

December 2021

# The Advertiser Magazine

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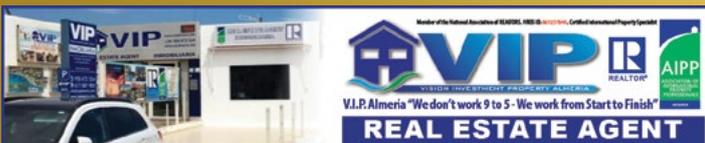
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# The Advertiser Magazine

THE Advertiser Magazine is published monthly and is bursting with useful adverts for a broad range of businesses located in Mojacar, Garrucha, Vera Playa, Antas, Los Gallardos, Bedar, Turre, Albox, Alfoquia and Zurgena.

Hugely popular with readers, the magazine is known for its photographic reporting of local events. It also contains articles written by the local community, for the local community.

A minimum of 5,000 copies of the advertiser are printed each and every month and delivered to over 200 local distribution points as well as to all of our advertisers. This means that you can always pick up a copy.

The Advertiser magazine is also available to download from our website

www.advertisermojomocar.com and approximately 3,000 downloads are recorded each month.

To advertise please get in touch using the details below.

Editor: Andrew Goth & Cheryl Woods

Artworker/Production : Jodie Escott

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Advertisers!! to be able to receive WhatsApps on special offers, updates and important information, please be sure to save The Advertiser number 675 608 716 to your phone contacts.

## Welcome to the December issue of the Advertiser Magazine

The December issue of The Advertiser magazine is always our favourite issue to produce. Apart from all of the season's greetings from our advertisers to their clients, this issue is full of Christmas decorations, festive menus and fabulous Christmas goods on offer from our local businesses.

We love this special time of year. Please do your best to shop local this year and support our local traders.

Also in this issue, we indulged ourselves by publishing a few of our wedding photographs. We had a wonderful two days and wish to thank everyone who came to celebrate with us.

Enjoy the run up to the festive season and we wish you all a very merry Christmas.

*Andrew & Cheryl*



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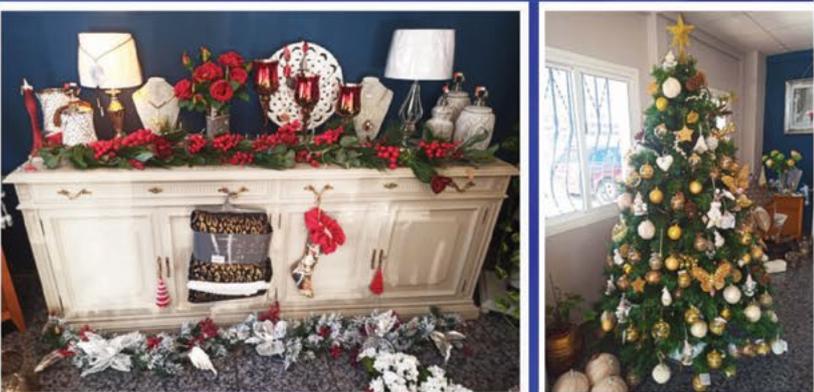
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# LifeStyle

## GIFT GUIDE FOR DUMMIES *by Brad H*

December, yet another poorly named month, after all, it's not even the tenth month. I blame Julius Augustus Caesar – wasn't having a salad named after you enough?! December brings with it, the silly season. Cue the Christmas carols in shops, catch-up with friends and endless "one more round, it's Christmas" drinks.

It's also the time where one has to give loved-one's presents. Okay, you don't have to, but the year I tried not giving anyone a gift but happily accepted them was a bad choice in hindsight. Doctors were also surprised my normal sight came back so quickly, after several attacks from family members. Who knew grandma could hit so hard?!

I've gone ahead and taken all the thinking out of it for you and present you with this comprehensive Gift Guide:

### FOR YOUR PARTNER

An organised trip away is the ultimate easy way out and will be sure to win you lots of brownie points. While a weekend is good, a week or two on some exotic island will make you just that little bit more loved. Clothes can be good, like jackets and shoes, but not trousers. I don't know why. Electronic gadgets are always a winner and will give them hours of enjoyment while they try to set it up and eventually call a neighbour in IT to come over and take a look.

Avoid buying underwear, especially if you get a size too small! It's a definite way to inadvertently tell your partner they're chunkier than you expect. Edible underwear is okay though, as it's one size fits all, or so I've been told.

### FOR YOUR CHILDREN

If you have younger children, consider a games console like an Xbox or Nintendo Switch. They'll completely love it and you get the added bonus of never seeing them again. For adult children, consider a games console. If only my mum read these articles!

Avoid loud annoying toys that never seem to run out of batteries. Unless of course if it's for your grandchild/ niece/ nephew and you want to mess with their parents.



### FOR YOUR BOSS

If you're like me and never quite sure if the next time you get called into the boss' office, you might be getting fired, then you can't go past a big tasty Spanish ham. Known locally as 'jamón' and delightfully paired with a bottle of wine, this will guarantee you work for at least another 6 weeks. Remember, the more you spend, the heavier the guilt is for them.

Avoid anything personal like calendars with your kids' faces on it. A box of chocolates seems nice on the face of it, but then there is that awkward moment of whether the receiver opens and shares straight away or takes it home. I vote for taking it home as it's a gift you bought for them to enjoy with whomever they choose, but I'm sure many of you will disagree with me.

### FOR YOUR WORK COLLEAGUE

The best thing is a box of chocolates which you force them to open and share immediately.

Avoid anything that costs more than 6,99€.

I'm reasonably sure that covers everyone. I told you this was going to be comprehensive! Plus, I just won a bet for being able to put 2 words with 4 syllables in the article. It's okay that it's the same word, right?

If you're really stuck, make sure you look through this fantastic magazine with these brilliant local companies. Also, you can get just about anything from Pronto Imprenta, as long as it has to do with printing. Their caledars, photo jigsaws and personal poster prints are all excellent gifts!

