

DREAM AGAIN

Your Local Spring Real Estate Update

LAUNCHING

The Sky Marbella
The New Project

MARKET STATUS

Investing in Rental
Properties

WELLNESS

Spring Tips for
Healthy Living



THE SKY

The Arbella

LIVING
AYURVEDA



A NOTE FROM **ALFONSO LACRUZ TEAM**



Alfonso Lacruz | Team Leader

Dear current and future clients,

Welcome to your spring Real Estate magazine of the Costa del Sol! Dive into the vibrant world of Real Estate and discover the hidden gems that this dazzling region has to offer. From stunning villas with panoramic views to beachside apartments, here you will find the most exclusive and tempting properties to make your dreams come true.

The Costa del Sol, with its year-round warm and sunny climate, golden sandy beaches and rich culture, is the perfect destination for those seeking a tranquil lifestyle with plenty of quality.

From Marbella to Estepona, Puerto Banus to Benahavis, you will discover a wide variety of first class properties. Whether you are looking for a modern villa with infinity pool and sea views, a stylish apartment with direct access to the beach or a traditional finca in the mountains, our magazine will help you find the perfect property to suit your desires and needs.

In addition to properties, our magazine will also provide you with information about the best things to do in the area, cultural highlights and outdoor activities you can enjoy on the Costa del Sol.

Our spring magazine is here to guide you every step of the way, providing you with detailed market insights and expert advice to help you make informed decisions.

Discover the true meaning of the Mediterranean lifestyle and find the property of your dreams in this sunny paradise!

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ALFONSO LACRUZ
Real Estate in Marbella & Benahavis

kw MARBELLA
KELLERWILLIAMS

A YEAR IN REVIEW

Marbella Market Snapshot

	2023	2022	% Differ.
 Number of Homes Sold	4.515	5.508	-18,0 %
 Average Sales Price	** 3.541 €/m2	3.255 €/m2	8,8 %
 * Stock of Homes for Sale	6.008	6.179	-2,8 %

Benahavis Market Snapshot

	2023	2022	% Differ.
 Number of Homes Sold	1.069	1.127	-5,1 %
 Average Sales Price	** 3.552 €/m2	2.976 €/m2	19,4 %
 * Stock of Homes for Sale	1.785	1.902	-6,2 %

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

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



SPRING 2024

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Spring Tips for Healthy Living



NEW PROJECT

THE SKY

Marbella



THE SKY

Marbella

BENAHAVIS | LA ALBORADA

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

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

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



For more information:

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A YEAR IN REVIEW

CLOSED TRANSACTIONS - MARBELLA

2023 proved to be a solid year for the market although not as active as 2022

After the Ministry of Housing released the fourth-quarter 2023 data on home sales in Marbella and Benahavis, giving a full-year overview, one key conclusion can be drawn about last year's real estate market: 2023 proved to be a steady year. Despite an 18% decrease in home sales, 2023 still ranks as the fourth-best year in Marbella's real estate history, surpassing the 20-year average. It's important to note that this decline is in comparison to the exceptional year of 2022, which set records in the market.

In our experience on the ground, the market in Marbella hasn't been as frenzied as it was in the previous year, 2022. During that time, we were closing sales shortly after properties were introduced to the market. Nevertheless, we are still witnessing significant interest from prospective buyers in Marbella, resulting in closed sales. Looking back, our impression at the end of 2023 was consistent: the market maintained its activity, albeit with a more normalized state.

In summary, while 2023 progressed at a slightly slower pace than the previous year, it remained fairly active for real estate in Marbella.

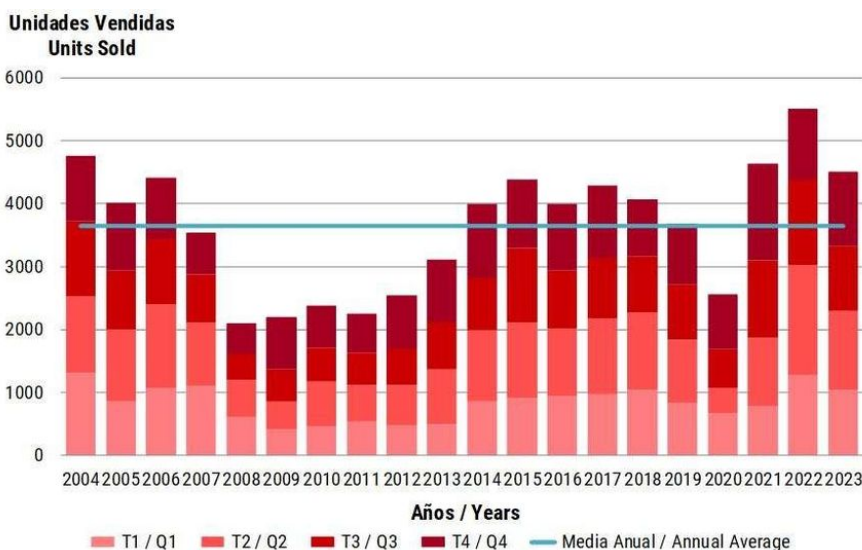


CHART 1 - HOMES SOLD PER QUARTER AND YEAR - MARBELLA

A YEAR IN REVIEW

CLOSED TRANSACTIONS - BENAHAVIS

In Benahavis, the situation presents similarities but also subtle differences. Home sales experienced a 5.1% decline, a notably lower percentage compared to Marbella and 2023. Despite this dip, 2023 marked the second-best year in Benahavis' real estate history, alongside 2022, when home sales exceeded 1,000 units.

