée, steam the cauliflower or parsnip until soft, then blend it with a generous spoonful of butter, a splash of cream, and a pinch of salt until velvety smooth. Heat a frying pan until hot, sear the lamb for a couple of minutes on each side to form a crust, then transfer to the oven and roast for about 8–10 minutes depending on your preferred doneness. While it cooks, reduce the red wine or balsamic in a saucepan over medium heat until it thickens into a glossy sauce. To plate, spoon a bed of purée onto each plate, arrange the glazed vegetables and roasted cubes alongside, then lean two lamb cutlets gently on top. Drizzle with the reduction and garnish with a sprig of rosemary for a refined finish. Serve immediately with a glass of something bold and red, and enjoy a restaurant-style dinner from the comfort of home.





EASY VEGGIE SUSHI ROLLS

To make these light and vibrant veggie sushi rolls, you'll need Japanese sushi rice, rice vinegar, caster sugar, a pinch of salt, sheets of nori (dried seaweed paper), a ripe avocado, a fresh carrot, half a cucumber, soy sauce, wasabi, and a little parsley for garnish. Start by rinsing the sushi rice thoroughly under cold water until the water runs clear, then cook it according to the packet instructions. Once cooked, allow the rice to cool slightly before seasoning it with a splash of rice vinegar, a pinch of sugar, and a little salt, mixing gently to combine. Lay a sheet of nori shiny side down on a bamboo rolling mat, then gently press a thin layer of the seasoned rice evenly across the surface, leaving a clean strip at the top edge. Line the centre with thin slices of cucumber, avocado, and carrot. Carefully roll it all up using the mat, pressing firmly but gently to shape and seal the roll. Slice into bite-sized pieces using a sharp, damp knife, and serve with soy sauce, a touch of wasabi, and a garnish of parsley or finely shredded carrot for a colourful, refreshing finish.

BERRY VELVET CUPCAKES

To make these indulgent yet easy red velvet cupcakes, begin by gathering your ingredients: a generous portion of unsalted butter, about one cup of caster sugar, two large eggs, just under two cups of plain flour, a tablespoon of cocoa powder, half a teaspoon of bicarbonate of soda, half a teaspoon of salt, one teaspoon of vanilla extract, a teaspoon of white vinegar, roughly three-quarters of a cup of buttermilk, and a few drops of red food colouring gel. For the frosting, you'll need one tub of cream cheese, a good lump of softened butter, and around three cups of icing sugar, along with a handful of fresh berries such as raspberries and blueberries for decoration. Begin by preheating your oven to 180°C and lining a cupcake tray with paper cases. Cream the butter and sugar in a large bowl until fluffy, then beat in the eggs one at a time and stir in the vanilla. In a separate bowl, sift together the flour, cocoa, salt, and bicarbonate of soda. Fold the dry mixture into the wet ingredients gradually, alternating with buttermilk. Stir in the vinegar and just enough colouring to give a rich red hue. Spoon the batter evenly into the cupcake cases and bake for around twenty minutes, or until a skewer inserted into the centre comes out clean. Let them cool fully before icing. If the cakes dome slightly, you can level the tops with a knife for neater presentation. To make the frosting, beat the cream cheese and butter until smooth, then slowly add the icing sugar until thick and fluffy. Chill the icing for ten minutes if it feels too soft to pipe. Pipe swirls onto each cooled cupcake and top with a fresh berry or two for a simple yet elegant finish.



KITCHEN FLOW

In most homes, the kitchen is more than just a place to prepare meals—it's a hub of activity, a gathering space, and often the silent stage for rushed mornings, late-night snacks, and everything in between. Yet despite its importance, it's also one of the most overlooked spaces when it comes to designing for ease. A chaotic kitchen layout can lead to unnecessary stress, time wasted, and even a reluctance to cook. Creating a zero-stress kitchen is not about making it look like a showroom; it's about flow, function, and thoughtful design that makes everyday tasks feel lighter.

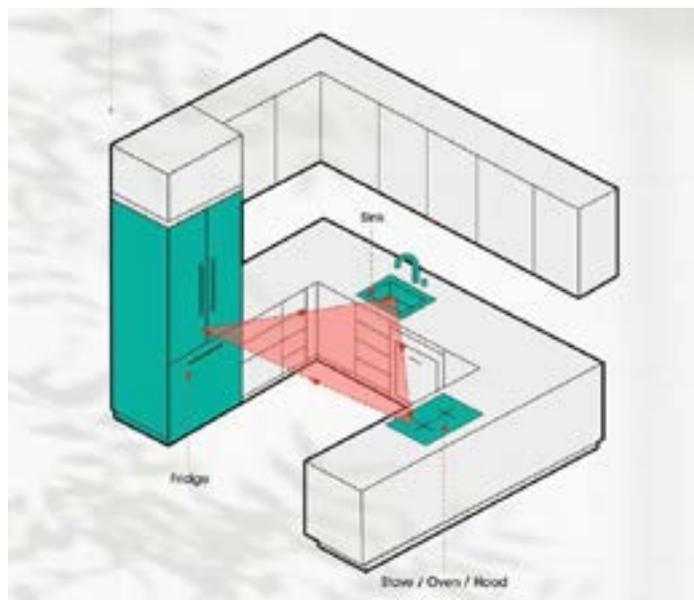
The first principle of a low-stress kitchen is the working triangle—a layout concept that has stood the test of time. This idea connects the three core areas: the cooker, the sink, and the fridge. Ideally, these three elements should form a triangle, allowing you to move efficiently between them while cooking. When the triangle is too wide, your steps multiply and frustration follows. When it's too tight, you'll feel cramped and limited. Whether your kitchen is U-shaped, L-shaped, galley-style, or part of an open-plan space, positioning these elements thoughtfully can dramatically improve your daily rhythm.