If you have any feedback for me, to dispute, argue, agree, support, harass or to pinch, flick me an email [bradh\\_os@hotmail.com](mailto:bradh_os@hotmail.com)

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**SAN JUAN OFFICE:** Calle El Puntal, 99,  
04648 San Juan De Los Terreros  
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**www.alboxinsurance.es**

## End of an Era for Dames in Spain

In October Carol Threlfall (Chairman) and Jenny Trask (Secretary) presented the final donations of the Dames in Spain of 1500€ each to Red Cross Mojacar branch and MACS Cancer Group.

Unfortunately, the Dames in Spain current committee are no longer able to continue in their commitment to the Dames and it is with much regret that we must advise the closure of the Dames in Spain (Mojacar).

The Dames committee thank everyone who has supported us over the many, many years.

Ann Marshall



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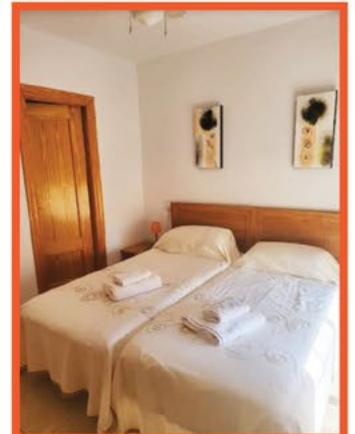
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# OUT & ABOUT

On 23rd October 2021, Cheryl & Andrew celebrated their marriage in a magical ceremony held at Dolce Vita.

*Congratulations Cheryl and Andrew !!*

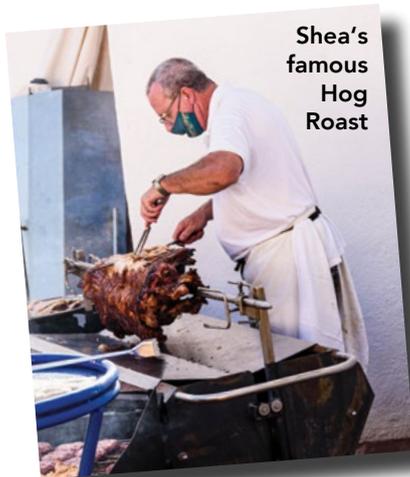
The next day there was a barbecue party at Shea's Bar & Restaurant at the Kimrick.



Photo Credit : Frank Millar, Tony Unwin & Richard Stephenson



Andrew with Best Man Brad



Shea's famous Hog Roast



# Bon Appetit

Well, I'm not quite sure where this year has gone but the festive season is nearly upon us and the Kitchen at La Meseta is gearing up for all the Christmas baking. Currently we have our homemade mincemeat mixed and maturing, vine fruits soaking in brandy, ready for the cakes and, a batch of gingerbread fresh out of the oven. It all smells wonderful!

Here are a few things that I make every year that really say "Christmas" to me, to be given as gifts or shared with friends & family.

## CRANBERRY & ORANGE COOKIES.

I just love these, I'd like to say they keep fresh in an airtight container for 3 weeks but they've never lasted beyond Boxing Day!!

### Ingredients:

220g self raising flour  
140g soft dark sugar  
Juice of half a medium orange  
80g dried cranberries  
Zest of 1 orange  
125g salted butter cut into cubes (take it out of the fridge 30 mins before you want to use it, but don't let it get too soft)



### Method:

Rub the butter into the flour until it resembles breadcrumbs. Then stir in the remaining ingredients, and mix into a soft dough. Wrap the dough in clingfilm and chill for 30 mins.

On a floured surface, roll the dough out to approx 5mm thick and cut into rounds. I use a 2 inch plain cutter but a fluted cutter is just as nice.

Arrange on a baking sheet lined with parchment and bake for 20 mins or so at 170 until they are golden brown. Transfer to a cooling rack, they will still be soft at this stage but will crisp up as they cool down. A few chopped pistachios can also be added along with the cranberries which makes them look very festive indeed.

## STICKY GINGERBREAD

This is gorgeous, very easy to make and perfect with a cup of tea or warm with custard!

### Ingredients:

150g salted butter  
125g dark brown sugar  
200g treacle  
200g golden syrup  
250ml milk  
2 eggs  
300g plain flour  
1/2 teaspoon ground ginger  
1teaspoon cinnamon  
1tsp bicarb dissolved in 30ml warm water



### Method:

Gently melt the butter, sugar, syrup, treacle and ground ginger in a large saucepan. When all is melted and combined, stir over a gentle heat for 1 minute. Remove from heat. Whisk the eggs and milk together, then whisk into the mixture.

Stir in your dissolved bicarb. Sift the flour into the mix - it can be added all in one go and whisk in and make sure all the flour is incorporated. Don't be alarmed, the mixture will be very runny!

Line a 10 inch by 12 inch Swiss roll tin with parchment then pour the mixture in.

Bake for 40 mins at 170. When cooked the gingerbread will spring back when gently pressed. Leave in the pan to cool completely then slide out still on the parchment and cut into squares.

I serve drizzled with grace icing and a few pieces of stem ginger. Alternatively serve while still warm with custard. As this is such a moist cake, it freezes beautifully, so perfect to make in advance.

## BRAISED RED CABBAGE

This is a must in our house to serve with baked gammon on Christmas Eve then, the leftovers with the cold cuts on Boxing Day. Serve 5 to 6 people but can easily be doubled for a big crowd. You will need a large lidded casserole dish to cook this in.

