

# The Tenerife Property & Business Guide

April 2026  
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3 Bed Penthouse - Golf del Sur - €349,500

See page 2 for further details

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G.I.P.E. NO. 3722



**NEW!  
EXCLUSIVE**

## 3 BEDROOM PENTHOUSE - GOLF DEL SUR



**SPACIOUS WITH SEA VIEWS**



This three bedroom, two bathroom penthouse apartment, is situated in an extremely well maintained development in Golf Del Sur. The property is spacious and offers a perfect balance of internal and external square metres. The lounge/dining area is a good size with access out onto the south facing balcony, where a spiral staircase leads upstairs to the enormous private roof terrace which boasts panoramic views. Sold furnished, with two underground parking spaces.  
Ref: GOLF01879 **Price: €349,500** (approx. £306,500)

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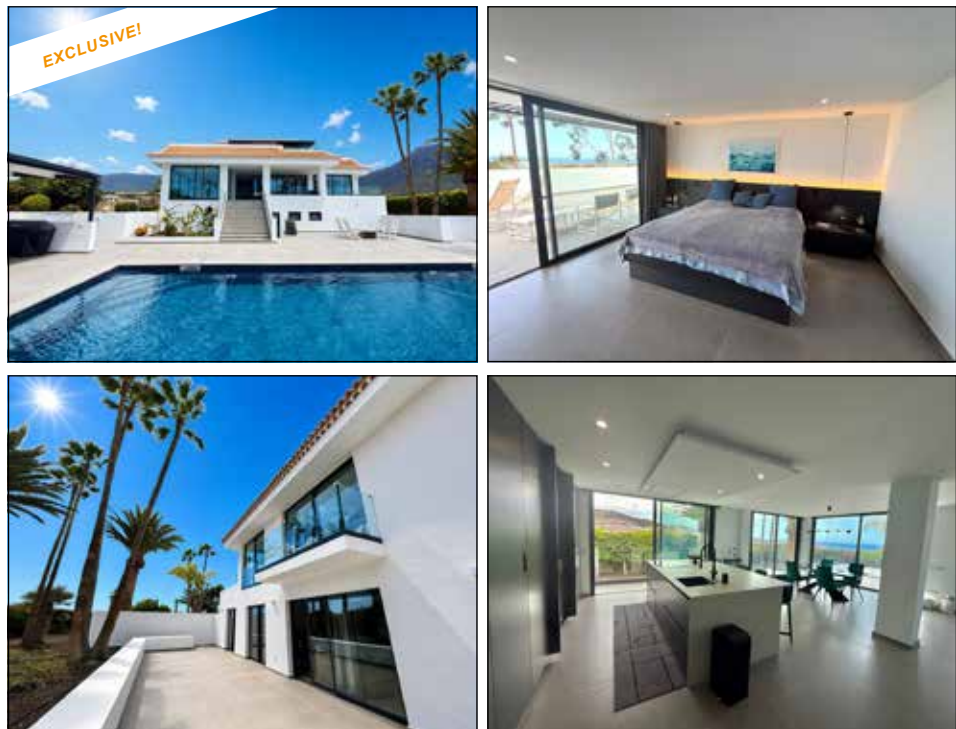
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LUXURY 8-BEDROOM VILLA IN LA CALETA



We are delighted to present this luxury villa in the lavish coastal resort of La Caleta with 2 separate apartments totalling 8 bedrooms and 7 bathrooms. The combined property is set on a plot of over 5,000m2 and comprises: the villa itself, private pool, various terraces, the 2 separate apartments and an immense amount of land.

On the first floor there is a sleek entrance hall that sets the tone for the rest of this spectacular villa. A bright, open-plan living space seamlessly blends a stylish lounge with a lovely kitchen positioned towards the back, complemented by a contemporary dining table and framed by expansive floor-to-ceiling windows that flood the room with natural light. A separate dining room with panoramic views towards the pool and gardens with an office space situated round the corner. The first 2 bedrooms are located on this floor, both bright and well-appointed, each benefiting from its own private ensuite bathroom. Extending from the living room is a large terrace with refined outdoor seating that leads down to the impressive pool area, featuring an elegantly designed swimming pool, spacious patio and a fully appointed outdoor kitchen/lounge, ideal for sophisticated, outdoor entertaining.

On the second floor, you are greeted with a stylish hallway unfolding from the staircase with a glass balustrade, featuring a seating area and a refined desk space creating a sophisticated and welcoming setting. A beautifully designed master bedroom showcases a modern aesthetic, with a feature wall subtly dividing the built-in wardrobe, while expansive sliding glass doors open onto an immense private terrace that enjoys views over the pool and towards the sea!

This luxury property features a great amount of land: maintained gardens, a grand palm tree-lined driveway, a covered car port, additional outdoor storage, and a wealth of further external amenities. Located in La Caleta, a prestigious area in the heart of Tenerife-South with beautiful restaurants, black sand beaches and so much more.

€4,750,000

Ref: I1515

**Windsor Park, Torviscas Alto**

**EXCLUSIVE!**

Lovely bright and spacious studio with a sunny terrace enjoying sea views.

€215,000 Ref: A523

**Los Geranios, San Eugenio Bajo**

Large and bright 1 bed apartment with sunny terrace. Complex pool. Sea views.

€325,000 Ref: N1663

**Los Diamantes, Los Cristianos**

**EXCLUSIVE!**

Stunning 1 bed penthouse apartment with 3 terraces and sea views in lovely complex.

€285,000 Ref: N1667

**Los Geranios, San Eugenio Bajo**

2 bed, 1 bath apartment, fully refurbished to a high standard with stylish finishes.

€475,000 Ref: T1411

**Santa Maria, San Eugenio Bajo**

Stunning, bright and fully refurbished 1 bed apartment with terrace overlooking the pool.

€275,000 Ref: N1657

**Las Carabelas, San Eugenio Bajo**

**EXCLUSIVE!**

Stunning, modern 3 bed duplex with 2 terraces and communal pool views.

€595,000 Ref: I1512

**Garden City, San Eugenio Bajo**

**NEW INSTRUCTION!**

Bright, good-sized studio with a large, sunny terrace looking towards the sea.

€215,000 Ref: A528

**Villas del Duque, El Duque**

**NEW INSTRUCTION!**

4 bed townhouse with multiple terraces, a large roof terrace, private garage and more.

€875,000 Ref: I1516

**Edificio Condado, Los Cristianos**

Lovely 2 bed apartment with a large, sunny terrace in residential complex.

€279,950 Ref: T1413

**Atalaya Court, Torviscas Alto**

**EXCLUSIVE!**

Spacious 2 bed apartment with multiple terraces, a roof terrace and stunning sea views.

€295,000 Ref: T1412



Translators available for any other languages.



Tel: 922 724 110  
Sales: Lynne: 699 250 870  
Rachel: 608 573 443  
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Local 3, C.C. Palo Blanco, San Eugenio, Adeje 38660, Playa de las Americas



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2025-2026

  
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## 2 BEDROOM APARTMENT - LAS GALLETAS



Immerse yourself into the real Tenerife and become the proud new owner of this two bedroom apartment, situated within the vibrant town of Las Galletas. This light and bright property occupies a third floor position and offers sea views from the lounge. The recently refurbished kitchen is spacious and well-equipped. The bathroom features a walk-in shower and both bedrooms offer wardrobes.

Ref: CDS00146 *Previously: €199,000* Price: **€180,000** (approx. £158,000)

## 1 BEDROOM APARTMENT - GOLF DEL SUR



Located in the residential frontline development of Aguamarina, in the ever popular Golf del Sur area. The property has an ample 42m<sup>2</sup> interior with a balcony with views to the Ocean and the San Miguel Marina. The complex is fully secure with lift access, and the property comes with secure underground parking space and a large storeroom.

Ref: GOLF01875 Price: **€239,500** (approx. £210,000)

## 1 BEDROOM APARTMENT - GOLF DEL SUR



Fantastic panoramic views from this nicely presented one bedroom, one bathroom, top floor apartment. The property has a real home from home feeling, and is situated within a quiet location, with views to the sea and the mountains. The property offers secure access and an elevator to take you to the fourth level of the building. The ample terrace boasts sun from afternoon until sunset and is the ideal setting for a cool drink in the evening.

Ref: GOLF01862 Price: **€250,000** (approx. £219,500)


## 2 BEDROOM APARTMENT - AMARILLA GOLF



A great opportunity to acquire a two bedroom apartment boasting sea and mountain views from the North and South facing terraces. This top floor property is situated on a well-maintained development with a traditional appearance, whitewashed walls and terracotta rooftops. The complex features a fully refurbished heated pool with pool hoist, manicured gardens and CCTV.

Ref: AMG00648 Price: **€257,500** (approx. £226,000)


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**2 BEDROOM APARTMENT  
- AMARILLA GOLF**



A rare find, front line to the ocean where you can watch the sunrise over breakfast, or enjoy a cool glass of wine watching the sunset. Here you can relax with the sound of the Atlantic waves only a stone's throw from your South facing terrace. This two bedroom, two bathroom apartment has been tastefully refurbished throughout. Properties in this sought after location do not become available very often, you will need to be quick!

Ref: AMG00650

Price: **€385,000** (approx. £337,500)

**1 BEDROOM DUPLEX  
- PLAYA DE LAS AMERICAS**



This is one of the most sought after, prime locations, next to the beach and surrounded by shops and restaurants offering all types of cuisine along the golden mile. This complex has everything for the holiday maker including 24 hour reception and heated pool. The fully furnished, one bedroom, duplex property has two south west facing sunny terraces from the lounge and bedroom. OFFERS CONSIDERED!

Ref: LA01972

Previously: **€499,000**

Price: **€420,000** (approx. £368,500)



**SEE WHAT OUR CLIENTS SAY ABOUT US**



Well-established professional agency, a particular thanks to Laurence & Silvia who took good care of the administrative-bureaucratic aspects of my sale procedure. Isabel L.

Well-established professional agency ...

Isabel L.