It's worth noting that the decline primarily affected the number of second-hand home sales, while there was a noteworthy 8.8% increase in the sale of new units, particularly remarkable when compared to the record-setting year of 2022.

In general and echoing the earlier discussion about Marbella, the market remains robust, albeit not as rapid as in 2022, despite facing various negative geopolitical influences globally.

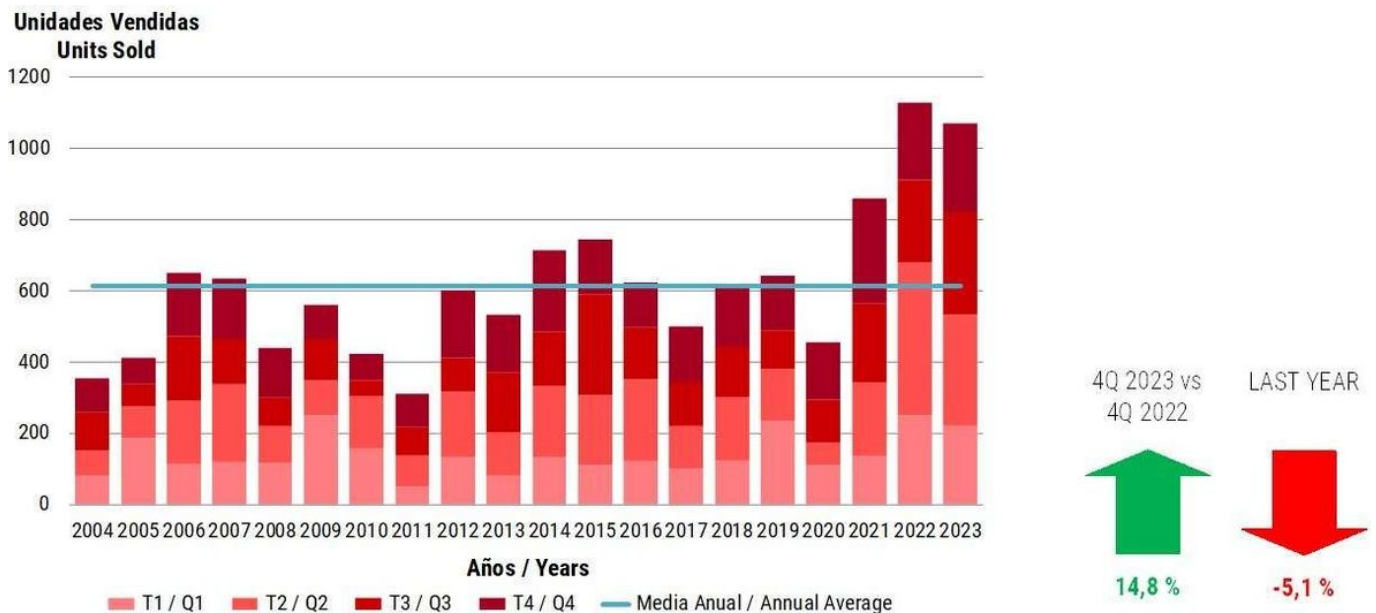


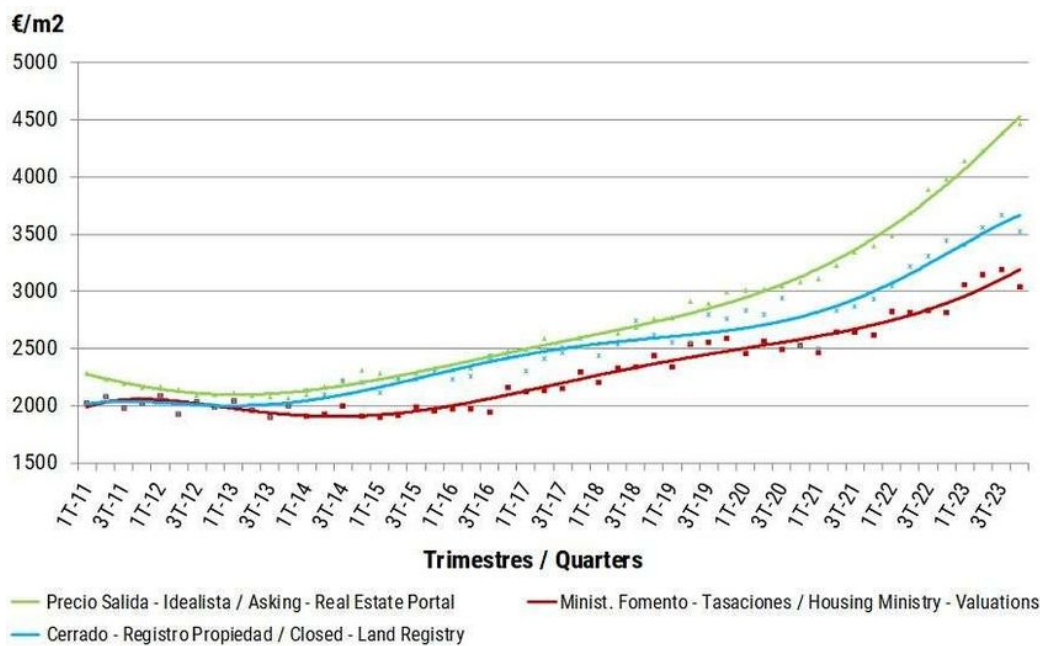
CHART 2 - HOMES SOLD PER QUARTER AND YEAR - BENAHAVÍS