### Ingredients:

250g sharp green apples peeled cored and chopped small  
500g red cabbage shredded  
250g white onions chopped small  
1 clove of garlic chopped very small  
1/2 teaspoon ground nutmeg  
1/4 tsp ground cloves  
1.5 tablespoons soft brown sugar  
1.5 tablespoons wine vinegar  
A knob of butter



### Method:

In the casserole dish start with a layer of red cabbage seasoned with salt and pepper, then a layer of the chopped onions and apples then a sprinkling of the garlic, spices and sugar then repeat the layering, seasoning as you go until everything is used up. Pour over the wine vinegar and dot the butter on the top. Put the lid on. Cook very slowly at about 140 for around 2 - 2.5 hours giving it a stir once or twice. Once cooked this will happily keep warm sitting on the side ready to use or can be made in advance, frozen and gently reheated ready to serve.

And finally.... it's just not Christmas without a glass or 3 of mulled wine. This is the first thing I serve on Christmas Eve when guests arrive and also to our Christmas Afternoon Tea guests at La Meseta!

### Ingredients:

2 bottles medium to full bodied red wine. - Syrah works well for this  
1.5 litres of water  
1 whole orange studded with cloves  
2 oranges and 2 lemons sliced  
6 tablespoons granulated sugar  
1 cinnamon stick  
2 teaspoons ground ginger  
2 tablespoons fruit liqueur -such as cointreau grand mariner or cherry brandy (optional)

### Method:

Put all the ingredients and the water in a large saucepan then heat to a simmering point, stirring to dissolve the sugar. Very gently simmer for 20 minutes but avoid boiling as you will evaporate the alcohol. This can be made in advance then warmed though just before your guests arrive.

I hope you have enjoyed my recipes these last few months, wishing you all happy eating, a very Merry Christmas and a Happy New Year xxx

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*Luxury*  
**Afternoon Tea**  
in Bédar

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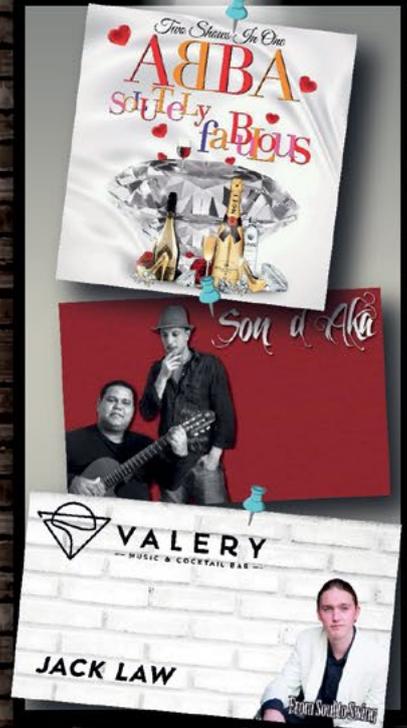
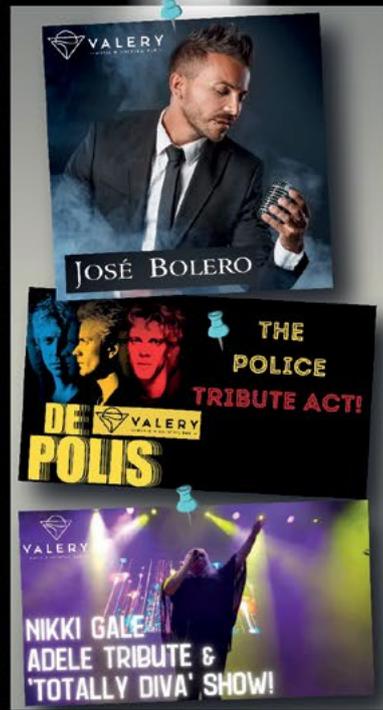
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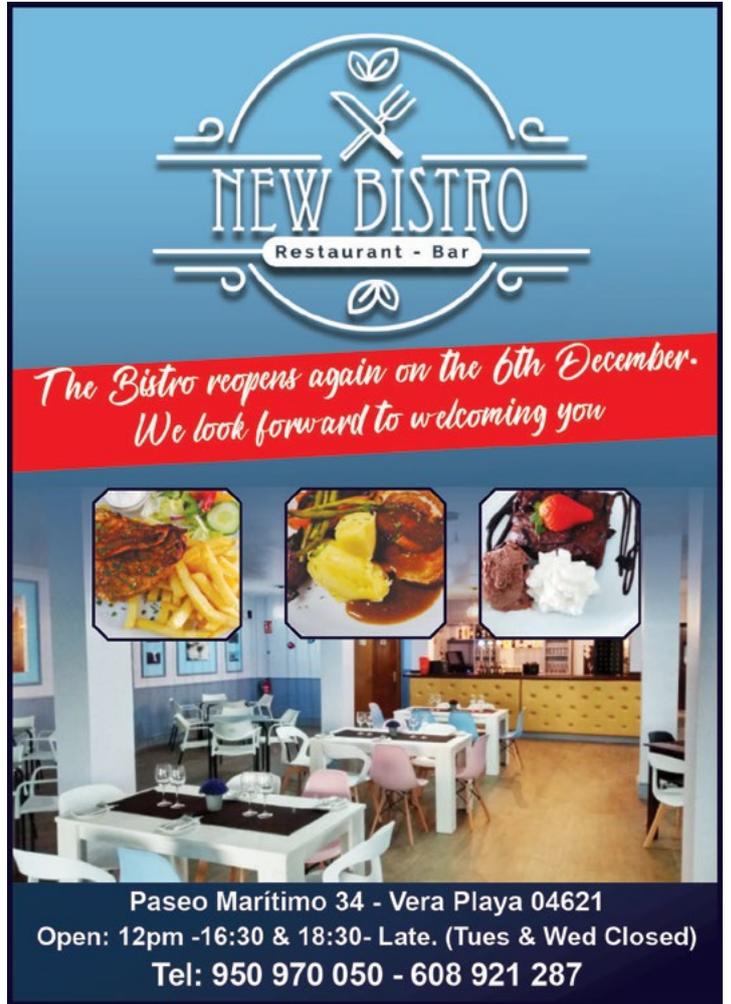


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SAT : 10-4  
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MERCADONA



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**The Irish Rover**

*Good Times Start Right Here*

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**Sunday 5<sup>th</sup> Dec: SKYFALL**  
**Friday 10<sup>th</sup> Dec: TURKEY & TINSEL**  
3 course Xmas meal & show 25€  
2 tributes in 1: George Michael & Tom Jones  
**Friday 17<sup>th</sup> Dec: SHAYNE PRINCE**  
**BOXING DAY 26<sup>th</sup> Dec: SPORT**  
followed by The Glam Slam Band 4pm  
**Saturdays: Karaoke Night.**

**NEW YEARS EVE 45€**  
Irish Rover Famous hot & cold buffet  
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- \* Smoked salmon with beetroot & creme fraiche, served with a shot of vodka.