Another essential design feature is zoning. A zero-stress kitchen separates the space into clearly defined areas, each with its own purpose. There should be a prep zone with easy access to chopping boards, knives, and mixing bowls. A cooking zone where pans, utensils, and spices live. A cleaning zone around the sink and dishwasher. And ideally, a breakfast or beverage station that houses mugs, the kettle, and cereals. By organising your kitchen around these zones, you reduce the time spent rummaging, reaching, or walking back and forth.

Storage plays a critical role in maintaining calm. Open shelves may be stylish, but they require careful curation and frequent dusting. Closed cabinetry offers a more forgiving option, especially when you're short on time. Deep drawers for pots and pans allow you to see everything at once, avoiding that familiar feeling of frustration when you're digging at the back of a cupboard. Pull-out pantry units and corner carousels make use of awkward spaces while keeping ingredients visible and accessible.

Lighting is often underestimated but can change the way you experience the kitchen. A layered approach works best—overhead ambient lighting for general use, task lighting under cabinets for food prep, and perhaps softer, warmer lighting around dining areas to transition from work to relaxation. Harsh or poor lighting not only strains the eyes but can make the kitchen feel clinical or uninspiring.

Finally, consider how your kitchen supports routine. A place for everything and everything in its place is not about perfectionism, but about building comfort into your daily flow. Hooks for keys near the back door, a tray for post, a drawer for chargers—small touches that reduce friction. A zero-stress kitchen doesn't ask for more time or effort; it simply gives it back to you in subtle, meaningful ways. When a space works with you, not against you, the whole day feels easier.



CHECK OUT

H&L

website here
@homeandlivinghq.com

CONTACT SALES: 680 588 377
Email: info.homeandliving@spaintodayonline.com
www.homeandlivinghq.com

Home insurance **ibex** INSURANCE



Great cover for your home!
Tailor made home insurance policies.

968 595 945
689 157 126
mazarron@ibexinsure.com
Calle Barcelona 3,
Urb. Camposol, Sector A,
30875 Mazarrón
www.ibexinsure.com

EL VALLE Autodesguace

Looking for a replacement part for your car? Need to scrap your car & don't know where to go? El Valle Autodesguace can help you.



We have a large range of spare parts for many brands and models of both cars and motorbikes.

All the stock is listed for a quick response over the part you need. We can try to get the part for you if we don't have it in stock.

We can help you with the process for scrapping your car. We can then legally take your car away for you - saving you a lot of stress.

We are authorized by the General Directorate of Traffic to officially deregister your car.
EL VALLE AUTODESGUACE, SL
Tel: 968 630 600 Whatsapp: 609 651 463
Carretera RM 2, KM 2,3
30840 Alhama de Murcia (MURCIA)

CORRAL

ABOGADOS Y ASESORES TRIBUTARIOS LEGAL&TAX

Lawyers, Barristers, Accountants and Tax Advisors



+34 968 078754 | info@corralassociates.com | www.corralassociates.com

YOUR EXPERTS IN PROPERTY LAW AND TAXES

CONVEYANCING	CORPORATE LAW	INHERITANCE
LITIGATION	PROPERTY LAW	BUSINESS SET UP
NIE		TAXES - ACCOUNTANCY

Office in Mazarrón:
Avda. Doctor Meca 34
30.860 Puerto de Mazarrón

Office in Murcia:
Calle González Adalid 9, 3F
30.001 Murcia

Healthy H₂O
FILTERED WATER ON TAP

- **Premium ceramic drinking water filter:** clean water straight from your tap. Help to reduce plastic waste!
- **Whole house system:** help reduce the build up of limescale in your pipes and appliances
- **Reverse osmosis system:** drinking water for areas with poor quality water, particularly agricultural

Call or WhatsApp 666 302 987
info@healthyh2o.es
www.healthyh2o.es



GA Gestoría Carvajal SOLICITORS



TRANSFER YOUR VEHICLE WITHOUT WAITING

WITH GESTORÍA CARVAJAL, PUERTO DE MAZARRÓN

Gestoria Carvajal is a company focused on providing a high quality of traffic services, with maximum speed and satisfaction to the customer.

The transfer of vehicles is one of the steps. We process the change of name instantly, telematically, without waiting and you can leave with the vehicle in your name on the same day.

In addition, Gestoria Carvajal offers registrations, notifications, vehicle de-registrations, duplication of documentation, importation of vehicles, Spanish plates, etc.

For more information and appointments in English and Spanish.

TEL: +34 968 154 045 OR +34 619 173 626
www.gestoriacarvajal.com e-mail: info@gestoriacarvajal.com
Avenida Dr Meca, nº38, Pto de Mazarrón

BEAUTY TREATMENTS FROM LA PELU

LASER HAIR REMOVAL
MANICURES
EYELASH EXTENSIONS
EYEBROW DESIGN
LASH LIFT
PEDICURES



B BBEAUTYMOJACAR
i BEAUTY BY BETSY

CALL TO BOOK
+34 664 82 15 54

MEN'S ELEVATION

Removing friction. Enhancing flow. Setting visual cues for better habits and decisions.

We often think of willpower as something that lives entirely in our heads—a mental reservoir we dip into when we resist temptation, push through discomfort, or stick to a new habit. But in truth, discipline is shaped just as much by our environment as it is by intention. The layout of your home, the objects in your line of sight, the way your daily tools are arranged—all of these influence your decisions, for better or worse.

Your home is a mirror of your habits. If it's cluttered, chaotic, and filled with micro-obstacles, you're using willpower just to get through the basics. But if your home is thoughtfully designed to support your goals, discipline becomes easier. The home takes on some of the effort. It becomes a silent partner in your consistency.

This isn't about achieving minimalist perfection or investing in high-end design. It's about setting up your space with intention. Creating a home that nudges you towards good decisions—even on days when motivation is low.