Tenerife Property Shop have been a great agency to deal with! Especially Laurence, who I have had been in contact with most during the selling of my property. I would ...

.... a great agency to deal with!

Wilma M.



We had an amazing experience with Tenerife Property Shop! From the very beginning, the team was professional, kind, and incredibly helpful with every step of our apartment purchase. They made what could have been a stressful process feel smooth and ...

We had an amazing experience with Tenerife Property Shop!

Bogdan D.



We recently sold our apartment in Tenerife with the help of Tenerife Property Shop. The help, support and professionalism was outstanding from day one. They guided us through the whole process, kept us updated with enquiries and organised all the pre and post sale paperwork on our behalf. They even ...

I would have no hesitation in recommending them.

Pat C.



If you are buying or selling a property in Tenerife I can highly recommend Tenerife Property shop and in particular "Laurence" their main Secretary who did the paper work and complicated calculations for me both on purchase and sale of my property 15 years later.

I can highly recommend Tenerife Property Shop ...

Jenny & David B.



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## Palm Mar, Club de Mar

**REDUCED!**



We are delighted to present this lovely, fully furnished, large townhouse comprising (on the ground floor) spacious lounge with double patio doors leading to the garden, a mezzanine floor dining area, kitchen, utility room and guest toilet. On the first floor is the master bedroom with ensuite bathroom and a small balcony; and on the second floor are a further two good sized bedrooms, plus bathroom and storage cupboard. All bedrooms have built in wardrobes. A staircase leads to the roof terraces, from where you have sea views and all day sunshine. Also included in the sale is an integral, very large garage accessed directly from the lounge.

**€499,000**

## Palm Mar, Paraiso I

**NEW INSTRUCTION!**



New to the market, spacious and bright, 2 bedroom, 1 bathroom apartment with a very large terrace enjoying views out and over the sea to La Gomera. The property is situated all on one level with easy access to the beautiful pool area. There are also sea views from both front bedrooms.

**€420,000**

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### Arico, La Listada

Amazing contemporary, fully furnished semi-detached house built in 2024, located in the quiet seafront village of La Listada, about 15 minutes east of El Médano. With just a few homes, a local shop, and the beach on your doorstep, it's a popular choice for buyers. The property features a heated pool, garden, and parking. Inside offers an open-plan fitted kitchen and living area, bathrooms on both floors, and 2 double bedrooms (one sea-facing, one mountain-facing). Enjoy a balcony with sea views. The property also holds a full holiday letting licence.

€575,000
Ref: LL-C575

### Playa Paraiso, Marina Palace

Charming, recently renovated 1 bed, 1 bath apartment located in a popular complex with pool and close to the sea front. The property features a bright living room and sunny balcony. Playa Paraiso enjoys a year-round sunny climate and is a peaceful seaside location offering many shops, restaurants, a shopping center, promenades, and all amenities.

€179,900
Ref: A-PP179











### Costa del Silencio, 3 bed bungalow with pool




Stunning, centrally-located, fully furnished 3 bedroom bungalow with own heated pool and gardens. This bright and spacious property has a separate fully fitted kitchen, large lounge/dining area and huge basement/garage for 4 cars. If you are looking for your next home to be the final one, this is the right property for you! No Community Fees. Plot 382sqm. Built 130sqm.

€549,000
Ref: CDS-T595

### El Fraile, modern 2 bed apt

A cozy 2 bed.1 bath 2nd floor apartment in central location close to all amenities. The property has a spacious living room, modern kitchen, balcony and storeroom. Ideal as a permanent residence or investment.

€164,000
Ref: EL-F164

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**REDUCED!**



Ref: S-05 1380



## Oroteanda Baja

Luxury 5 bedroom villa with pool and parking on huge plot. Suitable for subdivision. Included in the Sale Price is a Project to build two one bedroom apartments in and above the garage.

**€P.O.A.**



Stunning, fully furnished and equipped, 5 bed, 3 bath (master en suite) detached villa with heated pool on 2,000sqm plot. This spacious property has a huge terrace to the front which can accommodate up to 8 cars, and a private garden/terrace with lovely sea views to the rear with BBQ area, jacuzzi, orchard and various seating areas (this significant area is eminently suitable for subdivision to create an excellent-sized plot suitable for the construction of a separate independent villa with pool, parking and lovely sea views.) There is a large lounge/ dining area, an open plan, fully equipped fitted kitchen and garage for 3 cars with direct access. One

of the bedrooms is situated in such a way that it could easily be converted into a separate studio, or granny flat. Extras include aircon and central heating throughout, and solar panel heating for hot water and the pool. This large Villa is very well situated in a small, very central village, located between the airport and the southern resorts of Los Cristianos and Playa de las Américas. With nearby property very popular as exclusive holiday let's this property has fantastic potential as a letting investment. It's rare to find such a large property on a very large plot with sea views in such an excellent location. Call now, come see for yourself!



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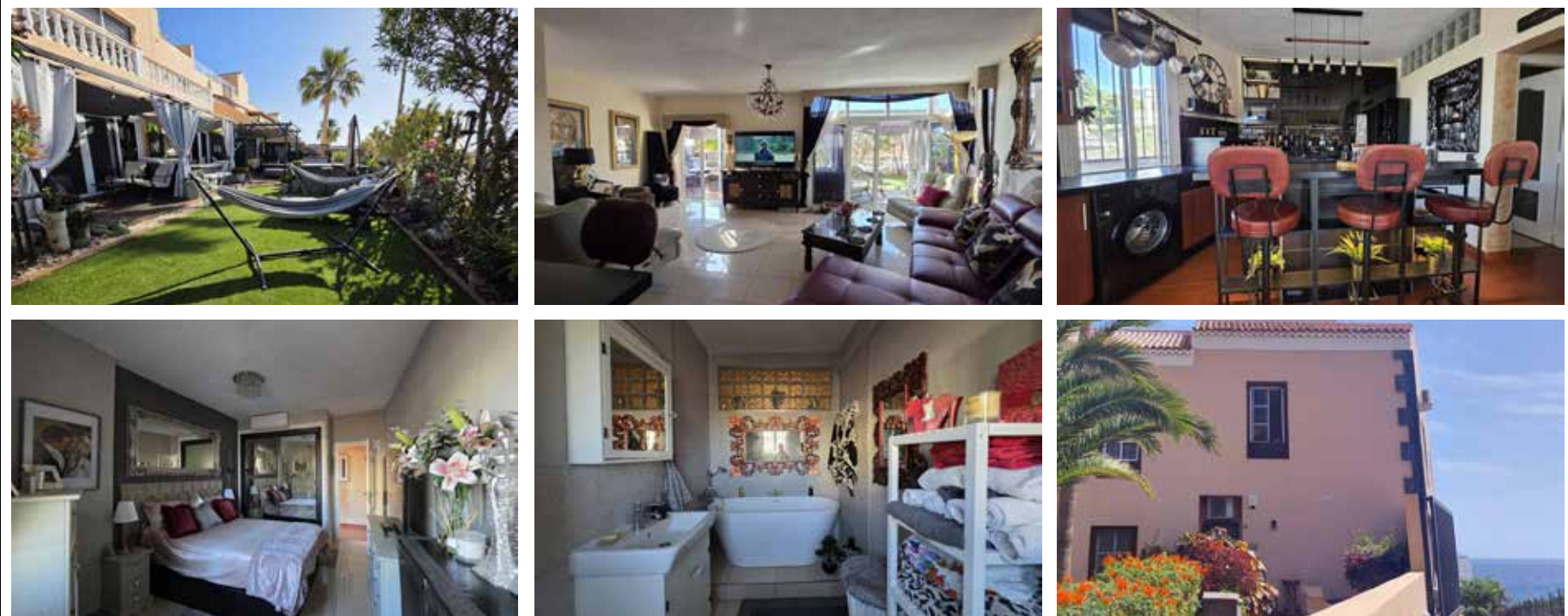
# Homes & Away

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Local 31, CC San Blas, GOLF DEL SUR, Tenerife www.homesandaway.com

### GOLF DEL SUR



High specification, furnished, 3 bedroom, 3 bathroom garden apartment with jacuzzi on residential complex with community heated swimming pool and secure parking. Views to the sea.

€395,000

### AMARILLA GOLF



Elevated 2 bedroom, 2 bathroom duplex 2 terraces enjoying stunning views. Prime golf course location.

€299,000

### AMARILLA GOLF



Top floor 1 bedroom, 1 bathroom apartment with good golf course and mountain views. Close to the pool.

€207,000



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El Medano, 4 bed, 2 bath 4 terraces



Charming home opposite La Tejita Beach with sweeping views of the sea and Red Mountain. Approx. 200 sqm, currently 2 bedrooms (originally 3, easily converted), plus an independent studio. Multiple terraces, rooftop solar hot water, extra functional spaces, and a 2-car garage.

€495,000

317-1125

Costa del Silencio, Atlantico I



Cozy ground-floor apartment in Costa del Silencio's Atlántico I complex. It offers 2 double bedrooms, a bathroom with walk-in shower, and an open-plan kitchen leading to a bright living area. Includes a 10 m<sup>2</sup> terrace, storage room, parking space, and access to pools, tennis court, and communal gardens—ideal for living or investment.

€280,000

332-0426

Costa del Silencio, Alondras Park



Beautiful renovated ground-floor apartment in Alondras Park, facing the communal pool. Sold fully furnished, it offers 1 spacious bedroom, a modern bathroom, and a bright living area with open-plan kitchen. The complex features reception, is well maintained, and is close to the sea, shops, restaurants, and transport.

€200,000

328-0226

Los Cristianos, Parque Tropical II



Spacious duplex penthouse in Los Cristianos' Parque Tropical II, near the sea. With 114 m<sup>2</sup>, it offers a bright living area, terrace, independent kitchen, and 3 bathrooms. Two double bedrooms upstairs lead to a large solarium with sea and Mount Guaza views. Complex includes a pool—ideal for living or holidays.

€655,000

313-1125

## DIRECT FROM OWNER

## Los Cristianos, Port Royale



Recently refurbished (new kitchen, bathroom and all-new aluminium doors), fully furnished and equipped studio with sunny terrace in sought after complex with lovely pool area in hugely popular Los Cristianos. Close to all amenities.