Choose one of our Main courses:

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- \* Squash & chestnut filo crackers
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- \* Fish option available.

**Dessert Choices:**

- \* Next Level Yule Log with Brandy Butter Filling & Chocolate Truffle Icing
- \* Xmas Pudding with Brandy Butter
- \* Jamaican Ginger Sponge Pudding
- \* Strawberry Pavlova.

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2pm

**AFTERNOON TEA**  
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18€

**4th December**  
9pm

**ELECTRIC DANCE MUSIC NIGHT WITH DJ SI**



**9th December**  
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**AFTERNOON TEA**  
with Jill Farmiloe



18€

**11th December**  
8pm

**MOTOWN & SOUL**  
with Debbie Davies



**16th December**  
2pm

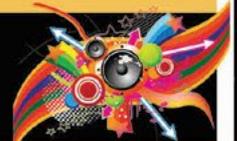
**AFTERNOON TEA**  
with Kay Frances



18€

**18th December**  
9pm

**ELECTRIC DANCE MUSIC NIGHT WITH DJ SI**



**22nd December**  
2pm

**SPECIAL TINSEL & TURKEY LUNCH**



20€

**CHRISTMAS EVE**  
7pm

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Great atmosphere / Great music



**CHRISTMAS DAY**  
11am - 3pm

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Prize for best Christmas outfit or hat



**BOXING DAY**  
26th December

**THE BEST OF SPORT**



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C/ Juan Ramón Jiménez  
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Behind Optica Mojacar



# Merry Christmas and Happy New Year

## A few messages from our Advertisers

**The Advertiser Magazine**

Have a very Merry Christmas and a happy & prosperous New Year !!  
from Cheryl, Andrew & The Advertiser team

**INDALO PARTNERS**  
PERSONAL FINANCE MATTERS

Merry Christmas & happy New Year to all of our clients, old and new.

**PRICE BROWN PARTNERSHIP**  
ESTABLISHED 1986

Price Brown wish you a happy, healthy Christmas and a prosperous New Year

**ibex INSURANCE**

All our staff in Albox & Mojacar would like to wish our past, present & future customers a Merry Christmas & a prosperous New Year.

**K7GRUPO INMOBILIARIO MOJÁCAR**

We would like to wish all our clients past and present a very Merry Christmas and a Happy New Year.

**INDALO OCIO**  
MEMBERS OF JACOB, BARRIOS DE OSA

**Oak Furniture Spain**

Wishing you all a Very Merry Festive Season and a Prosperous New Year

Psychologist Psychotherapist  
For your peace of mind Dr. Jane Thompson  
Ph.D / Psy.D / M.Sc.

Wishing all my clients, past, present & future, a very Merry Christmas & a Happy New Year. Lets hope that 2022 brings us the peace we all deserve. My very best wishes to everyone.

**COFFEE HOUSE**

Coffee House would like to wish a Merry Christmas and a Happy and prosperous New Year to all.

**SCREENMASTERS**

Wishing all our customers a Merry Christmas and all the best for the coming year of 2022.

**mojacar estates**

We would like to thank all our clients for their continued support in this last year. We wish everyone a Merry Christmas & happy New Year

**Artizan**

Eve & Paul would like to wish everyone a very Merry Christmas & a Happy New Year.

**androidez**  
Móviles y Ordenadores - Phones & Computers

We would like to wish all our customers a Merry Christmas & a very Happy New Year.

**THE CORNER SHOP**  
English Food Store

The Corner Shop wishes everyone a Merry Christmas & a Happy New Year

**Maxine Morgan Insurance**

Wishing you all the best this holiday season and throughout the year. Merry Christmas!

**MOJACAR HOME IMPROVEMENTS**

Wishing all our customers a very Happy Christmas and a prosperous New Year.

**Drainage Solutions**

Wishing everyone of our customers past and present a very Merry Christmas and a Wonderful New Year

**DCM**  
Digitelk Communications Mojácar

Wishing all our customers old and new a very Merry Christmas and a Prosperous New Year

**ROSIE LEES**  
Cafe Bar Teashop

Feliz Festive Frolics to all our customers past, present & future! Thank you for your continued support & here's to all the fun & adventure 2022 holds in store xxx

**PRONTO IMPRENTA**  
PRINTING & SIGNAGE

We would like to wish all our friends and customers a very Happy Christmas and prosperous New Year

**salas**  
ópticos - audimetría

Have a very Merry Christmas and make a New Year's resolution for new glasses in 2022 with us.

**blue sea villas**

Merry Christmas & Happy New Year to all our existing and future customers.

**SUNDANCE® SPAS**

We would like to wish all our customers a Happy Christmas and a prosperous New Year.

*Glad Rags*

Wishing all customers old & new a Christmas overflowing with love & laughter & a generous sprinkle of glamour and glitz. Thank you for your continued support.  
Jenni xx

**Neptuno**  
Mojácar

Wishing you a wonderful Christmas and a bright New Year from all the staff

**MERRY CHRISTMAS**

[www.androidman.shop](http://www.androidman.shop)

**LOCATION**  
WAREHOUSING S.L.  
REMOVALS & STORAGE

Merry Christmas and best wishes for the New Year.