Remove Friction, Reduce Excuses

Friction is the hidden enemy of good habits. When something feels even slightly harder than it needs to, your brain naturally resists. That's why storing your gym gear in the back of a wardrobe reduces your chances of exercising. If your blender is packed away behind pots and pans, you're less likely to make a smoothie. But when the healthy choice is the easy one, you're already halfway there.

Designing with discipline means removing friction points wherever possible. Keep your running shoes by the door. Leave your water bottle filled and in sight. Put a notepad and pen where you tend to sit in the evening. These are not decorative touches; they are functional cues that ease decision-making and build behavioural momentum.

Design by Zones, Not Just Rooms

One powerful strategy is to divide your home into functional zones, even within a single room. This is especially useful if you're working with limited space. A simple example: a chair by a window with a book and a blanket becomes a "reading zone." A shelf with dumbbells and resistance bands in the corner of the living room becomes a "fitness zone." These zones act as psychological anchors. When you enter them, your mind understands what it's there to do. The fewer decisions your brain has to make, the more mental energy you save for what really matters.

Visual Cues Over Verbal Promises

While affirmations and goals written in a journal have their place, visual cues in your living space can be more powerful in the moment. An open book placed on your desk reminds you to read. A healthy snack on the counter nudges you to skip the junk. Even your wardrobe layout can influence what you wear and how you feel.

By placing the right objects in the right places, you're designing for success without needing to remind yourself constantly. Visual cues eliminate the friction of memory and replace it with immediacy.

Light, Layout, and Mental Load

Lighting has a direct impact on your energy, focus, and mood. Harsh overhead light late at night can interfere with sleep.

Warm-toned lamps in the evening help your body wind down. Bright natural light in the morning cues alertness and productivity. Invest in layered lighting—overhead, task, and ambient—to support your body's natural rhythms and the demands of your day.

Likewise, furniture placement matters more than you think. If your desk faces a wall cluttered with distractions, your mind mirrors the chaos. If your kitchen layout is cramped and dark, you're less likely to cook. Shifting the layout to create open flow reduces tension and increases the sense of clarity in your actions.



Habit Stacking Through Design

You can also use your home to "stack" habits together. If you drink coffee every morning, place your vitamins next to the mugs. If you like to stretch or do bodyweight exercises before bed, keep a foam roller or resistance band beside your bed. These small adjustments eliminate the need to rely on memory and instead allow the home to guide your routine gently but firmly.

The Strategic Home

A disciplined home is not about rigidity or perfection. It's not about tidying for the sake of tidiness. It's about removing what doesn't serve you and adding what quietly supports you. When your environment is set up to reduce decision fatigue, lower friction, and guide your routines, you conserve your mental energy for the things that require true effort.

Discipline becomes less about resisting the wrong thing and more about welcoming the right thing—without a battle. A well-designed space does more than look good. It makes living well feel natural.

insureSpain

660 170 355

insurespain.com

info@insurespain.com



WHY CHOOSE US?

All English speaking staff

Open 7 days a week

Free, no obligation quote

Policy in various languages

Paperwork in various languages

Medical for residencia

**CAR
ACCIDENT
BUSINESS
TRAVEL
HOUSE
MEDICAL
DENTAL
LIFE**



Agent number
C0031X3937473B

SILENT DRAINERS

And how to fix them with a touch of design psychology and elegance

We tend to blame tiredness on lack of sleep, too much screen time, or one-too-many coffees. But what if the real culprit was your home?

Yes—your home, the place meant to restore and revive you, might quietly be draining your energy. Not because it's untidy or chaotic (though we'll get to that), but because certain overlooked design choices can affect your brain, your mood, and even your circadian rhythm. From lighting to layout, scent to sound, here are ten subtle offenders—and a few beautifully simple ways to restore balance.

First, let's talk about lighting. Cold, harsh overhead lighting—especially the bright white kind—can feel clinical and fatiguing. It tricks the brain into staying alert long after it's time to wind down. If your living room feels more like a waiting room than a place to relax, the lighting may be to blame. The solution? Layer your lighting. Introduce warm-toned lamps at eye level and embrace dimmer switches where you can. A soft, amber glow in the evening helps cue the body for rest, signalling that the day is gently drawing to a close.

Next comes colour. While grey has certainly had its moment, too much of it can leave a space feeling flat and uninspired. Grey-on-grey interiors, without contrast or warmth, offer little stimulation to the senses—and they can leave you feeling just as dulled. Bring life back with tactile variety: warm wooden textures, linen, woven baskets, or a few caramel or terracotta accents. You'd be surprised how one textured cushion or rustic vase can shift the entire energy of a room.

Then there's the matter of natural light—or the lack of it. A dim room can trick your brain into thinking it's perpetually late afternoon, suppressing serotonin and making you feel sluggish, no matter how much sleep you've had. Maximise the daylight you do have. Use mirrors to reflect it, opt for sheer curtains to diffuse it softly, and keep windowsills clear of unnecessary clutter. Clean glass and open spaces invite the sun in.

Visual clutter is another silent drain on your mental energy. Your brain scans and processes everything within your field of view—papers, tangled cables, scattered remotes. It all adds up to background noise for your mind. Creating defined zones within your space can

help: a tidy tray for your keys, a singular shelf for décor, drawer organisers that remove the daily rummage. It's not about perfection; it's about giving your eyes somewhere to rest.

A particularly draining setup is having your bedroom double as your workspace. If your bed faces your desk, or worse—if you work in bed—your brain never fully disengages. The boundary between 'on' and 'off' becomes dangerously blurred. Even in small spaces, it's worth creating physical separation. A curtain, a folding screen, or even a rug to define zones can make a world of difference. Add visual cues like warm throws or soft lighting in the sleep zone to help signal that the day is done.