**€195,000**

**Owner (UK)**  
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**PARQUE SANTIAGO III, PLAYA DE LAS AMERICAS**



**APARTMENT IN PLAYA DE LAS AMERICAS**  
Ref: 82-852 €435.000,=

**Property details**

- Property Space: 65 sqm
- Living Space: 49 sqm
- Terrace: 16 sqm
- Floors: 4
- Levels: 3/4
- Elevator: Yes
- Parking: Street
- Community Pool: Yes

**Characteristics**

- All Day Sun: Yes
- Sea View: Yes
- Pool View: Yes
- Mountain View: Yes
- Wheelchair-Friendly: No
- Community Fees: €230/month

Exploitation Contract current till end of 2026



VIEWING BY APPOINTMENT ONLY

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**EXCLUSIVE**

## 5 BEDROOM VILLA - ROQUE DEL CONDE

**PREMIUM PROPERTY**



**STYLISH & SPACIOUS**



This beautifully presented, independent villa enjoys a prestigious location and offers wonderful views of the coastline and the mountains. You can indulge in the comfort and tranquility of this impressive detached property, spread over three floors, and offering four spacious double bedrooms, all with en-suite bathrooms and breathtaking sea views. There is also a fully fitted self-contained studio sleeping two, with private access, on the lower ground floor. Stylishly furnished, and air conditioned throughout.  
Ref: LA01983 **Price: €1,900,000** (approx. £1,666,500)

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### Large Urban Land



Exceptional 8,560 m<sup>2</sup> urban plot between Adeje and La Caleta, ideal for a luxury residential or hotel project with confirmed building parameters and panoramic coastal, golf, and mountain views. Prime, high-value location near beaches, schools, restaurants, and major roads.

Ref.: 2928

Price: 8,700,000€

### Freehold Pool Bar for Sale



Freehold pool bar in busy holiday complex, fully refurbished with new kitchen, bar, and license. Ideal for an owner-operator or couple. Prime poolside location with high foot traffic, seating for 25, and **potential to convert to a studio apartment too!**

Ref.: 2905

Price: 180,000€

### Freehold Club in Los Cristianos

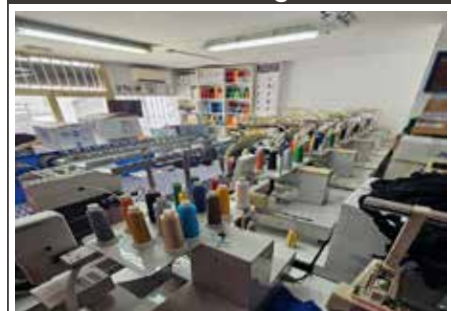


Freehold opportunity in prime Los Cristianos location: a 250 m<sup>2</sup> licensed bar-discoteca with terrace and capacity for up to 400 guests. Fully licensed for late-night trade until 04:00, with strong local Spanish and Latin clientele and proven revenue during peak nights.

Ref.: 2936

Price: 2,500,000€

### Freehold including Business



A rare chance to acquire a freehold local including a fully equipped, long-established printing, embroidery and garment customisation business with 30+ years of success and a loyal client base. The freehold commercial unit is located centrally in Las Americas.

Ref.: 2895

Price: 150,000€

### Freehold Pool Bar Investment



A freehold pool bar sold as investment in Los Cristianos, located within a complex of 175 apartments, currently rented with tenants in place, offering secure income, poolside visibility, exclusive on-site position, and strong long-term value with future redevelopment potential.

Ref.: 2941

Price: 350,000€

### Freehold Hair Salon



Freehold property with established hair salon in central Las Americas, just off the beachfront, surrounded by hotels, bars, and shops. 28 m<sup>2</sup> with storage, toilet, 2 washing stations, and 4 working stations, sold with the business included—ideal to run, rent out, or repurpose.

Ref.: 2909

Price: 80,000€

### Freehold Dry-Cleaning



Great opportunity to acquire a long-established laundry and dry-cleaning business including the freehold premises, of 52m<sup>2</sup>, in prime Costa Adeje, offering over 20 years' trading, loyal clientele, strong income, full licensing, professional equipment, and long-term security.

Ref.: 2961

Price: 260,000€

### Freehold Disco Bar



Freehold in Playa la Arena: 339 m<sup>2</sup> premises and a terrace for 32 guests, unique DISCO & BC licenses to operate until 5 AM, stage, DJ booth, and ample storage. Previously generating over €1,000,000 annually, it can be rented for €5,000/month with traspaso. Closed today.

Ref.: 2804

Price: 690,000€

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# Dad brains: How fatherhood rewires the male mind

By Diego Arguedas Ortiz, BBC Health and Wellbeing



From before their babies are born, men undergo serious hormonal changes that can powerfully influence their behaviour – with consequences for their child's wellbeing.

In the months before my son was born, my partner and I attended an active birth workshop, a breastfeeding session and the hospital-run antenatal course, read a small pile of pregnancy and baby books and scrolled through loads of websites. Our notepads quickly filled up.

Among my notes of that time are details of the many ways women's bodies prepare for birth and motherhood: hormones rise and drop, organs move, brains reshape.

No one, however, told me that my brain and body were also readying for fatherhood.

My son was over a year old when I first came across that idea in *Father Time*, a book by primatologist Sarah Blaffer Hrdy in which she argues that men have all the necessary biological wiring to be "every bit as protective and nurturing as the most committed mother".

This piqued my curiosity. I am a resolute believer in active fathering, but

I had imagined this was a cultural decision by my generation of men. Hrdy's book, however, introduced me to an entire academic field saying that our approach is rooted in biology, just dormant and waiting to be triggered.

After interviewing Hrdy and other experts and delving into the studies, I came to a simple conclusion: fatherhood changes men in ways that echo how motherhood transforms women. The more involved a father is with their baby's care, the deeper this transition becomes. These shifts in our endocrine and neural system show that the nurturing father is not a modern aberration, but a deeply rooted biological trait.

## Falling testosterone

The earliest research on how fathers are physically changed by babies came from observations of other animals. These late 20th-Century studies found that many mammalian males – including other primates – show clear hormonal shifts, including rises and drops in hormones like testosterone, vasopressin and prolactin, typically associated with motherhood, as they engage in active parental care.

When the American anthropologist Lee Gettler, then an undergrad student, heard about these findings in the early 2000s, he was

hooked.

"I asked [my lecturer] whether anyone was studying these questions in human fathers, and the answer at that point was largely no", says Gettler, now the director of the Hormones, Health, and Human Behavior Laboratory at the University of Notre Dame in Indiana.

The first-ever study demonstrating hormonal changes in men had just been published in 2000 by two Canadian scholars – Katherine Wynne-Edwards and Anne Storey. By the time Gettler looked into this field, it was already an established fact that fathers had lower testosterone than men without kids.

"But there's a chicken and the egg problem there, right?" Gettler explained to me. "Are low testosterone men more likely to become fathers? Or does the transition to fatherhood kind of lead to this cascade of biological changes in men?"

To answer this question and others, Gettler teamed up with the scientists running a decades-long project in Cebu City, Philippines.

In 2005, this team collected saliva samples from 624 men, with an average age of 21 years old and without partners, and tested them for testosterone, then four years later tested them again. They wanted to answer two questions: would men that become fathers in the interim have lower tes-

tosterone, and would it be even lower in fathers that spent more hours doing childcare?

When the results came back, the answer to both questions was "yes". The men that had babies showed significantly lower levels of testosterone compared to non-fathers. And the men that had spent longer looking after babies showed the largest drops in testosterone. Those that shared a bed with their infants also had lower levels.

"I think it was the first clear message in the scientific literature that men have this capacity to prepare for fatherhood," Gettler told me. In a way, he explains, this is their biology preparing them for caregiving.

Their findings are not unique. Other teams have also found that drops in testosterone during their partner's pregnancy are also linked with higher investment, commitment and satisfaction after birth, and that this hormone's level was even linked to the men's reactions to baby cries: it made them more alert and responsive. In 2018, a team in Gettler's lab also concluded that fathers with lower levels of testosterone tend to be more involved in caring for babies and toddlers.

But when does this happen? The question of whether it's before or after birth was bubbling in the mind of James K Rilling, the director of the Laboratory for Human Social Neuroscience at Emory University in the US.

"My assumption," Rilling told me, "was that it would happen during the postnatal period after fathers spent some time interacting

with their infants."

The lower their testosterone, the more involved they become with the mother and infant postnatally – James Rilling

What they found surprised them. When they tested expectant fathers only four months after conception, two hormones were already lower than in their control group: testosterone and vasopressin. "And what's interesting is that the lower their testosterone, the more involved they become with the mother and infant postnatally," says Rilling, who in 2024 published *Father Nature*, a book exploring the science of fatherhood. He said vasopressin had a similar effect.

Rilling is intrigued about why this happens. Is there a pheromonal cue that fathers-to-be get from their pregnant partners? Is it a psychological shift once they know they are expecting a baby? As with many surprising findings in this relatively young field, we do not know. What is certain is that the changes go beyond testosterone.

## A wave of the love hormone

Take, for instance, oxytocin, the so-called love hormone. This is one hormone I recall from my prenatal courses: we were encouraged to keep things relaxed and smooth during labour so my partner's oxytocin would flow and ease up the delivery.

Once my son was born, we were told, a huge surge of oxytocin at birth and repeated boosts through breastfeeding would help him and my partner bond.



A man's interactions with his children – through play – may shape his biological reaction to fatherhood

But I wasn't aware that in the first hours after his birth, as he napped on my naked chest, oxytocin was also rising in me.

Many studies around the world have found higher oxytocin in fathers, including those with kids aged one to two years old and those interacting with babies under six months – and that seems to correspond to the amount of time spent with our kids.

For instance, fathers that engaged in more playful games and contact with their children showed a rise in oxytocin, and a similar change was even evident when the fathers first held their newborns.