A YEAR IN REVIEW

HOME SALES PRICES - MARBELLA

Prices keep on going up but showing a lower pace in the last semester

The pricing dynamics vary depending on the aspect being analyzed: the asking price, the actual selling price, or the estimates provided by appraisers. Generally, asking prices continue to rise at a rapid pace, while the prices at which homes are sold indicate a trend toward moderation.



PRICE VARIATION OF 'SOLD' HOMES



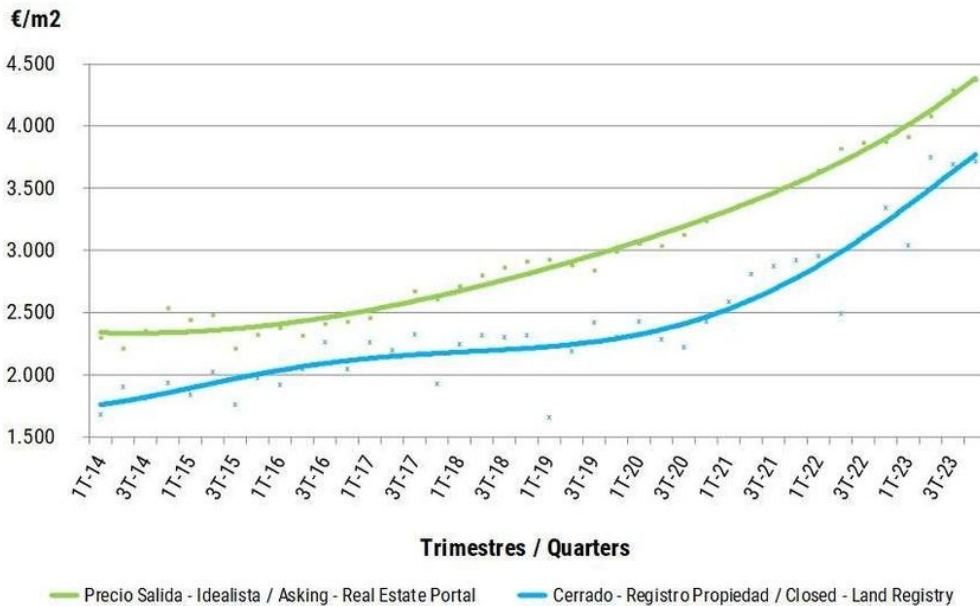
CHART 1 - ASKING, CLOSING AND VALUATION HOME PRICES - MARBELLA

Delving into specifics, in Marbella, asking prices saw a robust growth last year, in 2023, maintaining a high upward pace at 12.1%. Meanwhile, closing prices began to exhibit signs of moderation, with a lower increase of 2.5%, markedly lower than the double-digit increases witnessed in 2021 and 2022. This nearly 10% gap between the increase in asking prices and actual selling prices is widening, as illustrated in the figure, highlighting the disparity between what sellers are asking for and what buyers are actually paying. This suggests that many properties on the market are overpriced, and only those priced appropriately are likely to attract buyers.

A YEAR IN REVIEW

HOME SALES PRICES - BENAHAVIS

The situation in Benahavís mirrors a similar pattern, with asking and home sold prices steadily increasing since 2014.



The trends in asking and sold home prices are following a similar trajectory, with asking prices growing slightly faster than sold prices. While there remains a significant difference of 659€/m² between asking and closed prices, this has decreased from a 29% difference at the end of 2022 to the current 18%

CHART 2 - ASKING AND CLOSING HOME PRICES - BENAHAVÍS

A significant contrast emerges in the prices of sold second-hand homes versus newly constructed units. The figure stands at 1,735 €/m², indicating that a newly built home is nearly 50% more expensive than a second-hand one. This difference can be attributed to buyers' preference for acquiring new and pristine properties, as well as the limited availability of newly constructed units on the market