Background noise is another factor we often overlook. The hum of appliances, the buzz of tech, or even that low-level fridge drone—it all takes a toll. Your nervous system registers it, even when your conscious mind doesn't. Whenever possible, turn off what you can. If you're replacing appliances, look for quieter options. Textiles—curtains, rugs, cushions—don't just look good; they absorb sound and create softness.

An often ignored design choice is the emptiness of walls. While minimalist interiors can look sleek, completely bare walls can feel emotionally flat. Homes need some reflection of personality—art, photos, or meaningful objects. Even one framed print or personal photograph can transform a sterile space into one that feels soulful. Art gives your mind somewhere to rest—and sometimes, to dream.

Bad furniture layout also contributes to fatigue. If you're constantly navigating around coffee tables or squeezing past sideboards, your body absorbs that tension. Poor flow creates low-level frustration. Take a moment to reassess your layout. Could one item be moved to create openness? Is your sofa positioned to invite connection? Sometimes one simple shift can rebalance the room.

Scent is an invisible but powerful part of how a space feels. If your home always smells the same—be it fabric softener, old candles, or artificial air fresheners—your senses can grow dull. Try rotating scents throughout the year. Diffuse essential oils, simmer orange peels and cloves in winter, display fresh herbs in the kitchen. Fragrance, like music, changes your energy instantly.

Finally, consider those dead spaces—corners, landings, awkward nooks. When neglected, they quietly collect dust and drain life from the room. They serve as tiny reminders of things left unfinished. Reimagine these forgotten corners as "delight zones." Add a trailing plant, a sculptural lamp, a chair and a cushion. Give them purpose—or at least a point of beauty.

The truth is, you don't need to remodel your home to feel more energised. Most of the time, it's about a shift in awareness—adding softness, clearing space, allowing light in. A beautiful home isn't just one that photographs well. It's one that gives back to you. That holds you when you're tired, gently recharges you, and lets you breathe deeply. And sometimes, all it takes is the flick of a switch, a rearranged chair, or a whisper of lavender in the air.



Kevin's Fly Screens & Aluminium Services

ALL OUR FLYSCREENS ARE HAND BUILT TO ORDER USING ONLY THE HIGHEST QUALITY MATERIALS

ALUMINIUM FLYSCREENS FOR REJAS, PATIOS, DOORS, WINDOWS ETC

WHATSAPP STEVE ON **650662579**

BATH MOOD

Let's be honest—when most of us think about bathroom design, we tend to focus on function first. White tiles, chrome fittings, neutral walls. It's clean, it's safe, it works. But the bathroom is far more than just a practical space. It's where your day begins and ends. Where you prepare to face the world and where you come to let it go. And just like any other room in your home, your bathroom deserves to make you feel something.

That's where mood comes in—and it starts with two of the most powerful design tools at your disposal: colour and texture.



Why Mood Matters More Than You Think

Have you ever walked into a hotel bathroom and instantly felt calm? Or stepped into one that made you feel slightly on edge, without knowing why? That's mood at play. And it's no accident. The colours and materials used in a space speak directly to our subconscious, influencing how we behave, what we feel, and how we connect to our environment.

In a bathroom, that connection is more personal than in any other room. You're at your most vulnerable here. Bare skin, soft light, slow rituals. That's why designing a mood isn't just about style—it's about emotional comfort.

Colour: The Emotional Palette

Let's start with colour. White is the traditional choice for bathrooms, and for good reason—it reflects light, feels clean, and opens up the space. But too much white can feel clinical, cold, and emotionally flat. If your bathroom feels more hospital than haven, that might be why.

Instead, think about how you want to feel in the space. Want to create calm and clarity? Try soft sage green or dusty olive. These earthy tones are tied to nature and restfulness—they bring balance without overpowering the space. If you prefer something warmer, terracotta or clay pinks offer comfort and subtle luxury. They're soft, organic, and deeply grounding.

For a more dramatic, modern mood, matte black is your friend. It adds depth, sophistication, and a bold contrast—especially when used sparingly on tapware, mirrors, or accessories. It gives a sense of order and elegance without feeling harsh.

And don't overlook the classic appeal of blue. Pale blues can bring in that fresh, airy, spa-like feel, while deeper navy blues and teal tones evoke calm confidence and quiet strength. Try pairing blues with warm metals like brushed gold or copper for a layered, luxurious look.

Texture: The Quiet Storyteller

Now, let's talk texture. While colour catches the eye, texture catches the body—and the body remembers. You touch the bathroom more than you realise: the floor beneath your feet, the towel

against your skin, the cool edge of the sink.

That's why choosing texture is about creating a feeling, not just a finish. Glossy tiles reflect light beautifully, but too much gloss can feel stark. Balance them with matte surfaces, natural stone, or wooden accents to add warmth and soul. A honed concrete basin, a textured tile, or even a woven mirror frame adds depth and dimension.

Towels, bath mats, and storage pieces matter, too. Choose plush, thick fabrics that feel indulgent. Add a wooden stool, rattan basket, or ceramic soap dish to introduce natural elements that soften the edges of the space.

Build Your Mood, One Detail at a Time

Designing a mood doesn't mean a full renovation. Start with a single change. Maybe it's switching to matte black tapware, repainting the walls in a muted green, or adding a linen curtain that softens the light. Each layer you add helps shift the emotional tone of the room.

Ask yourself: Do I want to feel calm, energised, grounded, or luxurious in here? Then let your colours and textures reflect that. When your bathroom begins to support your mood, your routine becomes something more than functional—it becomes a ritual.

And in a world that rarely slows down, that kind of intentional space isn't a luxury. It's a quiet form of care.