Oxytocin supercharges our paternal instinct. You can test this, Rilling explains, by spraying men's noses with the hormone and taking note of what happens.

"There's this one study I absolutely love," he says. "They give [dads] intranasal oxytocin as they are interacting with their infant, and they find that it makes the fathers move their head around faster." In the video, Rilling jolts his head from left to right and up and down, in what looks like a very convincing overexcited dad.

Such results suggest a positive self-reinforcing loop with oxytocin: as the hormone rises, a dad is more likely to engage with their child, which then triggers a further rise.

The more scientists look into this topic, the more changes they find in other hormones too. In a study published in 2025, Rilling and his team found that vasopressin – a hormone that in animals is often involved in territoriality and male-male aggression – was suppressed in new fathers before their babies were born.

Another surprising candidate is prolactin. In humans, this chemical is best known for its role in lactation and maternal care, but biologists have linked it with paternal care in other animals, including birds, fish and marmosets, a South American monkey known for its paternal instinct.

In 2023, a team led by American clinical psychologist Darby Saxbe looked at prolactin levels in expectant fathers and concluded

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that those who felt stronger bonds to their unborn child had higher levels of the hormone, and that pre-birth prolactin levels predicted how involved these fathers would be in their care.

As we have already seen with the levels of oxytocin, both of these hormonal changes are more pronounced in dads taking greater care of their babies. "It's not the case that only new moms can be hormonal", says Darbe. "It looks like men are showing some of the same kinds of adaptations and some of the same kinds of consequences."

### A second adolescence

Saxbe has been investigating whether the consequences of these hormonal shifts leave their marks on dads' brains. "I thought fathers are actually a very interesting, almost a special population in the sense that they experience the transformations of parenthood without biological pregnancy," she told me.

Birthing mothers get a blast of hormones while carrying their children and then get another boost at childbirth. But their partner's experiences are more subtle. "So they almost allow us to disaggregate the



Contrary to some stereotypes, men may be biologically programmed for childcare

effects of pregnancy from the effects of parenting experience," explained Saxbe, whose book *Dad Brain* is coming out this 2026.

A few years ago, her team joined forces with colleagues in Spain to scan the brains of first-time fathers before and after their children were born. They discovered that there were neural changes underway. Their brains were adapting to adjust to new experiences and information.

Saxbe compares this transition into fatherhood with adolescence, another critical window of development in which our brain needs to adapt to new challenges, stimuli and ideas. And in a follow up study, she discovered that men who felt a greater bond with their

unborn baby or planned to take more parental leave had larger changes in their brain. In 2026, Rilling reported similar evidence of brain changes in new fathers, confirming the neurological transition.

As for many of the changes in our paternal brains and bodies, there's a use it or lose it aspect: the more involved you get, the more you change. "It's just like something is triggered," says Sarah Hrdy, the primatologist who wrote *Father Time*.

She believes that all human brains have the latent capacity to parent, what she calls an "alloparental substrate", which can be activated under the right circumstances.

In *Father Time*, she ar-

gues that as humans evolved into more complex societies, it was collective care that made humans flourish. It was valuable to have men that could provide primary care for a baby, and so we developed a capacity to do so – one we still keep.

"Mother Nature is an old lady with some very bad habits," she tells me. "And a very thrifty housekeeper. When she has an ingredient that she is not immediately using, she doesn't throw it away. She stashes it in her cupboard."

These "stashed ingredients" come through in a 2014 study that Hrdy calls "one of the most exciting papers in science I'd ever

read".

In it, a team of Israeli academics led by Ruth Feldman recruited heterosexual couples in which a woman provided primary care and the dad "helped", as well as gay couples raising kids without a woman involved, and scanned their brains while they watched videos of their babies.

For the straight couples, the brains of women doing primary care lit in areas related to deeper instinctual responses, such as the amygdala, while the men supporting them had more activity in social areas – that might imply they were first assessing a situation before acting.

But gay men who were giving primary care showed very similar activity in the amygdala and other "maternal" regions of the brain, while keeping the social element too.

Fatherhood was literally rewiring their brains.

### Social shifts

All the experts I talked with, and the vast majority of the literature in this field, agreed that these developments in paternal biology should refocus public policy about families.

"It's an urgent societal priority that we shore up dads' opportunity to build

those connections," says Saxbe. She says that improved parental leave policies, for instance, can facilitate the bond between dads and children.

Another key change is getting men involved from the outset, Gettler told me, including by attending ultrasounds, going to appointments and actively interacting with their partner during their pregnancy.

"We know that this biology is potentially coming online during that pregnancy period as families are preparing to welcome their babies," he told me.

Active, involved fathers have benefits for the family. Mothers with more active partners have reported better mental health in many countries including Pakistan, Kenya and the US.

And crucially, the children benefit too. In a huge study that followed 292 families over seven years and was published in early 2026, researchers from the US concluded that children of more attentive fathers had better heart health. The twist: mothers' behaviour didn't have the same effect.

"I think there's a place for thinking about how the biology of fatherhood provides a foundation for structuring strong and healthy families from the outset," said Gettler.

# What I learned when I gave up sugar for six weeks

By Melissa Hogenboom, senior health correspondent, BBC



**F**oods with added sugar are everywhere – even in some surprising places.

So how easy is it to go without sugar and what difference can it make to your health?

While I typically eat a healthy diet with plenty of home-cooking, I also have a sweet tooth and tend to consume a chocolate treat or two every day.

That's not very surprising – overconsumption of sugar is extremely common in our modern diets. It's bad for our teeth, harmful to our health and there is even some evidence to suggest eating too much sugar might lead to long-term cognitive deficits.

As my role involves reporting on health and wellbeing, I've increasingly started to worry about eating so many treats, which alongside refined sugar, often contain numerous additives. In fact, one of my regular treats contains more than half my daily recom-

mended amount of sugar.

Dietary guidelines in the US recommend consuming fewer than 12 teaspoons of added sugar from food and beverages (around 50g) while in the UK, the NHS recommends people eat less than seven teaspoons (30g) of sugars per day. In reality US adults eat more than 16-17 teaspoons (65-70g) a day, according to the US National Health and Nutrition Examination Survey. To put that in context, 4g is about one level teaspoon of sugar.

Giving up all that sugar isn't easy either. But I decided to see if it was indeed possible to break out of my daily sugar habit.

I set myself the challenge of not eating any foods containing added refined sugar for six weeks. I also avoided honey and fruit juice but I continued to eat natural sugars found in whole fruit, as well as complex carbohydrates – which when eaten, our body breaks down into the sugar glucose which provides our body and brain with its main

source of energy.

From the outset, I noticed some surprising changes to my energy levels and how I felt. The post-lunch slump went away but I did often find myself listlessly looking in my fridge trying in vain to find something interesting (sweet) to munch on, feeling as though I was missing out.

### Sugar is everywhere

First, it's worth reflecting on just how much sugar is added to our food. I found it surprisingly hard to avoid. Browsing my local supermarket shelves, I noticed it in food I didn't expect, including a deli sourdough sandwich, which contained 5.7g of sugar and a bolognese ready meal (9g). Many breakfast cereals include added sugars and a slice of commonly bought supermarket bread had about 1.2g of sugar per slice.

Sugar is also abundant in many ultra-processed

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foods – which have known adverse health outcomes and tend to contain fewer nutrients than whole foods like fruits, vegetables and whole grains.

There are many different forms of sugar in our foods. Glucose is perhaps the

of alcohol and opiates and [unhealthy food] is competing with tobacco for being the most deadly substance in the world," says Gearhardt.

For instance, sugar has been found to increase fat in the liver. In one randomised controlled trial, those who consumed

son this is the case. When we eat sugar it can alter our brain chemistry in a way that mimics what you see when individuals are addicted to opioids, explains Lina Begdache, a registered dietitian and associate professor of health and wellness at Binghamton University in the US.

Even apples tasted sweeter too so even if I didn't feel like one, I munched on one daily anyway, which helped keep cravings at bay.

Evidence also shows that individuals are hungrier after rapid blood-sugar drops, a pattern common after eating high-sugar foods. One study found that participants who consumed a milkshake high in concentrated sugar and refined starches (a high glycaemic index shake), were hungrier four hours later and had more activation in the brain's reward centre, compared to those who consumed a low glycaemic index shake.

#### What is happening when we give it up?

Within days of giving up sugar, however, the body begins to expect less of it, Dalia Perelman a dietician from Stanford School of Medicine in California, told me. My taste buds will have begun adapting, becoming more sensitive to sweet tastes. Giving up industrially sweetened foods allows the taste system to "recalibrate to the intensity of natural sweetness", Gearhardt says

About three weeks into my experiment, something curious started to happen. I was no longer regularly craving sweet treats. If I did get a bit peckish mid-afternoon, I found myself snacking on healthier alternatives, including olives, nuts and fruit.

One reason my cravings went down is simply due to reduced exposure to sugary food, which in turn altered my palate and reset my metabolism, says Begdache.

"You'll see that your threshold for tasting the sugar has gone so much

lower that you won't need as much," adds Perelman. She now only eats low-sugar home-made cakes as she finds anything shop bought is like "eating a cube of sugar".

Begdache explains that my levels of triglyceride – a common type of fat in the body which increases when we consume excess calories – will have reduced too. My insulin sensitivity will have improved, as I will have been experiencing fewer insulin spikes that occur in response to sugary foods. "It's like resetting to default," she says.

That said, at family events – and even on my own birthday party – it did feel challenging not to have even a tiny bite of cake. Cravings never felt far away due to how much sugary food was in my immediate environment.

Still, as my sugar intake fell, the sense of reward, often linked to dopamine release, likely diminished.

Reduced sugar diets have other health benefits too. In one small experiment, a team asked a group of 41 children to give up added sugars for just 10 days. By the end, their blood pressure and body fat fell and they had lower insulin resistance as well as improved behaviour.

Other research, looking at ultra-processed food – which tends to be high in sugar, found that when people ate minimally processed food, they had fewer cravings and more energy.