**Zen Sports Massage**  
BODY • MIND • CYCLE

We would like to wish all clients past and present a very Merry Christmas and Happy Hogmanay.

**forget me not**

Merry Christmas from Sue, Collette & Robert

**BADGERS**

We wish you much love for the holiday season and the coming year. May you have the closeness of your loved ones, family, and friends to fill your heart with joy.

**SUPERMARKET MOJACAR**

Merry Christmas to all our customers. Thank you for your continued support. ... and here's to a healthy 2022.

**ANGELS**  
NURSING GROUP

We would like to wish everyone a Merry Christmas and a healthy, happy New Year.

**SOL**  
supermercado  
British Supermarket

Merry Christmas to all our customers. Wishing you all a prosperous 2022 & thanking you all for your continued support.

**D&D**

Wishing all our clients past & present a Merry Christmas and a happy, healthy New Year.

**METAL WORK by JON**

Wishing all our customers past, present and future a very Merry Christmas and a bright and prosperous New Year.

**TYRE KING**  
The Best Deal for Miles

Wishing every one of our customers a Merry Christmas and a bright and happy New Year



..continued

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Wishing you all Best Wishes over the festive season and a bright and happy New Year.

**Dr. Alicia Jiménez-Pineda**  
QUALITY DENTISTRY

We would like to wish all our patients past and present a very Merry Christmas and a prosperous New Year.

**Next House Almería**

Merry Christmas to all our clients, past and present, and wishing you all a Happy New Year in your new homes.

**total.entertainment**  
Turre

Paul & Wendy wish our customers a very Merry Xmas & a happy, healthy & prosperous New Year! Thank you all for your continued support,

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Wishing all our customers a very happy Christmas and a healthy & prosperous New Year. Have a lovely time.

**COASTAL PROPERTIES**  
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Coastal Properties and Torre Bahia wish everyone a very merry Christmas & a happy New Year.

**VOSS homes**  
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Have a Merry Christmas and a happy, healthy and prosperous 2022, from the Voss Homes Team.

**GECKO LEGAL SERVICES**

We would like to wish all our clients and friends all the best for Christmas and the exciting New Year.

**CHOICE RENTALS**  
ALMERIA

We would like to wish all our clients, past and present, a very Merry Christmas and a Happy and Healthy New Year

**Mimi's Bar**

Mimi's Bar would like to wish you all a very Merry Christmas & a Happy New Year. Here's to a brighter future in 2022.

**GET FIT, STAY FIT...**  
with Alison in Mojacar

Merry Christmas and a happy, healthy New year to all of the Mojacar fitness family... Lots of love, Alison xx"

**Marlon's GASTRO BAR**

We would like to wish all our customers a Merry Christmas and a Happy and Healthy New Year.

**HARRISON'S CONVENIENCE STORE**

To all our customers old and new a very Merry Christmas and a happy New Year.

**Indalo TRANSPORT**

Thanks from all the team for your fabulous support this year. Have a fantastic holiday season!

**Indalo STORAGE**

**SUNERGY ALMERIA**

Thanking all my customers for their support. Have a very Merry Christmas and a healthy New Year.

**MOJACAR TAEKWONDO CLUB**

Wishes all their current and future warriors the best Christmas and wonderful New Year

**VAVA YOGA**

Thanking all our clients for their continued support and bless you with good health, peace & happiness over the festive season.

# just for laughs

## You Can Not Be Serious

### Ah! Christmas – Good!

I will admit that I can be a bit Grinchy about Christmas, but that is only because I firmly believe that Christmas occurs on the 25th December, not midway through October.

I mean, we don't start getting all excited about Midsummer's Day in April, do we? So why must we work ourselves into a lather about Christmas two months before it actually happens?

I refuse to get even remotely interested in anything Christmassy until December. Mention Christmas to me on 30th November, and I guarantee you will get a dusty answer, but from 1st December I will officially recognise that Christmas exists.

Christmas is among my fortes. I have a talent for Christmas. Looking back over the years I admit that my achievements may be less than stellar compared with the great and good, and maybe even with those who consider themselves great and good.

But it's not what you do, it's how you do it, (I think someone famous said that) and it's how I do Christmas that is one of my great achievements.

I plan it meticulously. By that, I mean that I keep out of the way unless my presence is needed for bill paying and/or bag carrying. I speak only when directly addressed by the Higher Authority. I never express an opinion, unless it is to agree with her opinion. I endeavour to be invisible and at the same time indispensable - I try to model myself on that paragon of gentleman's gentleman, Jeeves, but with bedroom rights.

Believe me, all this takes concentration and the application of extreme self-control. The weak-willed and foolhardy who offer to 'help' will get mauled, mangled and trampled underfoot in the pre-Christmas melee, while I will arrive at the great day unscathed and unsworn-at.

I will be as fresh as the proverbial daisy, and more than that, I will have demonstrated my unique talents, guaranteeing that I will be in the Higher Authority's good books.

Those talents are, in order of importance: Keeping out of the way. Being there when needed. Holding things. Paying for things, and Agreeing. Extra talents include: The ability to wrap any present regardless of shape or texture with a professionalism that would get me a job in the Gift Department at Harrods, should I want it.

Plus I can carve! That, in my view, is the zenith of male achievement at Christmas Dinner time!

- Jos Biggs

## PRODUCTS THAT LOOKED NOTHING LIKE THE ADVERTISEMENT



# Welcome to your monthly hair dot com

By Beth Underhill



Each month I am looking forward to sharing my knowledge of hair care with you. As a Vocational Trainer and Assessor for the examiners SCOTVEC and a salon owner for over 30 years, my passion is the science of hair and how to respect it using salon chemicals.

When writing my articles I usually take inspiration from my clients. Thank you for your questions, I look forward to reading many more. I do hope that you enjoy reading and find this page helpful.