CHARITIES & GROUPS

AGE Concern
 Tel: 634 344 589 Costa Cálida
 Age Concern Social Centre, 2B Avenida De Los Covachos,
 Camposol C Sector, Mazarrón, Murcia, 30875
 Email: ageconcerncostacalida@gmail.com
 Facebook: Age Concern Costa Calida

**Andrea's Animal
 Rescue & The
 Henrietta Foundation** 
www.andreasanimalrescue.com
andreasanimalrescuemurcia@hotmail.com
 TEL: 690 906 565 CHARITY No. 9.980/1a

Cavalli Foundation
 "Helping Horses Help People"

CAVALLI
 FOUNDATION
info@cavallifoundation.org
 Call: 636 172 198 CHARITY No. 9.980/1a

 **Cloud 9
 Drama**
 Entertaining
 events
 for Charity
 Facebook: **CLOUD NINE DRAMA**

**FRIENDS OF MAZARRÓN
 ANIMALS**
fma.murcia@gmail.com
 TEL: +34 711 032 574
 facebook: Friends-of-Mazarrón-Animals 

FORGET ME NOT
**Community Respite
 Care for the Mazarrón Area**
 Dee: 603 121 416


Helping Hands
 Supporting People And Animals Alike
Manos que Ayudan
 Ayudamos a Personas y a Animales
 ASOC. No. 10.913/1a CIF No. G73739989 
CALL: 634 456 701

**HELPING THE
 PERRERA DOGS** 
 Mazarrón, Murcia, Spain, 30860
 Facebook: Helping The Perrera Dogs

DIRECTORY



INDALO PLAYERS
www.indaloplayers.es
indaloplayers@gmail.com
We support local charities

MABS MAZARRÓN



www.mabscancerfoundation.org

TEL: +34 620 42 24 10

MAD MAKING A DIFFERENCE



Charity No 10.3291*

TEL: +34 603 389 006

NOAH'S A.R.C. Animal Rescue

Registered Animal Charity N° 9.971/1

Helping the animals of Mazarrón for a better future for all!

Email: info@noahsarcmurcia.com

Rehoming and adoption: 602 653 639
Rescue and emergency: 603 206 363
Port shop: 602 624 521
Camposol shop: 711 016 236
Rehoming and adoption: 602 653 639

PAWS PATAS

Dogs: dogs@paws-patas.org

Cats: cats@paws-patas.org

Web: <https://paws-patas.org>



Samaritans in Spain

Are you in emotional distress, if so call our freephone

Number available to all English speakers



www.samaritansinspain.com

The Harlequin Rock Choir

**SING WITH US
ALL FOR LOCAL CHARITIES**

Contact Ruth 711 041 086

VERA AND DISTRICT LIONS CLUB



President: Andy Pearson

Email: lionsshopturre@gmail.com

TEL: +34 711 005 682 & 711 053 382

The Dining Table as Masterpiece: Where Nature Meets Craft

This extraordinary dining table is more than furniture — it is a sculptural expression of nature's quiet power and enduring grace. Hewn from solid wood with its raw edges left untouched, it honours the shape of the tree it once was. Each knot, grain, and undulating curve tells a silent story, one rooted in the earth but brought lovingly into the home.

Set against the cool, rugged stone wall, this table becomes the warm heart of the room — grounding, tactile, timeless. It doesn't shout for attention, and yet it commands it completely. With its sturdy trunk-like base and wide organic surface, the piece feels as though it has grown up through the floor, belonging utterly to the space it inhabits.

Here, the meeting of natural textures and minimalist lines creates perfect harmony. The smooth white chairs contrast and complement the wild edge of the wood, while the pale stone and soft natural light add serenity. It's the kind of space where conversations stretch long after the meal has ended — where people feel held, not just seated.

This table is not merely functional; it's a quiet celebration of craftsmanship and character. A statement piece, yes, but also an invitation — to gather, to share, to pause. In a world of fast trends and throwaway decor, it stands as a lasting symbol of considered design: honest, elegant, and entirely irreplaceable.



SEASONAL SHIFT

How to gently prepare your body, mind, and space for the shift in seasons

By the time August rolls in, most people are still clinging to summer—sunshine, sandals, salads. But while the calendar may say otherwise, your body and mind are already beginning to feel the quiet pull of autumn. The light subtly changes, the evenings grow cooler, and there’s a natural urge to slow down, rest more deeply, and reset. Learning to notice and support this shift—before September rushes in—can transform your seasonal well-being.

Let’s start with what’s happening inside. Our bodies are sensitive to the seasons, and even small changes in daylight hours and temperature influence key hormonal systems. One of the most affected is melatonin—the hormone that regulates sleep. As the days shorten, your body begins to produce it earlier in the evening, which explains why you may feel sleepier, moodier, or more introspective by late August. Rather than fight it, it’s a powerful time to lean into slower routines. Consider dimming your lights earlier, switching to amber-toned bulbs, and limiting screens before bed. Supporting this natural rhythm can help reduce anxiety and improve your energy as the season progresses.

August is also a great time to begin grounding your meals. Summer is light, raw, and hydrating—but as your body prepares for cooler weather, it begins to crave deeper nourishment. This doesn’t mean abandoning salads overnight. Instead, start subtly warming your food. Add roasted sweet potatoes or grains like quinoa and barley to your salads, sprinkle turmeric or cinnamon onto fruit, and sip gentle herbal teas like nettle, rooibos, or fennel throughout the day. These help support digestion, circulation, and immunity—all essential for the months ahead.