Having a clearer picture of what sugar does to my body, it made it easier to change my habits – sweet treats just became less appealing. I was also able to limit my exposure to sweet treats at home and ensur-

ing I had plenty of healthy snacks to hand. I also swapped juices for fizzy water with a drop of lemon juice, finding it quenched my thirst.

#### Reintroducing sugar

By the end of the six weeks, I can truly say I wasn't particularly tempted to reintroduce sugar to my diet. It's likely the "addictive loop" in my brain had been silenced, Begdache told me.

I no longer crave sugary snacks daily and foods with added sugar – even low-sugar breakfast cereals – simply taste too sweet for me now. This change should make it easier to avoid returning to a daily sugary treat, Perelman says.

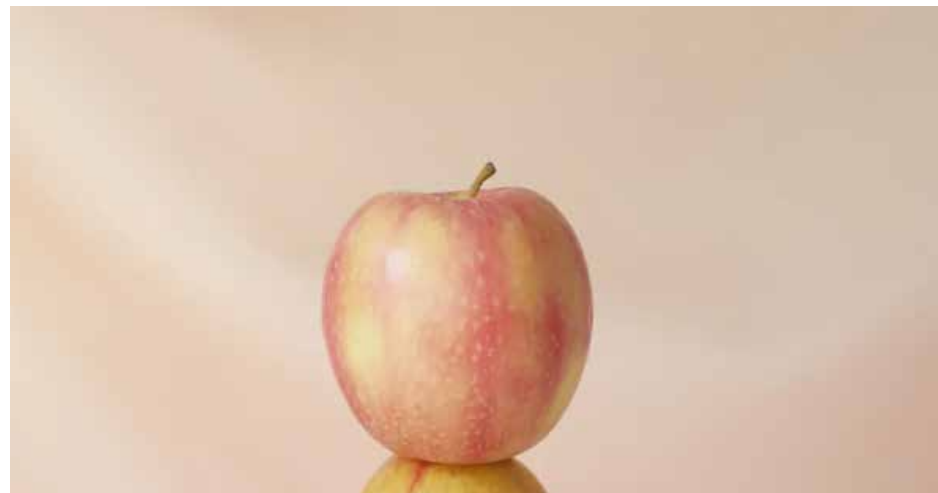
So now my six-week experiment is over, will I be returning to my sugary treats? In short, no. But I plan to make a few changes.

Rather than avoid added sugar completely, I'll restrict my abstinence to weekdays, allowing myself the luxury of a treat at the weekend. I'm also reframing how I think about sugary food in the first place.

When I did finally reintroduce some sugar in the form of a triple chocolate chip cookie (28g of sugar per cookie), I didn't feel like eating it at all. I forced myself for the purposes of this article to see how my body would respond.

It tasted far too sweet and I could taste more sugar than chocolate. I felt an energy slump soon afterwards too and had a mid-afternoon nap, only possible because I was on an annual leave.

That treat I used to eat regularly was no longer a treat. I stopped after a few bites.



The sugars in whole fruits such as apples are bound up in the cells which means our bodies have to work harder to obtain them

most common, but you can also find fructose in fruits and many syrups, lactose in milk and sucrose, which is commonly known as table sugar and is one of the main forms of added "free sugar" in our diets. Free sugars are also found in juices, syrups and honey as they are not bound up in the cells of our food. These refined free sugars contribute most to adverse health effects.

"We come out of the womb liking sweet tastes, it's part of mother's milk in those early days where you're supposed to be gaining a lot of weight," says Ashley Gearhardt, a professor of psychology at the University of Michigan. The problem, she says, is that "we've gotten so good at delivering sweetness really cheaply".

#### What sugar does to us

Research shows that when we consume high-sugar foods it rapidly increases our blood sugar levels. While that's a normal process after eating, if they happen too often we can become resistant to insulin, and the risk of developing type 2 diabetes increases. High-sugar diets are also linked to cavities, inflammation, obesity, Alzheimer's disease and cancer.

"Diet related diseases like diabetes are now killing people beyond the scope

high-sugar drinks for several weeks showed about double the amount of fat in their liver, even if they consumed the same calories overall.

Fructose – such as that found in corn syrup – is toxic to mitochondria, the cellular machinery that keep our bodies running, explains Robert Lustig, co-author of the trial and a leading expert on the harms of sugar. "What it does is it basically knocks out mitochondria, and reduces energy expenditure, so you have to build new ones." This can make you feel lousy, fatigued, tired, irritable and increase brain fog, he tells me.

I certainly noticed my energy stayed more level during the day as the weeks of avoiding sugar went on.

Emerging research also suggests that diets high in sugary foods are associated with greater mental distress, including symptoms of anxiety and depression.

While all this sounds alarming, as part of a healthy diet sugar is fine in moderation, but it's clear that minimising it would benefit the health of millions who eat too much.

#### Addictive properties

In the first few days of going without sugar, I craved it intensely, especially when offered tasty treats at social events.

There's a biological rea-

Eating sugary food also activates the brain's reward system. Research suggests that people who experience stronger cravings for sugary foods may also show a greater increase in the "feel-good" hormone dopamine when they consume them – meaning we feel pleasure and reward when we eat sweet foods.

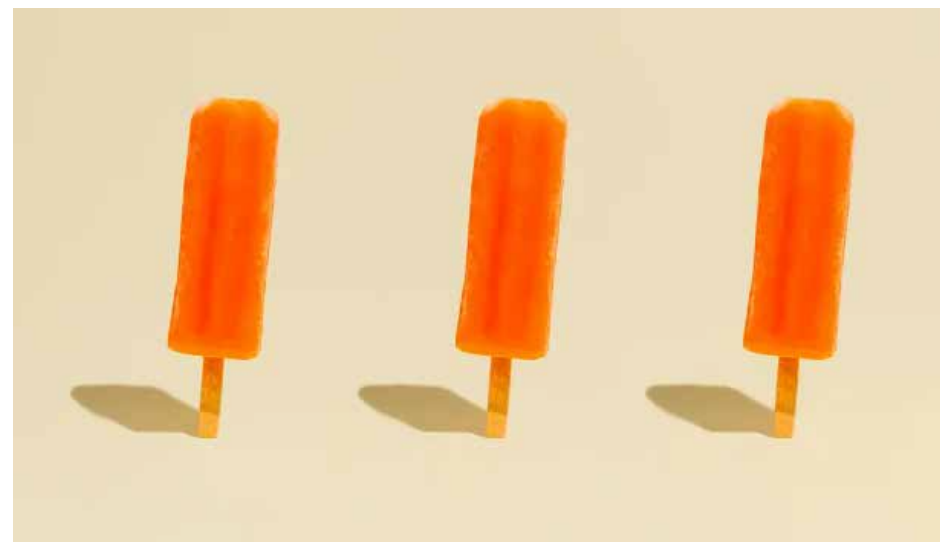
Numerous experts therefore consider sugar to have addictive properties – though this remains an ongoing area of debate.

Other naturally sweet foods like fruit can then become less interesting for our dopamine system, adds Gearhardt.

In fact, the stronger the desire for sugar, the greater the reward we feel – which reinforces the cycle and could rewire our brain to crave more of it. For instance, the brains of participants who consumed a high-sugar, high-fat pudding daily for eight weeks became significantly more responsive to sugary foods.

This dopamine feedback loop helps explain why cutting back can feel so difficult. "You're a hostage to your biochemistry" Lustig says. "That's the definition of addiction. And 20% of the [US] population is sugar addicted."

To resist temptation, I found satisfying alternatives such as a banana and blueberry shake with a spoon of cocoa powder. Grapes had a similar effect.



The added sugar in many sweet treats can pull us into an "addictive loop"



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# This monkey selfie will protect you from AI slop

By Thomas Germain, senior technology journalist at the BBC



**W**hat happens when something that isn't human makes art?

A series of bizarre court battles trying to answer that question centred around this image. Ultimately, it will influence what ends up on your screens and head-phones forever.

It was a humid day in the Indonesian jungle, and photographer David Slater was following a group of crested black macaques, a critically endangered and particularly photogenic species of monkey.

He wanted pictures, but the macaques were nervous. So, Slater put his camera on a tripod with autofocus on and a flashbulb, allowing the monkeys to inspect it. Just as he hoped, they started playing with his gear. Then one of them

reached up and hit the shutter button while staring directly into the lens. The result was a selfie, taken by a monkey. And its toothy grin inadvertently answered a basic question that sits at the heart of technology.

What came next was nearly a decade of legal battles around an unusual dispute: when something that isn't human makes a work of art, who owns the copyright? Thanks to AI, that's become an issue with some deep implications for modern life – and what it means to be human.

One of the most alarming predictions about AI is that corporations will replace the human-created music, movies and books you love with an endless stream of AI slop. But the US Supreme Court just upheld a decision about AI and copyright which suggests that

future may be harder to pull off than the tech industry hoped. The path is still uncertain, and right now, the legal system is the site of a battle that will shape what you read, watch and listen to for the rest of your life. It all traces back to that one little monkey.

## Monkey business

The monkey took that selfie in 2011. For a brief, blissful period, Slater enjoyed global attention from the picture, but the troubles began when someone uploaded the photo to Wikipedia, from where it could be downloaded and used free of charge. He asked the Wikimedia Foundation to take it down, arguing it cost him £10,000 (worth about \$13,400 today) in lost sales. In 2014, The organisation refused, arguing the photo was in the public do-

main because it wasn't taken by a person.

The row prompted the US Copyright Office to issue a statement that it would not register work created by a non-human author, putting "a photograph taken by a monkey" first in a list of examples. (Slater didn't respond to interview requests, but his representation arranged for the BBC to use the photo in this article.)

The story gets weirder. Soon after, the advocacy group People for the Ethical Treatment of Animals (Peta) sued Slater on behalf of the monkey. The case argued all proceeds from the photo belonged to the macaque that took the picture, but it was really seen as a test case, an attempt to establish legal rights for animals. After four years and multiple court battles, a San Francisco judge dismissed the case. The judge's reasoning was simple: monkeys can't file lawsuits.