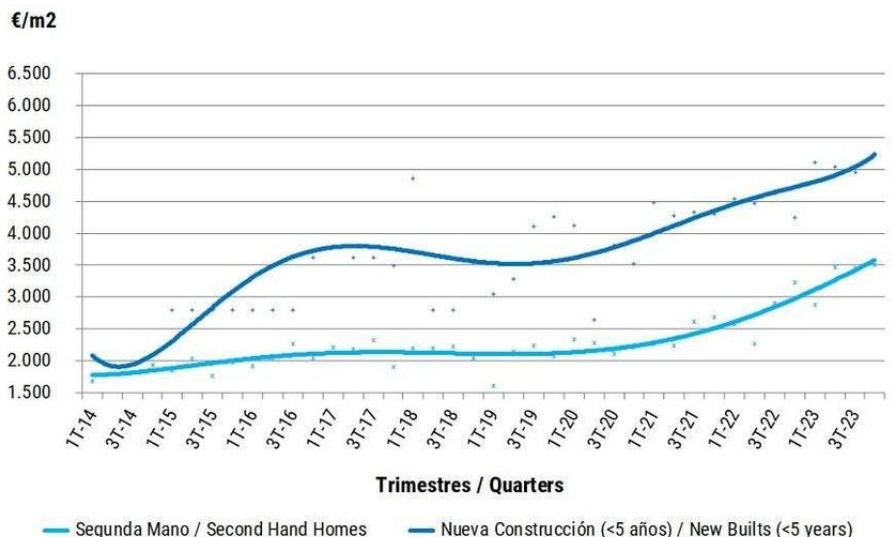


CHART 3 - CLOSING PRICE - EVOLUTION OF PRICES - MARBELLA

REAL VALUE REAL EXPERIENCE



Alfonso Lacruz
**CEO and Founder of
Alfonso Lacruz Team**

CREDENTIALS

BA History
**Naval Architect and
Marine Engineer**

Master
**Massachusetts Institute
of Technology**

Results
**Top #1 Agent of Keller
Williams Spain in 2015, 2016,
2017 and 2018**

KW Millionaire Agent 2022

**Example and commitment
award as Operations
Director 2023**

KW Gold Agent 2024



“When you choose to work with me, you’re partnering with a trained agent that has the backing of the world’s largest real estate company, consisting of 200,000+ associates around the globe. That puts your search in the hands of the largest, most resourceful real estate network.

And, by choosing to partner with me and the Keller Williams family, you gain access to a suite of technology that keeps you informed and engaged with what’s happening in the neighborhoods you’re eyeing.

Keller Williams was built on a simple-yet-revolutionary principle: people are what matter most. To help cement this understanding, we’ve formalized a belief system that guides how we treat each other and how we do business.”

20

YEARS IN BUSINESS

90%

PERCENTAGE OF LISTINGS SOLD

2%

NEGOTIATION RATE

76%

REPEATED AND REFERRED CLIENTS

WIN-WIN or no deal
INTEGRITY do the right thing
CUSTOMERS always come first
COMMITMENT in all things
COMMUNICATION seek first to understand

CREATIVITY ideas before results
TEAMWORK together everyone achieves more
TRUST starts with honesty
EQUITY opportunities for all
SUCCESS results through people

SUCCESS STORIES



WHAT THEY SAID



“ Selling your home is a momentous task and you really need an excellent team around you to do this successfully. You also need to let go emotionally of the place you have lived in especially if it has been your home for a long time.

Having just been through this process I would like to share with you an exceptional team who have advised me, listened to me, guided me, and most importantly sold the property for me. Trojan work was done by each member of the team.

The mastermind behind the marketing is Alfonso La cruz who steered the pathway from A - Z bringing quality clients for the viewings. I entrusted Alfonso to deal with this property sale and I was not disappointed. So, if you are considering to sell or buy do chat with Alfonso from Keller Williams, in Benahavis.



WHAT THEY SAID



His knowledge of the market and what is happening currently is amazing. I have a perfect match with the buyers for the property so everyone is happy. Thank you once again Alfonso and team for your professional work.

Marlene B.

01 | 2024

“ Thanks a lot Hans!!! I do really appreciate your help and support! A pleasure being in business with you.

Hans V.

03 | 2024

“ Exceptional in handling. Efficient and highly professional service.

Abu A.

03 | 2024

THE PROOF IS IN OUR NUMBERS

These numbers depict not only the trajectory of my business, but the expertise, dedication and commitment that you will receive.

TEAM'S RESULTS IN 2022:

2022 has been not only a record year in Benahavis and Marbella in the number of transactions closed but also for our local team that achieved our historical, and outstanding, record in sold volume and client's recognition:

100 %

FIVE STARS'S
REVIEWS

98 %

LIST - TO - SALE
RATIO

99 %

PRICE OBTAINED
FROM ASKING PRICE

60 M €

SOLD
VOLUME

SOLD

SOLD PROPERTIES



VILLA TERANGA | MONTEMAYOR

4 bed | 4 bath | 345,92 sqm
List Price 1.395.000 €

Sold for 1.350.000 €
Sold for **96,77%** of the listing price



CASITA DE ENSUEÑO | HEREDIA | MONTEMAYOR

3 Bed | 3.5 Bath | 231 sqm
List Price 495.000 €

Sold for 460.000 €
Sold for **92,93%** of the listing price

FEATURED LISTING



Brand New Villa, Puerto del Almendro Benahavis

1.295.000 €

384 sqm built | 900 sqm plot

3 bed | 3.5 bath

This contemporary design villa with stunning panoramic views and flooded with light due to its open plan layout and an entire wall of sliding doors, offering views of the garden, private pool and surrounding nature.