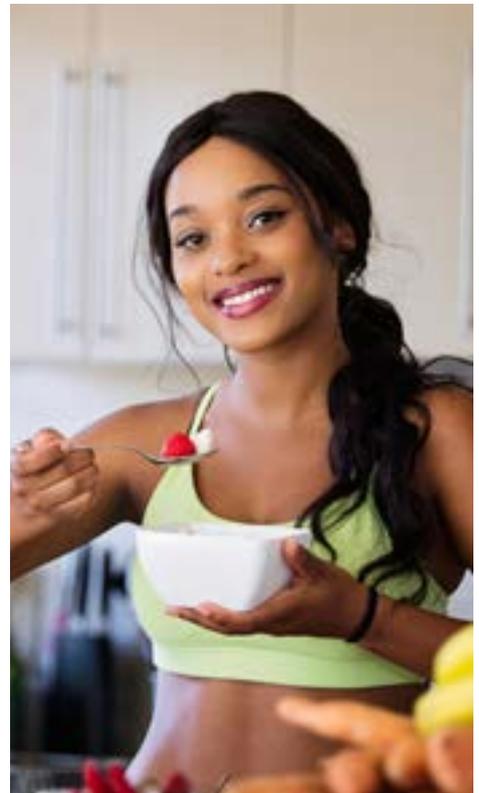
Hydration remains crucial as we transition seasons, but not just from water. In fact, hydration from foods—known as structured water—is absorbed more slowly and efficiently by the body. This is the perfect time to fill your fridge with water-rich vegetables like cucumber, courgette, leafy greens, and fruit like melon, berries, and peaches. They hydrate while delivering antioxidants, fibre, and essential minerals like magnesium and potassium, which support hormonal balance and reduce fatigue.

This seasonal shift isn’t just physical—it’s emotional too. Many people feel a strange mix of restlessness and reflection as summer winds down. Instead of suppressing it, create gentle rituals that allow space for pause. A Sunday evening bath, a late-afternoon walk without headphones, or a quiet coffee alone in your garden can all help you process the mental ‘clutter’ of summer and ease gently into a more intentional autumn.

Now is also the perfect time to look at your home with fresh eyes. Start small—rotate your wardrobe gradually. Swap a few light linens for soft knits, or place a throw over the sofa. You don’t need to rush into pumpkins and cinnamon sticks, but adding a little more softness—visually and physically—can create a subtle shift that your nervous system recognises as safety and grounding. In the kitchen, clear out tired condiments and make space for pantry staples that will carry you into cooler months: oats, beans, vegetable broths, immune-boosting spices, and slow-release carbohydrates that balance energy without spiking your blood sugar.

Perhaps most importantly, let August be a month of preparation, not perfection. There’s no need to overhaul everything at once. Supporting your body and mind through seasonal change is about awareness, not pressure. Drink your water, but eat it too. Sleep earlier. Dress softer. Clear a drawer, light a candle, and take five minutes a day to check in with how you actually feel.

The best autumns are the ones that don’t start in a rush—but rather, with care, awareness, and an invitation to slow down. This year, let yours begin now.



HIDDEN GERMS

Your home may look sparkling clean on the surface—but even the tidiest spaces have their sneaky little corners where germs quietly gather. This isn't a warning to panic or start scrubbing every inch of your house daily. Rather, think of it as a gentle guide to help you spot a few overlooked areas that could do with the occasional refresh. Because sometimes, it's not about doing more—just about cleaning smarter.

Let's start in the bathroom. Most of us are good at scrubbing the toilet bowl itself, but the area around the base and behind the loo often goes unnoticed. It's a dust magnet, and thanks to bathroom humidity (and the odd splash), it becomes a perfect breeding ground for bacteria. In fact, studies show that bathroom floors can host up to 2 million bacteria per square inch, especially in those hard-to-reach spots. A quick weekly wipe with an antibacterial spray can make a huge difference—and your bathroom will smell fresher too.

In the kitchen, your sponge or dishcloth might be doing more harm than good. According to research published in the journal *Scientific Reports*, kitchen sponges can hold more bacteria than a toilet seat, including strains like *E. coli* and salmonella, especially when left damp and used repeatedly. If it's starting to smell slightly sour, it's definitely time to toss it. Instead, try using washable microfibre cloths that you can run through a hot cycle, and allow sponges to dry out fully between uses.

Light switches and door handles are among the most touched surfaces in any home—yet we rarely think to clean them. A study from the University of Virginia found that light switches can contain more germs than bin lids, especially in shared spaces. A quick wipe with a disinfectant spray or vinegar solution once a week is a small effort with big results.

Then there's your mobile phone. It's not in your home exactly—but it's always with you, travelling from bathroom to sofa to kitchen worktop, and then tucked neatly onto your pillow at

night. One study from the London School of Hygiene & Tropical Medicine found that 1 in 6 mobile phones is contaminated with faecal matter. That's a stat worth remembering next time you set yours down mid-meal. A phone-safe cleaning wipe once or twice a week will keep things in check.

Your washing machine might look pristine on the outside, but the detergent drawer can build up residue and mildew if not maintained.

While the drum regularly self-cleans during wash cycles, that damp little drawer and the rubber lining can harbour bacteria if never cleaned. You don't need to dismantle anything—just open the drawer, spray with vinegar or a bathroom cleaner, and give it a good wipe. A soft toothbrush helps reach the corners.

Now here's a sneaky one: salt and pepper shakers. These innocent-looking table staples are among the most touched items in the kitchen, yet almost never cleaned. A study by NSF International found that kitchen salt and pepper shakers had higher levels of surface bacteria than the bathroom tap—simply because we touch them mid-cooking, mid-eating, and never think to clean them. A gentle wipe each week (especially around the lids) makes a world of difference.

And finally, let's talk about under furniture. It's easy to forget what lies beneath, but dust and allergens build up quickly in places like under the bed or behind the sofa. According to Allergy UK, house dust mites thrive in dusty, undisturbed areas, and their droppings are a major indoor allergy trigger. Regularly vacuuming or sweeping under furniture isn't just for neatness—it's a health win too.

A clean home doesn't need to be clinical, and you certainly don't need to obsess. But by giving these hidden spots a little extra attention every now and then, you're creating a fresher, healthier environment for yourself and your family. It's less about scrubbing and more about awareness. A few mindful habits, done regularly, can make all the difference—and your salt shaker will thank you for it.