"It was kind of the biggest public conversation piece on this topic," says intellectual property lawyer Ryan Abbott, a partner at Brown, Neri, Smith and Khan in the US. "At the time it was very much about animal rights. But it could have been a conversation about AI."

The monkey (either named Naruto or Ella, there's some dispute about which macaque took the picture) certainly couldn't dream of the impact of its moment with the camera. Most people probably couldn't see the long-term implications back then either. But years later, the story that monkey set in motion reared its head



Technologist Stephen Thaler says an AI created this image, *A Recent Entrance to Paradise*, all by itself. US courts say that means no one can own it

again in a similar lawsuit brought by a computer scientist named Stephen Thaler. Except the author wasn't a monkey this time. It was a computer.

Thaler built an AI system he calls Dabus (Device for the Autonomous Bootstrapping of Unified Sentience), sometimes referred to as the Creativity Machine. He devised it more than 10 years ago with now primitive technology. "It's done on a shoestring allowance by one guy in the suburbs of St Louis", Thaler tells me on a phone call.

But this is no ordinary computer program, he says. Thaler believes Dabus and similarly powerful AI systems are conscious. "It's essentially a system that develops its own subjective feelings about what it's sensing and what it's thinking," he says. "And that is sentience."

There's an army of experts who disagree, of course. But Dabus generated an image called *A Recent Entrance to Paradise*, and Thaler says that Dabus is the sole and exclusive creator of the work. He tried to register the image with the US Copyright Office, but the office declined based on the same logic it used with the monkey selfie. It was the beginning of another legal fight with much broader consequences.

## The missing author

When the US passed the Copyright Act of 1790, we only had to deal with things like writing and drawing. But the invention of photography decades later raised troubling questions. You could argue cameras

do the real work, a person just hits a button.

"The Supreme Court looked at this and said, you know, we're going to interpret this purposively," says Abbott, who represented Thaler in a case against the Copyright Office. "Copyright was designed to protect the expression of tangible ideas. And that's broad enough to cover something like photography."

The same logic could apply to AI. "What you really have in photography is exactly the same thing you have here. You have a person issuing instructions to a machine to generate a work," he says. "What's the difference between that and me asking ChatGPT to make an image?"

Think about who made the last movie or show you watched. Writers, directors, actors. Behind them, there's usually a studio that owns the rights. A lot of the movies and shows exist because someone can own them and make a profit. But AI threatens to upend that system. If a machine makes the content, who owns it?

In a world of endless AI output, your creativity counts as something distinct

Abbott and Thaler took their lawsuit all the way to the top of the legal system. In March, the Supreme Court declined to hear the case, preserving a lower court ruling in favour of the Copyright Office. If AI creates something, no one can own it. Not the AI, the company running the AI nor the person who used it.

"It definitely forecloses the most dystopian outcome of machines entirely replacing humans [in the world of art and entertainment]," says Stacey Dogan, a professor who studies intellectual property, competition and technology at the Boston University School of Law.

Some predict a future where you just plop down in front of an AI system instead of watching the work of human beings. But without copyright protection for AI-generated work, the

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## DOG OF THE MONTH



**Naty**

Naty is only 21 months old and quite a nervous girl who is struggling a bit at the Centre. She is very gentle and kind and we feel that in a one-on-one relationship with someone she will have the opportunity to gain confidence and trust and eventually be able to relax and enjoy her life in

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in meeting Naty with a view to maybe giving her a new life, please contact the Tierra Blanca Refuge - located near the Fasnía turn off from the TF1, just above the motorway. Call 606 500 171 or email [cpa.tierrablanca@tragsa.es](mailto:cpa.tierrablanca@tragsa.es) (for English, you can contact Rachel on 629 031 273).

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# MOTORWORLD

## The importance of Servicing your car



Regular car servicing is essential for keeping vehicles in good reliable condition—especially in places like Tenerife, where our unique environment can put extra strain on a vehicle.

The island's mix of steep mountain roads, coastal humidity, and year-round heat, and sometimes horrific queues on the motorways, means that consistent maintenance isn't just a recommendation; it's a necessity for both performance and safety. First and foremost, ser-

ving your car regularly enhances safety. Tenerife's winding mountain routes, such as those leading up to Mount Teide and the various villages on the way up, demand precise braking and reliable steering.

During a professional service, mechanics inspect critical components like brakes, suspension and tyres, ensuring they are able to function properly on the island's challenging roads. Early detection of wear prevents breakdowns and accidents, giving drivers peace of mind whether they're commuting daily or exploring the island's scenic drives.

Secondly, routine maintenance improves vehicle efficiency. Engines that are regularly

checked consume less fuel, which not only saves money but also reduces emissions - a growing concern even in island regions. Oil changes, filter replacements, and proper tyre inflation all contribute to smoother operation and better fuel economy, making your car both economical and eco-friendly.

Another often-overlooked benefit is vehicle longevity. Tenerife's saline coastal air and strong UV rays can accelerate corrosion and deterioration. Regular cleaning and scheduled servicing help protect the engine and bodywork from these elements. Mechanics familiar with local conditions know which protective measures to apply, extending the lifespan

of both mechanical and aesthetic components. A lot of parts are rubber or hard plastic and in the extreme heat we experience, they can perish far more quickly than in the UK or some other cooler countries.

In addition, regular servicing maintains your car's value. Whether you plan to resell locally or 'trade in', a complete service history significantly boosts your car's market appeal, especially with British people who are accustomed to seeing Service History when buying a car (this isn't normal in Tenerife), but buyers and dealers in Tenerife understand the island's driving demands, so a well-maintained car stands out as more reliable and trustworthy.

Ultimately, car servicing is about preventing small issues from becoming costly mechanical problems. With the right care - tuned to the island's diverse terrain and climate - vehicle owners can enjoy safer, smoother, and more economical driving all year round.



er, and more economical driving all year round.

Investing in regular maintenance is not just good practice, it's an essential part of responsible car ownership on the island.

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business case for building that world takes a major hit. For big entertainment companies like Disney, there's still a huge financial incentive to let humans run the creative process.

#### Keeping Tabs

Thomas Germain is a senior technology journalist at the BBC. He writes the column Keeping Tabs and co-hosts the podcast The Interface. His work uncovers the hidden systems that run your digital life, and how you can live better inside them.

There are other signs out there too. In March,

ChatGPT maker OpenAI shut down Sora, a social media app for AI content, and cancelled a \$1bn (about £747m) content partnership with Disney.

Then again, there is some kind of audience for AI slop. As we talked about on a recent episode of the BBC's podcast The Interface, tens of millions of people watched a social media series called Fruit Love Island over the last few weeks, where sexualised AI fruit people fall in love and cheat on each in a reality TV parody. Was this just a meme? Were people hate watching it? Or does this kind of AI content have real staying power? It re-

mains to be seen.

Even proponents of AI are sceptical. "As a consumer, I don't find these wholly AI-generated things compelling. There's something hollow in it," says Jacob Schneider, an intellectual property and technology specialist and partner at the law firm Holland & Knight in the US. "But AI can be incredibly helpful in creative work to be a soundboard and develop ideas. I think it works best as a collaborator, and I hope that's where things go."

There's still one big legal question here though. If no-one can own work that was entirely created by an AI, what about work where

there's an equal level of involvement with a human being?

#### Drawing the lines

The US isn't the only country grappling with these issues. In the UK, the law has taken a different approach, allowing copyright for some fully machine-generated works by assigning authorship to the person who made the "arrangements" for their creation. That means a AI-generated image or text can still be owned, even without a human author in the traditional sense. But even there, the rules are under pressure. Lawmakers are

now reconsidering whether that framework still makes sense in the age of generative AI.

Abbott has another lawsuit in the works which could provide a final answer for the US. In 2022, a man named Jason Allen won the Colorado State Art Fair in the US with an image titled Théâtre D'opéra Spatial he generated with the AI tool Midjourney. Allen says he had to prompt the AI 624 times and edited the image with Photoshop.

Now the courts must decide where to draw the line. How much human involvement and intervention is necessary before the law determines a person owns

the work? The answer is certainly coming, but we don't have it yet.

For you, all this means that anything you create, from photos to drawings and writing, carries a special legal protection that machines can't claim. In a world of endless AI output, your creativity counts as something distinct. When AI helps you along the way, the rules aren't clear.

These cases will keep coming, and the conversation will shift along with them. But the work you love still needs to be made by a person for now, and in part, you can thank an Indonesian monkey with a perfect smile.

# 'It's incredible, like science fiction': How a new wave of immunotherapy is eliminating cancers

By Jamie Ducharme, Staff writer at Time Magazine and freelance journalist



After nearly 100 years of development, treatments that bolster the body's immune system to fight cancer are coming of age – and saving patients' lives.

When 71-year-old Maureen Sideris was treated for colon cancer in 2008, she

had to go under the knife. Her treatment was successful, but the post-operative recovery process was gruelling.

Fourteen years later, Sideris, who lives in New York, was diagnosed with oesophageal cancer – and

this time, her treatment, offered through a clinical trial, looked radically different. Every three weeks, she travelled to Memorial Sloan Kettering Cancer Center in New York City for 45 minute-long infusions of a drug

called dostarlimab.

After just four months of treatment, Sideris' tumour had disappeared – without surgery, chemotherapy or radiation, and with her only major side effect being adrenal insufficiency that causes fatigue. "It's unbelievable," she says. "It's almost like science fiction."

And yet, it's real. Sideris is one of a growing number of patients to benefit from immunotherapy for cancer, a treatment method hitting its stride after more than a century of development. With it comes the promise of personalised therapy, long-term cancer remission and fewer side-effects than other treatments such as chemotherapy and radiotherapy.

People are living, and living with good quality lives. We're talking about cures – Jennifer Wargo

"I get choked up and have goosebumps," says Jennifer Wargo, a professor of surgical oncology and an immunotherapy researcher at MD Anderson Cancer Center in Texas. "People are living, and living with good quality lives. We're talking about cures."