I would love to hear from you with your questions, please send them to me at:- bethunderhill@hotmail.com, Etticut Salon facebook page or www.etticut@weebly.com

## Q) IS IT BETTER TO COLOUR CLEAN OR DIRTY HAIR?

A) Artificial hair colour works best on clean hair, usually washed the day of your colour or the day before, the reason for this is that some artificial hair colours can struggle to break through grease and dirt. Only when using chemically harsh dyes, proceeding with dirty hair may be recommended so that your hair's oils can protect the hair and scalp from lasting damage. For best results, I would recommend a more natural colour on clean hair.

## A) WHY DO HAIRDRESSERS WASH HAIR AFTER THEY HAVE COLOURED IT?

A) Hairdressers wash the hair after colouring using a variety of massage techniques to start the relaxation process, to relax and clean the scalp. Excess colour can remain on the scalp after rinsing with water alone, so a detergent in the shampoo is necessary to remove the excess hair dye. Some manufacturers recommend a second wash, in a second wash, a nourishing shampoo is applied to help set the colour. Washing your hair after colouring also prepares it for the conditioning process; the conditioner closes the hair cuticle down and locks in your new hair colour.

## Q) WHY HAVE I GOT AN ITCHY SCALP?

A) An itchy scalp is quite common and typically

has a pretty harmless cause that you can easily take care of. Ingredients in some hair products can prompt an allergic reaction.

The most common allergens in hair products are:

- Synthetic Fragrances
- Preservatives and Anti-Bacterials
- Parabens.
- Sodium Chloride
- Polyethylene Glycols (PEG)
- Formaldehyde
- Alcohol

How to get relief: Stop using these suspects for a week; if the irritation goes away replace your old products with fragrance or PG-free options

Psoriasis could be the cause, if the itch is in one spot and you have raised scaly patches. Psoriasis can be caused by stress, an infection or cold dry weather. Psoriasis can also be triggered by medication.

There are specialist shampoos that can help ease psoriasis, speak with your doctor to seek professional advice if the itching persists. I look forward to answering your questions next month.

Beth xxx





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- 8 LASER HAIR REMOVAL SYSTEM BY CORPABELLO
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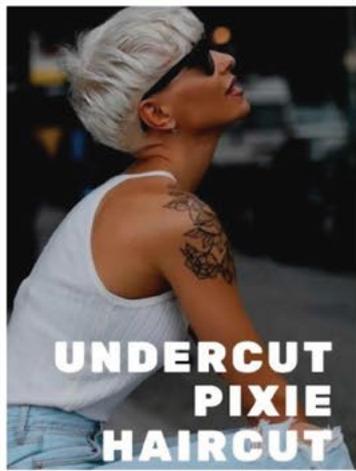


Etticut would like to welcome Maureen to our team of hair stylists. Maureen has been an owner of hairdressing salons and with her vast experience and attention to detail we are very proud to have her on board.

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Etticut would also like to welcome Marilyn, our amazing nail technician to the team. Marilyn brings a wealth of experience, she has been a nail technician and nail artist since 1995 and we are so privileged to have her on board. Marilyn offers Gel, Acrylic, Gel polish and nail art design. In her own words "Your nails are my passion". To add that special sparkle to your nails she has over 100 amazing colours of gel polish to choose from, a whole load of different glitters, gem stones, Chrome powders, decals and many more.



**"Not sure what to buy that special man or lady in your life for Christmas?"**

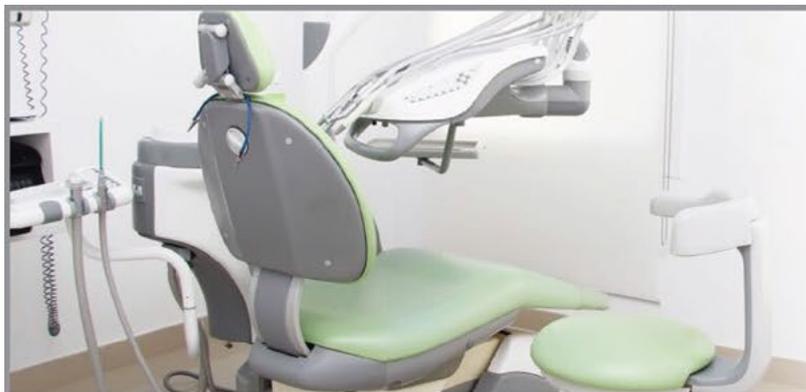
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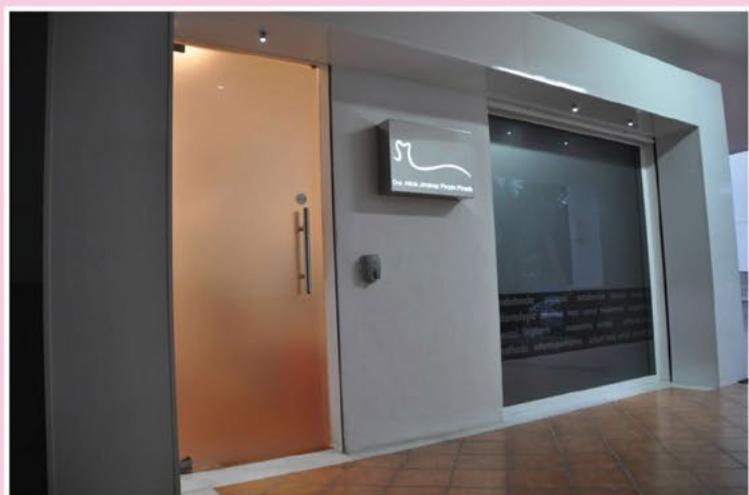


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Dra. Alicia Jiménez-P. Pineda



**Dr. Alicia Jiménez - Pinzon, with more than 20 years of experience in the field of Dentistry, founded her clinic more than 15 years ago, which is located in Mojácar Playa.**