**Many Cars
in stock**

AUTOHOUSE LA MANGA



New & Used car sales, we can also source a car to your requirements

Visit our showroom just off the RM12 Exit 7 - Los Belones

Call (+34) 654 013 833

www.autohouselamanga.com

WANT TO ADVERTISE?

H&L

CONTACT SALES: 680 588 377

Email: Info.homeandliving@spaintodayonline.com

www.homeandlivinghq.com

BUSINESS

Page numbers are in black

- Accountants:**
Corral Associates (37)
968 078 754
Legal View (50)
968 332 058
- Airport Parking:**
AA Parking (13)
950 459 208
- Bars, Cafés & Restaurants:**
Blu (31)
661 644 042
- Blinds - Repairs/Made to Measure**
Kevin's Fly Screens (40)
650 662 579
- Builders/Building Services:**
C & G Fabrications (17)
966 764 730
Handyman Builder (13)
602 643 436
Kevin's Fly Screens (40)
650 662 579
- Car Rentals:**
Costa Coches (13)
639 081 067
- Cars Sales/Mechanics/Services/ Spares:**
Autohouse La Manga (47)
654013833
Car Registrations Spain (15)
711 001 721
El Valle Autodesguace (37)
968 630 600
Ken Sherwood Mechanic (23)
679 646 859
- Computer Repairs/Sales/ Servicing:**
FIXTECH (13)
696 667 182
- Electricians & Electricals**
Multiservicios (13)
618 783 709
- Finance:**
Blacktower Financial Management (15)
Office
968 187 331
Keith
657 684 094
Currencies Direct
Camposol (19)
968 976 383
Mojácar (19)
950 478 914
- Funeral Plans:**
Ibex Insurance (37)
968 595 945
Thy Will Be Done (25)
865 756 058
- Gardening:**
Anchor Landscapes (23)
622 648 038
Jardineria El Milagro (18)
610 949 595
- Health & Beauty:**
Healthy H2O (37)
666 302 987
La Pelu (37)
664 821 554
- Heating & Aircon:**
Multiservicios (13)
618 783 709
- Insurance:**
Bryan White Insurance (13)
950 472 098
Ibex Insurance (37)
968 595 945
InsureSpain (39)
660 170 355
Natalia Filbee Insurance (17)
669 075 157

DIRECTORY

Legal Services:

Corral Associates (37)
968 078 754

Costa Cálida Property Services
(23) 968 199 251

Gestoria Carvajal (23 & 37)
968 154 045

Legal View (50)
968 332 058

Marena Murray (29)
968 175087

Natalia Filbee (17)
669 075 157

**Professional & Legal Solutions
PALS** (11)

Pto de Mazarrón
968 595 826

Condado de Alhama
968 595 826

Spanish Number Plates (13)
966 753 375

Leisure:

Minigolf Albatros (31)
667 550 190

Outdoor Living:

Colour Glass Window Tint (19)
695 768 134

Kevin's Fly Screens (40)
650 662 579

Pinturas Acosta (13)
626 960 354

Plumbers:

Multiservicios (13)
618 783 709

Property Rentals/Management/ Maintenance:

Mojácar Estates (51)
950 478 935

OwnersAway (23)
691 977 107

Property Sales/Purchases:

2let2sell2buy (25)
968 979 876

Filbees Real Estate (17)
868 058 750

Mojácar Estates (51)
950 478 935

The Finishing Touch (52)
968 380 071

Prime Property Murcia (13)
868 053 149

Radio:

TKO Radio (27)
711 084 860

Removals & Storage:

Lord's Removals (23)
608 061 872

Restaurants:

El Griego (19)
602 573 506

Security:

C & G Fabrications (17)
966 764 730

Erik's Metal Works (11)
636 050 008

Solar Power:

Go Solar (17)
654 596 247

Spas & Hot Tubs:

Eurospas (7)
650 722 905

Swimming Pool Cleaning/ Construction/Maintenance/ Repairs:

Megarsa (29)
643 274 735

Translation/Hospital Appointments

Alex Woods (13)
696 667 182

Costa Cálida Prop Services (23)
968 199 251

TV & Satellite:

Rainbow Satellites (26)
686 358 475

WELLSPRING

As the seasons change and plans are made, we are making some changes. We are becoming something new. We are stepping into new ground, into a new season of exciting change, but the one thing we are not changing is our trust in the Lord.

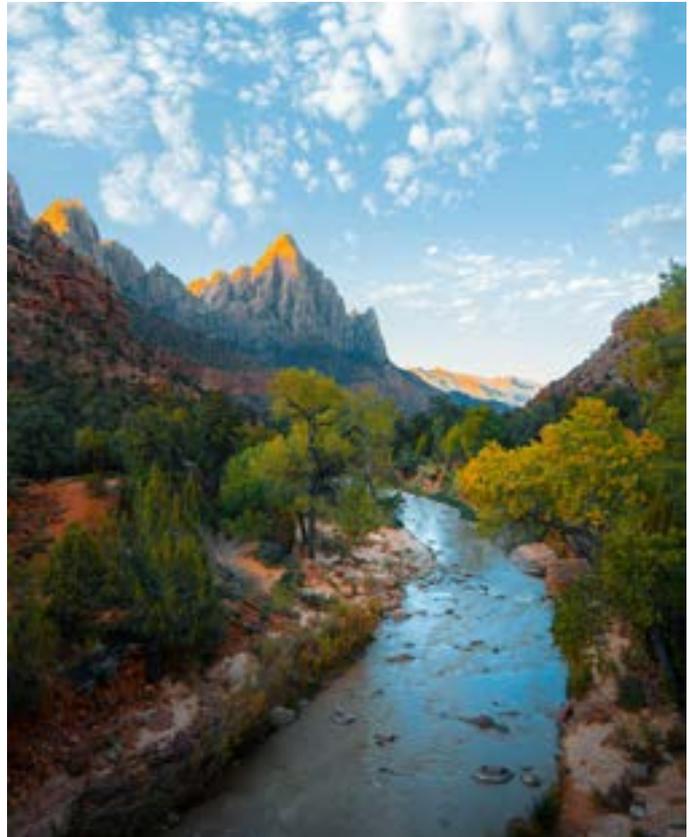
Without His wisdom and guidance none of the changes ahead would be possible. God does not want us to stand still, He wants us to grow His Kingdom and sometimes to enable us to do that we have to make changes. Sometimes those changes can be daunting and overwhelming. Difficult decisions must be made for us to go forward. But when we have the Lord at the centre of our lives we can turn to Him and His word for reassurance and guidance that we are making the right move.