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

Its beautiful modern design, fully equipped kitchen, gorgeous exterior and great location make this the perfect villa for anyone looking to enjoy holidays or living on the Costa del Sol.

It will be completed in the end of 2024.

SCHEDULE A TOUR

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FEATURED LISTING



Villa Shangri-la in Montemayor Benahavis

2.849.000 €

940 sqm built | Out & In Pool | Garage 4 cars | Cinema
5 bed | 6 bath

This exclusive villa, with its majestic 940 square meters of construction, offers a unique and enchanting experience in the prestigious Montemayor urbanization in Benahavís. Built in 2007, this property is more than just a house; it is an oasis of luxury and comfort that allows you to immerse yourself in an idyllic lifestyle, although some improvements may be needed.

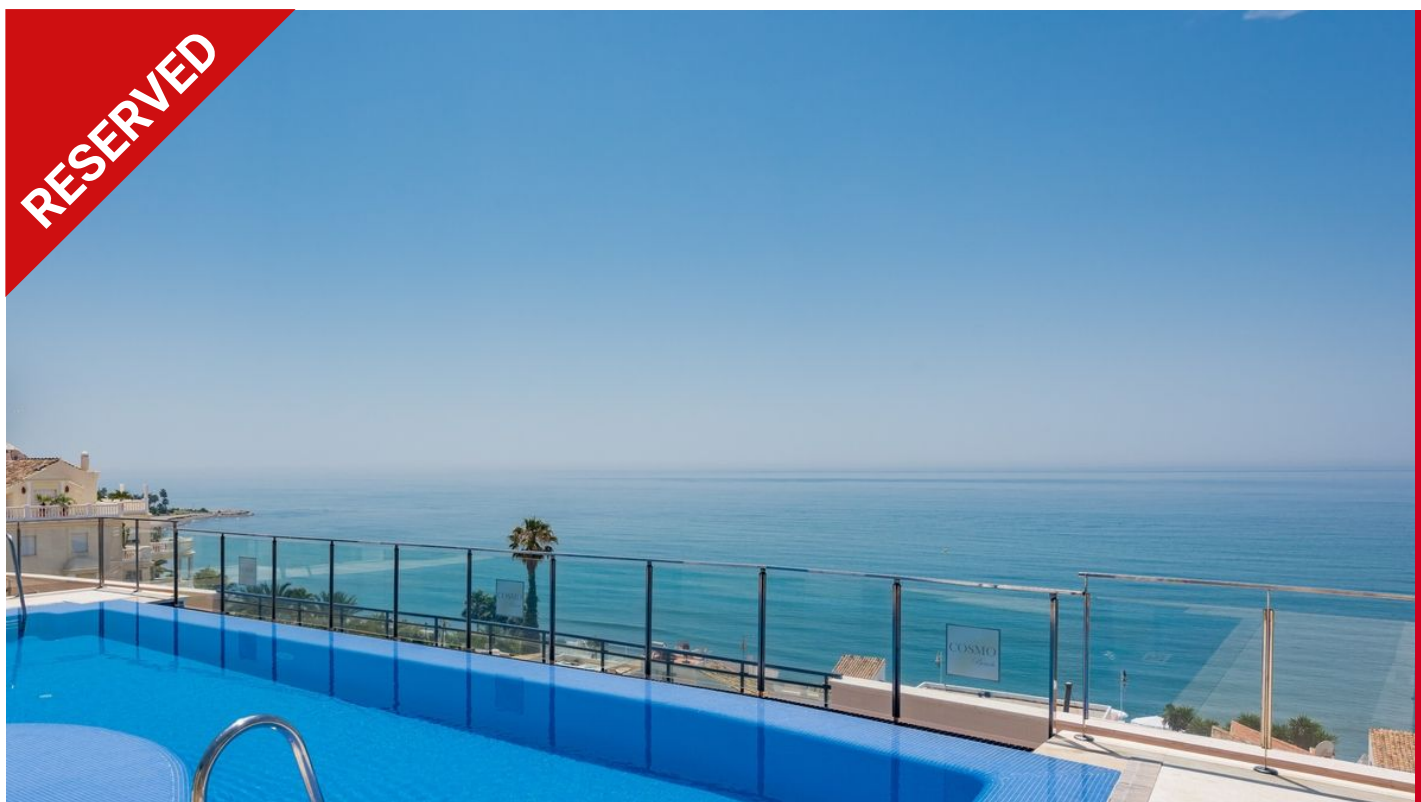
Stepping into this villa is stepping into a world of opulence and elegance. With up to 20 impressive interior spaces, including 5 bedrooms, 5 bathrooms, and a guest toilet, every corner is designed to delight your senses and provide you with maximum comfort. In addition, multiple storage rooms, a cinema room, a games room, and a closed garage with space for up to 4 vehicles complete the amenities of this dream residence.