**It has become a benchmark in the eastern area of Almeria, in dental care for children and adults.**

**Dr. Alicia finished her Bachelor's Degree in Dentistry in Seville, where she subsequently obtained the Degree of Outstanding Doctor Cum Laude in Dentistry. She also holds a Master's degree in Clinical Orthodontics from the UAL. She has taken numerous improvement and specialisation courses, she is the author of numerous scientific articles published in national and international journals and, a teaching collaborator in Master of Orthodontics at UAL.**

**All the professionals who work at Alicia Jimenez-Pinzon's Dental Clinic are also in continuous training, achieving excellence knowledge in each area, which allows them to apply the best and most innovative techniques in Dental Aesthetics, Surgery and Implants, General Dentistry, Dental Prosthesis and Pediatric Dentistry.**

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**www.clinicadentalmojacar.es or on our Facebook page: Dra Alicia Jimenez Pinzon Pineda, to arrange an appointment.**

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Tel: 950 478 989 / 630 986 205**



Dra. Alicia Jiménez-P. Pineda



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## LOOK AFTER



# YOUR SMILE

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Tel: 950 478 989 / 630 986 205

# What's the problem?

At the Advertiser magazine, we recognise that everyone needs to reach out for advice now and then. Seeking the help of someone who can not only offer a completely objective point of view but, is also qualified to advise you, may not always be possible. We are delighted to be able to offer the services of a qualified counsellor and psychotherapist, Theresa Wood, to answer any of our readers issues or problems.

Dear Theresa

My Mother is an alcoholic all of her life and all of my childhood. I'm 36 now. She stopped drinking about 10 years ago but she still acts the same, says horrible things to me and my Dad, she blames other people for everything even though most of her problems are her fault. The worst part is, that she always makes me feel guilty, even though I haven't done anything. She's in my head all the time.

Alison

Dear Alison

I'm so sorry this is happening to you. Your Mother is exactly as you've described, an alcoholic. Sometimes when someone is drinking, the family believes, understandably that if the drinking stopped, that the problems will also stop. Unfortunately most people discover that not a lot actually changes.

You need support for yourself. ACOA (Adult Children of Alcoholics) is a very good organisation. They understand exactly what you are going through and can help you learn to love and detach. Please contact them. Alcohol ruins a lot more lives than the alcoholics.

Look after yourself, Theresa

**We posted this question on a confidential facebook group. The answers we received were varied. Here's two of them...**

Your mother will always be this way. She will not change - the only thing that can change is you - you have the power to not allow this broken woman to hurt you. Don't take it personally because as you say she does it to your dad too, you have it in you to accept who she is and you need counselling to find a coping mechanism to enable you to grow into the beautiful woman you were born to be. Janice

You are now 36, so perhaps its now time to remove yourself from her negative attitude towards you. Talk to her, explain your feelings and suggest she goes for counseling or self improvement. You also may need help to offload this emotional battering you have suffered. Susan

Theresa Wood M.I.A.C.P. - M.Phil. Psychoanalysis - Bsc. Counselling & Psychotherapy  
 Would you like to ask for Theresa's advice? Email in confidence at: [theresa@advertiseremojacar.com](mailto:theresa@advertiseremojacar.com)

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# VaVa Health & Wellbeing



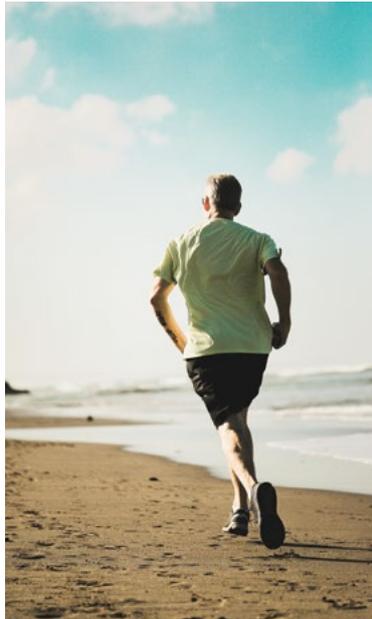
## The winter blahs... & how to avoid them (part 1).

The winter blahs can lead to many of us feeling low on energy, but fortunately there are plenty of natural approaches to improving energy. The key to improving energy will differ from person to person and this has a lot to do with the underlying causes of energy loss and can often not be remedied with a magic pill.

### 1) LACK OF EXERCISE

According to the American Heart foundation sitting is the new smoking! A 2011 study documented 800,000 people and their sitting habits. The study found that people who sit the most, compared to people who sit the least, have a greater risk of disease and death with causal factors including:

- 112% increased risk of diabetes.
- 147% increased risk of cardiovascular events like heart attack and stroke and subsequently a 90% increased risk of death from these cardiovascular events.



We as humans were not built to sit all day, we were meant to hunt and move. We have muscles and joints that are designed to be used regularly, and the more we move, the better we feel, even if we start off a bit creaky and stiff!

Movement is medicine and when we exercise, this improves oxygen and blood flow to our cells, helps alleviate stress, supports hormone balance and helps balance our blood sugar.

Ironically the less we exercise the worse we feel, our energy drops and we want to exercise even less! Thus creating a downward spiral which can be hard to climb out of.

So nip it in the bud and move everyday. It is better to move everyday than just once a week, even its only 30 minutes a day, that's better than no minutes a day.

### 2) POOR NUTRITION

As we age we need fewer calories and more nutrients. Our metabolisms slow down, we move less, some of us are retired and moving less than when we worked, we sometimes gain weight and we sometimes eat poorly and without stating the obvious, yes we are what we eat. Therefore if we have diet that is low in nutrients, we will feel depleted and lacking in energy as the body doesn't have enough ingredients to make or repair cells. Our bodies need magnesium and B-complex vitamins for producing energy, but levels of these can be quite low in refined foods, overcooked or over-processed foods. Foods that are highly processed such as refined carbohydrates can send our bodies on the ups and downs of a sugar roller coaster (commonly known as

a sugar high and sugar crash) leaving us feeling utterly depleted, irritable, tired & unfocused.