During these times of change our faith grows, and we begin to see the Lord at work in all that we do. Isaiah 43:19 See I am doing a new thing! Now it springs up; do you perceive it? I am making a new way in the wilderness and streams in the wasteland.

Without change there is no progress, we stand still and become stagnated in our place. God doesn't want us to be non productive in our lives; He wants us to be living life abundantly bringing His word and promises to all the nations. He wants us all to know Him and to bring His will here on Earth.

We have a passion to share that word with the people around us here in the region of Murcia in this beautiful part of Spain that we call home. We want you to be a part of God's Kingdom to share with us the joy of living a life with Jesus. There comes a time when we feel that no matter what we do, no matter what we try, that joy we are seeking is not in our hearts, something is missing, but we don't know what it is?

If you've tried and not succeeded in finding peace and harmony, a joy that you long for then maybe it's time to stop looking in earthly places and make a change, start looking in Heavenly



places to find the peace that all our hearts, bodies and souls need.

Look towards Jesus. We can show you how!

 **WELLSPRING**
VICTORY CHURCH

**A community Church,
Serving God, Serving
People.**

**Our Sunday service is
at 11am at the Golf
Club Camposol C.**

Find us on Facebook or check out our
website
www.wellspringvictorychurch.es
contact us for more information
Tele: +34 711073419
info@wvces.es

 **LEGAL**
view

Professional, qualified English speaking
Solicitors and Accountants
Understand your issues
in your own language.

Opening Hours:
Monday to Friday: 9am - 2pm



- Property Conveyancing
- Civil and Business Litigation
- Wills and Inheritance
- Contracts
- Accounting
- Corporation Tax, IVA
- Resident and Non-Resident Tax
- International Tax Advice
- Communities Administration

Puerto de Mazarrón,
Centro Comercial Costa Cálida, 1º
Contact us: Tel 968 332 058
info@legalview.es

RESIN FLOORING

You've probably seen them in glossy magazines or minimalist Instagram feeds – those seamless, soft-sheen floors that seem to pour like liquid from wall to wall. Resin floors look undeniably sleek. But are they truly a practical, lasting choice for a real home – or just a stylish phase?

Let's start with what they are. Resin floors are made by mixing

a liquid resin with a hardener, then pouring it over a prepped surface. It cures into a smooth, durable finish with no tiles, grout, or joins. In homes, there are two types worth knowing: epoxy resin, which is incredibly tough and slightly more industrial in feel, and polyurethane resin, which offers more flexibility and comfort underfoot – perfect for residential spaces like kitchens, bathrooms, and living areas.

One of the biggest reasons homeowners love resin is its visual calm. Without breaks in the surface, the floor flows seamlessly through the space, giving a room an open, uncluttered feel. If you're after a minimal, spa-like vibe or want to make a space feel bigger, resin is a strong contender. But it's not just about looks – resin floors are also very practical.

They're durable, withstanding heavy foot traffic, furniture, and even pets without much fuss. They're also stain-resistant and incredibly easy to clean. There are no cracks for dust or dirt to hide in, making them especially popular in homes with young children or allergy sufferers. And because they're naturally water-resistant when installed properly, they work brilliantly in bathrooms, wet rooms, and kitchens.

If you're considering resin floors, there are plenty of experienced professionals available across Spain – from Andalucía to the Balearics and beyond. A quick online search will reveal a variety of companies, some specialising in sleek indoor applications, others in outdoor finishes for driveways, patios, or terraces. It's a good idea to compare quotes, ask to see portfolios, and ensure the team has residential experience, especially if you're looking for a refined finish in a family home.

Costs typically range between €35 and €100 per square metre for residential interiors, depending on the finish, prep work, and type of resin used. For outdoor resin-bound surfaces such as terraces or driveways, prices generally start at €65 per square metre and can increase for more complex colour blends or textures. As with most things in home design, you get what you pay for – proper subfloor prep and professional application

make all the difference in long-term durability.

There are a few things to consider before diving in. First, resin flooring is not a DIY project. The subfloor must be perfectly level and clean, and the resin must be mixed and applied with precision. If it's rushed or handled poorly, it can crack, bubble, or peel. It can also feel cold underfoot unless paired with underfloor heating or softened visually with rugs. And unlike tile or wood, resin is not easy to repair – if it gets damaged, it often needs a full resurfacing.

pair – if it gets damaged, it often needs a full resurfacing.

Still, for the right home, resin floors offer a striking combination of elegance, practicality, and mood-setting potential. They're hygienic, low-maintenance, and when done properly, they last for years. In modern Spanish homes – especially those embracing minimalism or indoor-outdoor flow – resin isn't just a trend. It's a design decision that can truly transform a space.





THE FINISHING TOUCH

**For all your property sales,
letting and rentals use
The Finishing Touch
No1 for service**



+34 968 380 904



+34 968 380 071



**Carretera de Fuente Álamo, 69 Bajo,
30153 Corvera (Murcia)**