SCHEDULE A TOUR

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FEATURED LISTING

RESERVED

Apartment in Cosmo Beach Estepona

310.000 €

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

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

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

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

SCHEDULE A TOUR

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FEATURED LISTING



Penthouse in Hoyo 19. Los Flamings Benahavis

449.000 €

83 sqm + 74,06 sqm terraces | 2 GarageS | Storage R
2 bed | 2 bath

This exclusive penthouse of 157,06 meters (83 m interior and 74.06 m terraces) it has really spectacular views in Hoyo 19 urbanization in Benahavis, built in 2008, offers the opportunity to experience a unique lifestyle in the Los Flamings environment.

The incredible south-facing apartment has an open space upon entering the house consisting of an entrance, kitchen, dining area, and living room connected to the central terrace of 40 sqm and comprises two bedrooms and two bathrooms and one second terrace of 30 sqm. It comes with 2 garages and a storage room.

Located within the prestigious Los Flamings complex, the property benefits from 24-hour security, ensuring peace of mind for residents. Additionally, Hoyo 19, boasts its own dedicated 24-hour security. Residents can indulge in relaxation and recreation with access to five swimming pools, enhancing the resort-like atmosphere of the community.

SCHEDULE A TOUR

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FEATURED LISTING



Plot in Montemayor A16 Benahavis

390.000 €

2.870 sqm / 366 sqm buildable

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

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

SCHEDULE A TOUR

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FEATURED LISTING



Luxury Apartment in Mirador del Paraiso Benahavis

1.449.000 €

270 sqm built | 2 Garages | 2 Storage rooms

5 bed | 5,5 bath

This special luxury apartment combines exquisite decoration with cutting-edge designs. It offers a spacious and bright living space immersed in a natural environment that exudes tranquility. This is a unique property, the result of meticulous renovation that merged two apartments with 2 and 3 bedrooms.

The heart of this home is a spacious living-dining area that connects to a cozy lounge. From here, you access a generous terrace & a very beautiful community garden of 269 sqm for private use that opens to a pool with panoramic views of the sea and the mountains. The kitchen is fully equipped and conveniently adjoins a laundry room. It is also super warm, surrounded by vegetation.

SCHEDULE A TOUR

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FEATURED LISTING



Plot in Sotogrande F42 San Roque

299.000 €

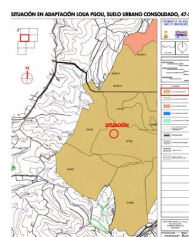
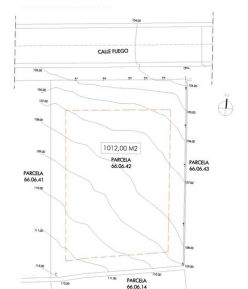
1.012 sqm | License + Project

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

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

SCHEDULE A TOUR

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MARKET STATUS

Pros and Cons of Investing in Rental Properties: Expert Insights & Recommendations for Property Investors in Spain

Investing in rental properties in Spain offers numerous benefits, including potential rental income, property appreciation, and portfolio diversification. However, investors should carefully weigh the pros and cons, conduct thorough due diligence, and seek professional guidance to make informed investment decisions. With the right strategy and management approach, rental properties can be a rewarding addition to an investment portfolio.



Investing in rental properties can be a lucrative venture, offering opportunities for passive income and long-term wealth accumulation. However, like any investment, it comes with its own set of advantages and challenges. In this article, we'll explore the pros and cons of investing in rental properties in Spain, along with expert recommendations on how to navigate this market effectively.

Pros of Investing in Rental Properties:

- 1 Steady Income Stream:** One of the primary benefits of investing in rental properties is the potential for a steady stream of rental income. With proper management, rental properties can provide reliable cash flow, helping investors build wealth over time.
- 2 Appreciation Potential:** Real estate has historically shown appreciation over the long term, making it a valuable asset for wealth accumulation. In Spain, property values have seen significant growth in recent years, particularly in popular tourist destinations and major cities.
- 3 Portfolio Diversification:** Rental properties offer investors a way to diversify their investment portfolios beyond traditional stocks and bonds. Real estate often has a low correlation with other asset classes, providing stability and risk mitigation during market fluctuations.
- 4 Tax Benefits:** In many cases, rental property owners can take advantage of tax benefits such as deductions for mortgage interest, property taxes, depreciation, and expenses related to property management. These tax incentives can help maximize returns on investment.
- 5 Control over Investment:** Unlike some other investments, rental properties provide investors with tangible assets that they can control and manage directly. This level of control allows investors to make strategic decisions to increase property value and maximize returns.

Expert Recommendations for Property Investors:

Conduct Thorough Research: Before investing in rental properties, conduct comprehensive market research to identify investment opportunities, rental demand, and potential risks. Consider factors such as location, property type, rental market trends, and economic indicators.

Develop a Sound Investment Strategy: Define your investment objectives, risk tolerance, and financial goals to develop a strategic investment plan. Determine your target rental property criteria, such as desired location, property size, amenities, and budget constraints.