Restrictive diets also contribute to poor nutrition. If too many food groups are excluded or the variety eaten is slim this can lead to all sorts of nutrient deficiencies and ultimately to malnutrition, thus putting more pressure on a body system that is already struggling due the lack of variety of of the nutrients needed.

Sometimes avoiding food groups or certain foods is necessary due to ethical/religious beliefs, allergies or intolerance, it is really important to open up your food world to include as much colour, variety and textures as possible.

Remember we have 3 food groups, proteins, carbohydrates and fat, the key is to include and recognise the good guys in this list (eg, good fats –avocados, olive oil, nuts seeds etc). And if there are certain foods you simply cannot eat or tolerate, taking supplements is a good alternative.

Quite often the most common nutrient deficiency is iron and low iron levels can contribute to us feeling unmotivated, fatigued, weak and tired, yet correcting this is simple and can have a profound effect on energy levels. Women are prone to low iron levels and if you're experiencing fatigue you might want to consider checking your iron levels as well as testing for thyroid function, this is another cause of fatigue in women.



Next month in part 2 of this article, we will talk about how other factors affects our energy levels and how we can improve functionality of both the body and the mind.

We can provide nutritional and exercise advice to finding the best balance for your body. So if you want more energy, want to feel better or just want to talk to someone, simply pop in to, or call, VaVa Complementary Health and Wellbeing, and let us take care of you.

**Namaste, Ashlí**

*Ashlí Miréla BCompMed. mFENACO/  
Naturopath. S.E.N (SANC). DipNut. DipAdv DTM.  
DipArom. YTTC.*



## VaVa Yoga y Más

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6				9			4
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## Cross Word

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### ACROSS

- 1 Person working with coffee beans? (7)
- 8 1975 film starring Warren Beatty as a promiscuous LA hairdresser (7)
- 9 Soothing balm (7)
- 10 Leave (informal) (4,3)
- 11 Wild (5)
- 13 Impossible to hear properly (9)
- 15 Zoo (9)
- 18 Operation to catch a person committing a crime (informal) (5)
- 21 Blockhead (7)
- 22 Highly-regarded (7)
- 23 Cut down (7)
- 24 Grow tense (7)

### DOWN

- 1 High steep bank caused by river erosion (5)
- 2 Moore or McGough? (5)
- 3 They should bring you round (8,5)
- 4 Respiratory condition (6)
- 5 Vinaigrette, for example (5,8)
- 6 Poise shown under strain (6)
- 7 Something sweet to chew on (6)
- 12 Slacken (4)
- 14 Croquet or tennis venue (8)
- 15 Self-deprecating (6)
- 16 London columnist (6)
- 17 Rat or squirrel, say (6)
- 19 Awkward (5)
- 20 Grow old (3,2)

Find the solutions to these puzzles inside the back page of this issue !!

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- \* Vera Playa

### TUESDAY

- \* Albox
- \* Cuevas de Almanzora
- \* Los Gallardos

### WEDNESDAY

- \* Cantoria
- \* Lubrin
- \* Mojacar
- \* Palomares
- \* Velez Blanco

### THURSDAY

- \* Carboneras
- \* Cuevas del Almanzora
- \* Huercal Overa
- \* Lorca
- \* Olula del Rio
- \* Purchena
- \* Sorbas

### FRIDAY

- \* Chirivel
- \* Garrucha
- \* Taberno
- \* Turre
- \* Uleila del Campo
- \* Zurgena

### SATURDAY

- \* Aguilas
- \* Albox
- \* Arboleas
- \* Tijola
- \* Velez Rubio
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### SUNDAY

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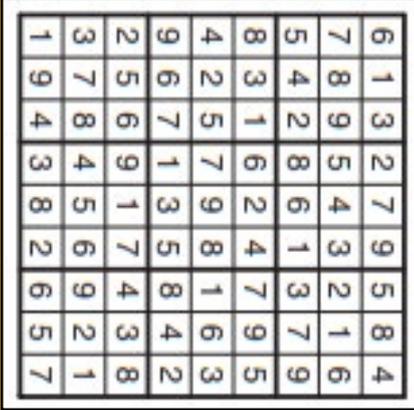
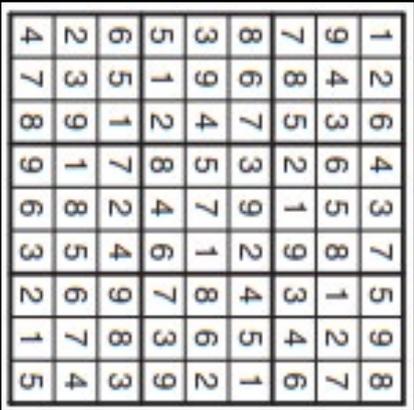
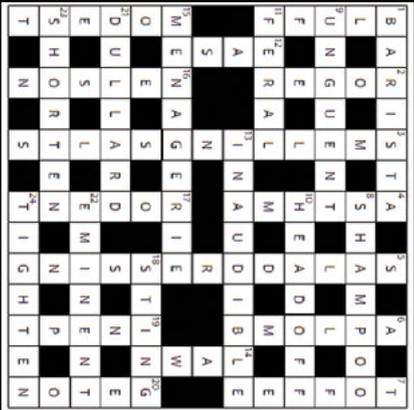
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- **MOJÁCAR** - JUAN JOSÉ CRESPO HARO (Días: 4, 12, 20, 28)  
P/Mediterráneo 231 (near Pueblo Indalo) T: 950 472 016
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- **VERA** - ELISA BELMONTE (Días: 6-19)  
C/Mayor 69. T: 950 393 343
- **VERA** - SUSANA RABELL (Días: 20-26)  
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