The body has a natural ability to "detect and eliminate cells that look like not-you," explains Karen Knudsen, chief executive of the Parker Institute for Cancer Immunotherapy, a US non-profit that furthers immunotherapy development. If all is working well, that should include cells that have be-

come cancerous. But sometimes, cancer cells evade or outsmart that system, leading to dangerous unchecked growth. They hide, in plain sight, indistinguishable from the healthy cells around them.

Immunotherapy's goal is to unmask those cancer cells so the immune system can see them for what they are. It bolsters the immune system's defences so it can locate and destroy cancerous cells – with potentially incredible results.

#### How immunotherapy fights cancer today

Two of the best-known forms of immunotherapy are CAR T-cell therapies and immune checkpoint inhibitors. CAR T-cell therapies involve extracting T cells (the highly specific immune cells that hunt down and kill off particular foreign invaders) from a patient's blood, modifying them in a lab so they can find and attack cancer cells and then letting the souped-up T cells loose in the body. These therapies are currently used to treat blood cancers.

Immune checkpoint inhibitors, meanwhile, are drugs that disable a built-in "off" switch in the immune system. This safeguard has an important purpose – it prevents overly aggressive immune responses that damage healthy cells. Some cancer cells can flip the off switch, however, causing the T cells to stand down so they escape detection. Immune checkpoint inhibitors prevent that from happening, meaning that the T cells identify the cancer cells as a threat and launch

an assault. The scientists who pioneered this innovation won a Nobel Prize in 2018, and the drugs are today used across many cancer classes.

Still, both methods have limitations. Although research is ongoing, scientists have struggled to make CAR T-cell therapies work against solid tumours (as opposed to blood cancers), which account for more than 90% of new diagnoses. The treatment is also expensive and labour-intensive to administer.

Immune checkpoint inhibitors, meanwhile, can come with a "kaleidoscope of side effects," says Samira Turajlic, a medical oncologist at the Francis Crick Institute in London. That is because the immune system's off-switches are meant to prevent the body from attacking its own tissues and removing that defence may therefore endanger non-cancerous cells as well as tumours. According to the US National Cancer Institute, common side effects include skin rashes, diarrhoea and fatigue, while in rare cases it can cause inflammation of the liver, heart and kidneys.

That trade-off may be worth it, if the drug controls an aggressive cancer. But it doesn't always work that way. A major problem facing the entire oncology field, Turajlic says, is that no immunotherapy works in 100% of recipients. There are many potential reasons, ranging from the structure of the tumour, which can reduce its

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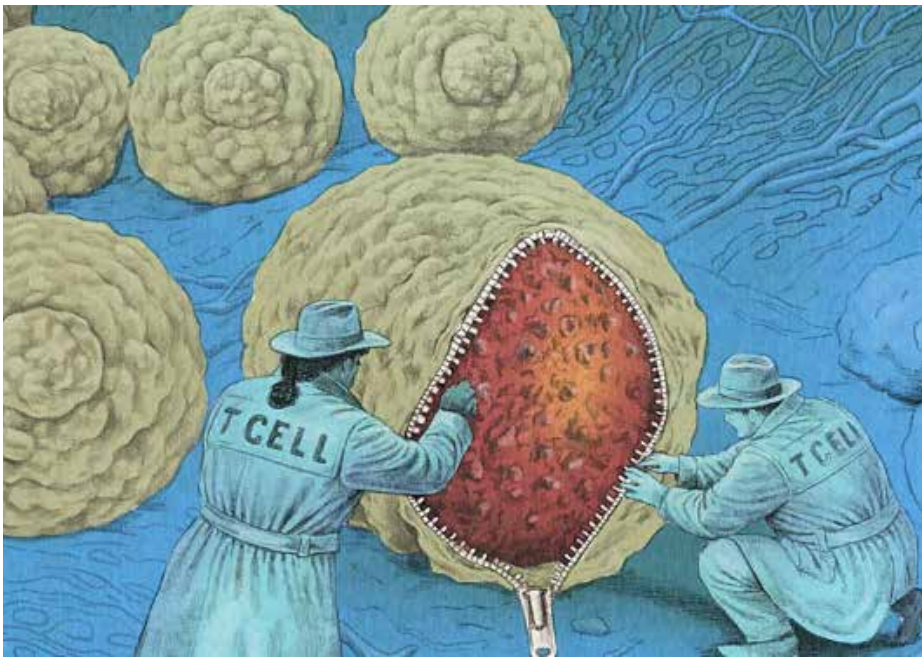
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accessibility to the immune

changes to cell communication. Even the timing of

– Sandra Demaria



Cancer cells can often look like other healthy cells around them, so the immune system can need pointers to help it identify them

system, to the characteristics of immune cells themselves.

In general, somewhere between 20% and 40% of patients respond to immunotherapy. That means a lot of patients – the majority, in fact – are opening themselves up to side effects, not to mention wasted time and hope, without much upside.

#### Multipronged approaches

How can more patients benefit from immunotherapy? Researchers are attacking that problem from lots of different angles.

Wargo's research, while preliminary, suggests that patients who follow high-fibre diets may see better results through changes to the gut microbiome that may affect both the immune system and the tumour. Other surprising research indicates that statins, inexpensive and accessible cholesterol-lowering drugs, may enhance the effects of immunotherapy, through unexpected

treatment may matter, with some recent research hinting that patients dosed early in the day fare better than those treated later.

Combining immunotherapy with other cancer treatments, such as radiation or ultrasound, may be another way to boost response rates. "Radiation can actually...make the tumour visible to the immune system," explains Sandra Demaria, at the Weill Cornell Medical Center who has researched this combined approach. Ultrasound therapy, which harnesses high-frequency sound waves to attack tumours, may do the same.

Other researchers are taking advantage of immunotherapy's capacity for customisation and carefully matching patients to their best possible treatment.

**We can now move toward treating not the cancer, but actually the patient**

Personalised medicine is generating excitement in many disciplines, but Knudsen emphasises that it is particularly important for oncology, given the heterogeneity of the disease. "Cancer is not one disease," Knudsen says. "It's 200 different diseases, and they all arise due to different reasons and they have to be treated differently." Even two patients with the exact same type and stage of cancer may have different diseases at a cellular level.

"The field is at an inflection point," Demaria says. "We can now move toward treating not the cancer, but actually the patient."

Scientists at Memorial Sloan Kettering Cancer Center have already trialled one promising strategy, based on the finding that tumours with a particular genetic profile tend to respond well to immune checkpoint inhibitors such as dostarlimab. In two small trials from 2022 and 2024 treating rectal cancers with this profile, the treatment completely eradicated tumours.

The team then expanded their research to include 117 patients with various types of tumours – including oesophageal, bladder and stomach – that carried the same genetic signature. Out of 103 people who finished the full course of treatment, 84, including Sideris, saw complete disappearance of their tumours, with only two requiring additional surgery.

Researchers from MD Anderson have reported similar results for an approach using a different checkpoint inhibitor. And other groups have shown that – even if patients do undergo surgery eventually – their operative results may be better, in at least some cases, if the tumours are first attacked with immunotherapy.

While more research is needed, such findings are promising because they open the door to a less invasive yet highly effective era of treatment, says Luis Diaz, head of solid tumour oncology at Memorial Sloan Kettering Cancer Center. "We have to move from Medieval times to modern times," he says. "To remove your rectum or your stomach or bladder – we've got to do better than that."

The caveat is that only around 5% of tumours have the genetic makeup that makes them a good fit for the surgery-free immunotherapy treatment Diaz and his colleagues studied. "The other 95% need something as good," he says.

#### The promise of cancer vaccines

To that end, researchers continue to look for new immunotherapy approaches and try to improve upon older ones – such as cancer vaccines.

Traditional vaccines introduce the body to parts of a pathogen, such as a virus,

so it can practice mounting an immune response to the real thing. A similar concept could work in cancer, Knudsen says – except it could be used to treat the illness rather than prevent it.

Cancer cells are adorned with various surface proteins. Using vaccine technology, researchers may be able to train a patient's immune system to recognise and target these proteins, triggering a robust response against their specific cancer, Knudsen explains.

There's already some preliminary evidence to support this approach. Researchers from Dana-Farber Cancer Institute in the US recently created personalised vaccines for nine people with a type of kidney cancer. After their tumours were surgically removed, the patients were vaccinated to rid their bodies of any lingering tumour cells.

In research published in 2025, the team reported that all nine patients launched a targeted anti-cancer immune response and remained cancer-free years after surgery. Personalised vaccines have also shown promise for treating melanoma.

"It's a bold new world out there," Knudsen says. "It's the definition of precision medicine. We can now perhaps, in a very quick way, develop vaccination strat-



With personalised immunotherapies, doctors will be better able to activate the body's defences with greater precision, enhancing the chances of remission

egies against the exact tumour you have."

#### Despite this excitement, the road ahead is long

More studies are needed to back up some of the encouraging methods under investigation, and to reach a future in which doctors can precisely and reliably match patients with treatments that will work against their specific cancers. "There's been a lot of very promising targets and new agents that did not progress beyond early-phase clinical trials," cautions Demaria.

It is possible that a subset of patients won't respond to any kind of immunotherapy, Diaz says. Cancers have different "superpowers" that allow them to grow and thrive, he says, and the immune system is a better opponent for some than others.

But for patients who do respond, immunotherapy is already proving both life-saving and life-changing.

Sideris, the New York patient who took part in Diaz's trial, feels like part of a brighter future for oncology. "We're going in such a great direction," she says. "One of the doctors [told me] that within 10 years' time, doing any kind of chemo and radiation is going to be like bloodletting – so old-fashioned."

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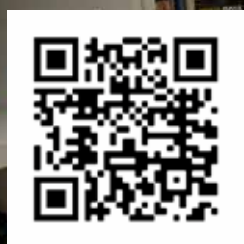
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# Four benefits of going out in the rain

By Ally Hirschlag, award-winning journalist with over 10 years of experience editing and writing health, fitness, beauty, lifestyle, and science content.



From its distinctive smell to the negative ions it releases, rain has some fascinating benefits for our bodies – especially when it comes to our mood.