Seek Professional Guidance: Consider working with experienced real estate agents, property managers, attorneys, and financial advisors who specialize in the Spanish real estate market. Their expertise can provide valuable insights and guidance throughout the investment process.

Secure Financing and Documentation: Arrange financing for your investment property through mortgage lenders or alternative financing sources. Ensure that you have all necessary documentation in order, including property deeds, rental agreements, insurance policies, and tax records.

Maintain Property Management Standards: Implement effective property management practices to ensure the successful operation of your rental properties. Regularly maintain and inspect properties, promptly address tenant concerns, and stay informed about legal and regulatory changes affecting rental properties.

Cons of Investing in Rental Properties:

Management Responsibilities: Owning rental properties requires active management, including property maintenance, tenant screening, rent collection, and dealing with tenant issues. Investors need to be prepared to invest time and effort into property management or hire professional property managers. In addition, it is important to consider that rental properties may experience periods of vacancy, especially in competitive rental markets or economic downturns. Vacancies can lead to loss of rental income and increased carrying costs for investors. Furthermore, acquiring rental properties often requires a significant initial capital investment, including down payments, closing costs, and renovation expenses. Investors need to have access to sufficient capital or financing options to fund their property purchases. Rental property owners in Spain must comply with various legal and regulatory requirements, including rental agreements, tenant rights, property maintenance standards, and tax obligations. Failure to comply with these requirements can result in legal issues and financial penalties.

Market Volatility: Real estate markets can be subject to fluctuations in supply and demand, economic conditions, and regulatory changes. Investors should be prepared for potential market volatility and have strategies in place to mitigate risk.



YOUR LOCAL CULTURAL AGENDA

MÁLAGA



Ballet | Lago de los Cisnes | Sala Unicaja | May 17th

Candlelight brings the magic of a live musical experience to stunning venues in Malaga. Get your tickets for this Candlelight ballet: Tchaikovsky's Swan Lake!



During the concert, you'll enjoy various ballet performances by two professional dancers from Danzare Ballet Company

<https://feverup.com/m/139396>



Cirque du Soleil | Alegría | Recinto Ferial | Jun 1th

"Alegría" is a show by Cirque du Soleil. This production was created in 1994 by director Franco Dragone and creative director Gilles Ste-Croix. "Alegría" is the most popular and beloved show by Cirque du Soleil audiences. With its unforgettable soundtrack, thrilling acrobatics, surreal costumes, vibrant sets, and playful humor, Alegría unfolds a moving immersive experience.



<https://www.entradas.com/event/alegria-cirque-du-soleil-malaga-bajo-la-gran-carpa-malaga-17591211/>



Show | Esencia | Teatro Flamenco Málaga | Jun 3th

Enjoy a live performance at the world's first flamenco theater. Experience the magic of the theater's latest production, "Esencia," and let yourself be captivated by the passion of the artists. You'll be mesmerized by the power of the dancers and feel the intensity from the first strum of the guitar. Sit close to the artists and observe the details of their traditional costumes and movements.



https://www.atrapalo.com/entradas/esencia-espectaculo-flamenco_e4903926/



Concert | Maná | Mare Nostrum | Jun 22th

Mana returns to Spain in 2024!

After six years of anticipation, the Mexican band arrives in our country with the "Mexico Lindo y Querido Tour," a show of over two hours dedicated to revisiting all their hits, which will make stops in Barcelona, Valencia, Murcia, Fuengirola (Málaga), A Coruña, Bilbao, and Madrid. Get your tickets!



<https://www.elcorteingles.es/entradas/conciertos/entradas-mana-fuengirola/>

YOUR LOCAL CULTURAL AGENDA

MARBELLA



Golf Charity Tournament | Aloha Golf | May 25th

Golf Tournament in support of the Horizonte Proyecto Hombre Marbella Association. May 25, 2024, at Aloha Golf Club, Marbella (Málaga).

Non Members price: 130€

<https://www.facebook.com/photo/?fbid=2118539841831171&set=a.736088073409695>



Campionship | Puerto Banus | Jun 1th

The E1 Cívitas Puerto Banús Grand Prix will take place on June 1st and 2nd, 2024. The E1 championship will be held in 2024 in 9 international locations such as Monaco and Venice, among others, to which Puerto Banús is added.

Focusing on the generation of electric energy, hydrogen charging, biodegradable packaging, plastic-free bottles, food-saving policies, and sustainable logistics.

<https://turismo.marbella.es/agenda/item/7153-puerto-banus-e1-championship.html>



Concert | Marc Anthony | Oasis Marbella | Jun 21th

Tickets are now on sale for Marc Anthony's concert with his new Historia Tour, which will take place on June 21, 2024, at the Oasis Marbella venue in Marbella (Málaga). Door opening GENERAL: 8:00 p.m. // Door opening EARLY ENTRY: will be sent via email a few days before the concert.

<https://www.elcorteingles.es/entradas/conciertos/entradas-marc-anthony-historia-tour-marbella/>



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

With Love The 90's, it's possible to travel back in time to the nineties for a day, and Marbella will be able to experience it again for the second consecutive year. The lineup includes 2 Unlimited, Jenny from Ace of Base, Corona, DJ Sashi, Whigfield, OBK, Playahitty, Rozalla, Capella, Spanic, Just Luis, Jerry Daley, and Sensity World.

https://lovethe90smarbella.sharemusic.es/?gad_source=1&gclid=EAlaIqobChMI_tz1_KeHgwMVCTwGAB1ZZgUWEAAAYASAAEgLOu_D_BwE



Spring Wellness Tips for Healthy Living

As the season transitions from winter to spring, it brings new energy and rejuvenation. It's the perfect time to embrace healthy habits and revitalize your well-being. Here are some essential health tips to help you make the most of the spring season:

● **Get Outdoors:**

Take advantage of the longer days and warmer weather by spending more time outdoors.

Engage in activities like walking, hiking, or cycling to soak up the sunshine and boost your mood. Exposure to natural light also helps regulate your sleep-wake cycle & vitamin D production.

● **Stay Hydrated:**

With rising temperatures, it's crucial to stay hydrated throughout the day. Drink plenty of water and herbal teas to keep your body hydrated and maintain optimal function. Incorporate fresh fruits and vegetables with high water content into your diet, such as cucumbers, watermelon, & strawberries.

● **Eat Seasonal Foods:**

Spring brings an abundance of fresh produce bursting with flavor and nutrients. Load up on seasonal fruits and vegetables like leafy greens, asparagus, artichokes, and berries. These foods are rich in antioxidants, vitamins, and minerals essential for supporting your immune system and overall health.

● **Practice Mindful Eating:**

Take the time to savor each bite and pay attention to your body's hunger and fullness cues. Mindful eating helps prevent overeating and promotes better digestion. Sit down for meals without distractions and chew your food slowly to enhance nutrient absorption.

● **Incorporate Movement:**

Shake off the winter lethargy and embrace movement in your daily routine. Try new forms of exercise like yoga, Pilates, or outdoor sports to keep your body active and flexible. Regular physical activity boosts circulation, strengthens your immune system, and enhances your overall well-being.

● **Practice Stress Management:**

Quality sleep is essential for optimal health and vitality. Establish a consistent sleep schedule and create a relaxing bedtime routine to promote restful sleep. Keep your bedroom cool, dark, and quiet to create a conducive sleep environment. Limit screen time before bed and unwind with calming activities like reading or meditation.

● **Prioritize Sleep:**

Springtime can bring a sense of renewal, but it can also be a busy and stressful period. Take time to unwind and prioritize self-care practices like meditation, deep breathing exercises, or spending time in nature. Manage your workload effectively and set boundaries to prevent burnout.

" By incorporating these health tips into your daily routine, you can embrace the rejuvenating energy of spring and optimize your well-being for the season ahead.

Here's to a happy and healthy spring! "



A modern bedroom with a large bed, a window with a view, and a circular graphic overlay containing text. The room features a bed with white linens and a brown headboard, a large window with a view of a landscape, and a circular graphic overlay containing the text "do you know the VALUE of your home?".

do you know the

VALUE

of your home?

FEATURED LISTING



Plot in Montemayor A15 Benahavis

239.000 €

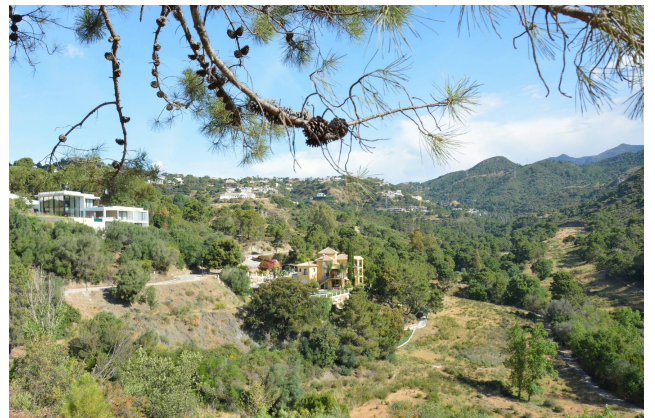
2.400 sqm / 292,80 sqm buildable

Located atop the hills of Benahavis, within the natural enclave of the Monte Mayor Valley, plot A15, spanning 2,400 square meters with a maximum building capacity of 292.80 square meters, gazes upon one of the splendid vistas offered by the southern Mediterranean landscape, ideal for constructing a residence that seamlessly integrates with, respects, and blends into the natural landscape of Monte Mayor Valley.

Benahavis is renowned for being one of the most beautiful villages on the Costa del Sol. Its cobblestone streets, white houses, and charming squares are perfect for strolling and enjoying the typical Andalusian architecture. Gastronomy, guest accommodation, outdoor activities, art galleries, local shops, spa and wellness services all make this area a wonderful place to live.

SCHEDULE A TOUR

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GROSS HOME STAGING & DECO

FEATURED LISTING



Charming House in Elviria Marbella

699.000 €

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

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

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

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

SCHEDULE A TOUR

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