It was the sixth straight day of the heat index topping 100F (38C) in New Milford, Connecticut, when the sky turned a sickening shade of puce. I was leading an outdoor theatre workshop, and noticed campers gawking at an ominous, miles-long shelf cloud advancing overhead. Then a thunderclap shook the ground, and lightning stretched across the sky like a jagged web.

We heard the rain before we felt it, then suddenly we were drenched in a torrent of heavy raindrops. No one could hear each other, so I motioned to a nearby covered platform for laundry bags, and my stu-

dents and I made a run for it. Soaked and laughing, we fell into the laundry pile and watched the storm rage on. After 30 minutes or so, the sky cleared, and the air felt astonishingly clean and cold. The strong, distinctive smell of rain was overwhelming.

As we walked back to rehearsal, the grass and trees looked greener and healthier somehow. Everyone seemed lighter, smiled more easily, and I felt as if a brain fog had finally lifted. Was it due to the heat wave breaking or the adrenaline of the dash to shelter, or did the rain have some hand in our collective better mood?

**Humans are more sensitive to the smell of rain than sharks are to blood**

It turns out that after decades of studying the elements of rain's potential mood-boosting abilities,

scientists have found some decent evidence to support it. And it's not the only benefit of rain: research shows rain also removes harmful substances from the air, while its unmistakable smell may even enhance our memories.

## The serotonin boost

The predominant reason may be that rain releases negative air ions – oxygen molecules with an extra electron, which form as raindrops collide or hit a surface and split apart. In high levels, these are known to boost serotonin and alpha waves in the brain, leading to a happier, more relaxed state.

When raindrops hit the ground, they can splatter and release negative ions into the air – a process called the Lenard effect. So if you're hoping to get a sizeable dose of serotonin-boosting negative ions, try taking a walk in a rainstorm. Just make sure to get inside if you see light-

ning – for safety's sake.

Some scientists believe these positive effects may be due to negative air ions increasing oxygen levels in the blood, resulting in a mood boost akin to what you experience from intense exercise.

However, there still isn't conclusive evidence to explain exactly what mechanism is going on to produce these effects. Pam Dalton, a cognitive scientist at the Monell Chemical Senses Center in Pennsylvania in the US, notes it is still not well understood why negative ions have effects such as changes in mood as well as fatigue, cardiovascular status and blood pressure. "While intriguing, there just isn't much consensus on the physiological benefits, and there is even less understood about possible mechanisms by which negative ions would elicit these effects," she says.

Studies into the effects of negative ions on mood began in the 1950s, though results were inconclusive until more advanced, high-voltage ionisers that more efficiently produced negative ions became available in the 1990s. In one notable 1995 study, researchers found that participants with seasonal affective disorder (Sad) who were given daily sessions with high-voltage ionisers were far more likely to see a large reduction in their symptoms than those given a low-output treatment.

According to Columbia University professor Michael Tehan, who led the study, heavy rain produces similar levels of negative air ions to the high-voltage ionisers used by his team. He notes, though, that so far no study has directly demonstrated this, nor di-

rectly correlated time in the rain with mood changes.

## The cleaner air

Rain's negative ions also appear to clear the air of particulate matter such as pollution and allergens, making it easier to breathe. This could have an impact on mood and health as well: since poor air quality is associated with increased anxiety and risk of developing more severe mental health disorders, it stands to reason that cleaner air would promote the opposite.

"There is reasonably good evidence that the negative ions can clear dust, bacteria, allergens, and other particles from air, which for many can have a positive effect on respiratory health," says Dalton.

**Water sounds have been associated with activation of the parasympathetic nervous system, the branch of the nervous system involved in relaxation and recovery – Amy Sarow**

Just how adept negative ions are at cleaning was less clear until about a decade ago. In a 2015 study, researchers replicated this ability in miniature by pumping different kinds of particulate matter into a raindrop-generating glass chamber. After the raindrops had evaporated, researchers collected the remaining particles,



Studies have shown notable mood benefits from exposure to negative air ions, which are also produced by rain

noting their position to determine whether the raindrops had, in fact, attracted them. They found that smaller raindrops were particularly adept at attracting these airborne particles.

When raindrops fall to the ground, they're essentially "sweeping up" tiny airborne particles in their path, says Dan Cziczco, co-author of the study and a professor of earth, atmospheric and planetary sciences at Purdue University in Indiana in the US. The electrical charge (the ions) within a raindrop acts like a magnet for these particles, resulting in a sweeping-up process known as coagulation.

Cziczco likens it to what happens when a construction crew sprays a dusty site with water; the suspended dust is pushed back down to the ground, leaving the air cleaner.

The intensity of the rain also matters. "The heavier the rain, the more of a cleaning effect you're going to get on the atmosphere," says Cziczco. This includes reducing the amount of positive air ions, which have been associated with irritability and heightened anxiety.

So next time there's a heavy rainfall, consider opening your windows right after it stops. You'll likely notice the air seems clearer, and if it came on the heels of a cold front (as heavy rains often do), the accompanying wind may blow some of that clean air into your home, improving the air quality.

## The memory-enhancing smell

Rain's distinct smell can also have a psychological impact. Known as petrichor, this odour rises out of the ground after a storm and is often described as pungent and earthy, yet somehow clean.

"Petrichor arises when rain releases aerosols from the ground," says Phil Stevenson, a professor of plant chemistry at the University of Greenwich who leads work on plant and fungal traits at Kew Gardens in the UK. "During dry weather, organic molecules from plants, animals and soil accumulate on surfaces. When raindrops strike, these molecules – includ-

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ing volatile plant oils – are shattered into airborne particles."

The "clean" smell is thought to be due to ozone, which rainstorm downdrafts can pull down to earth. Another part of the smell comes from geosmin, a chemical compound that actinomycete bacteria produce as they form spores in soil.

"Rain liberates the spores and geosmin, creating the familiar 'first rain after drought' smell, most noticeable in warm seasons," says Stevenson. This might explain why humans are so sensitive to it – more sensitive than sharks are to blood. Scientists hypothesize that we evolved to understand that petrichor signifies the renewed abundance of fresh water, which likely helped our ancestors feel safe and calm.

These smells have been shown to yield distinct

changes in alpha and beta wave activity in the brain that are linked to a calmer, more relaxed state.

And thanks to its unique fragrance and how dramatically it changes the environment, rain can also be a powerful nostalgia trigger. My camp thunderstorm experience happened over 20 years ago, yet every time it rains, my mind paints the picture of that day with remarkable clarity.

"A sensory experience like the smell of approaching rain or the aftermath can become the backdrop or context that becomes attached to our memories of many different places or emotions," says Dalton, who has extensively studied the psychological significance of smell.

Any smell, she says, can activate the amygdala, the part of the brain responsible for processing emotions and emotionally significant memories. That tie

to our emotional epicen-

tre is why memories associated with smells tend to stick in the brain and remain vivid. So whether you perceive a smell like rain as good or bad doesn't matter; the context within which you experience that smell is what makes it evocative.

So take a whiff the next time it rains from an open window or during a post-rain stroll and see what details of long-past moments surface.

#### The relaxing sound

It's not just smelling and breathing in rain that can make us feel good, though; it's hearing it too, which is why you often find rain tracks on sound machines. A steady rain can reduce cortisol levels, inducing a sense of calm, as well as drowning out disruptive noises.

"Water sounds have been associated with activation of the parasympathetic nervous system,

which is the branch of the nervous system involved in relaxation and recovery," says Amy Sarow, a clinical audiologist who works in outpatient care in Southfield, Michigan in the US. "When this system is activated, we may see physiological effects such as lower heart rate [and] reduced stress responses."

A recent study found the sound of rain was most effective within the 40 to 50 decibel range (equivalent to a soft, gentle rainfall), lowering stress levels up to 65%. Heavy rain, which falls into the even lower brown noise frequency, can feel more grounding and immersive, Sarow says, and drown out disruptive sounds to help promote sleep.

Both levels can be calming; Sarow says it often comes down to personal preference. "If someone intentionally listens to these sounds as part of a relaxation routine, the experi-



Rain's unique fragrance means it can be a powerful nostalgia trigger

ence can begin to resemble mindfulness or meditation practices, where the sound serves as an anchor for attention and relaxation."

While my rainstorm didn't exactly put me in a zen state, it did leave me feeling better and more connect-

ed to the present moment. Now, every time there's a downpour, I try to spend a little more time immersed in it. When you next see rain in the forecast, consider tuning into the experience too. You might be pleasantly surprised.

## The Real AI Race

By Lee Jong-Wha, Professor of Economics, Korea University

**S**EOUL—Discussions of the global AI race typically focus on the contest between the two innovation leaders—the United States and China—with the rest of the world positioned effectively as spectators.

But while the US and China are pushing the frontiers of AI development, from foundation models to advanced semiconductor design, they will not dictate the technology's economic impact. Those who apply it will.

While the invention of general-purpose technologies like AI creates new opportunities, it is the diffusion of these technologies across industries and economies that leads to transformation. Electricity, the internal combustion engine, and the internet took decades to generate large productivity gains because firms had to reorganize production, invest in infrastructure, and

cultivate new skills.

Early evidence suggests that AI is likely to follow a similar trajectory. Last year, roughly 16% of the world's working-age population used generative AI tools on a monthly basis. But adoption rates varied widely across countries, and the fastest adopters were not those on the leading edge of AI innovation. In fact, while the US and China race to develop the most powerful algorithms, a much larger set of countries is competing to achieve the broadest and fastest integration of AI into their economies.

According to the 2025 Government AI Readiness Index—which evaluates nearly 200 countries by policy capacity, governance, infrastructure, and public-sector adoption—the US ranks first for AI preparedness, followed by France, the United Kingdom, the Netherlands, and South Korea. Germany, Singapore, China, Australia, and Norway round out the top ten. The International Monetary Fund's AI Preparedness Index, based on indicators of digital infra-

structure, human capital, innovation, and regulation, ranks Singapore, the US, the Netherlands, Finland, New Zealand, and Germany among the world's most prepared economies.

The multipolar nature of the AI-adoption race partly reflects the fact that technologically capable economies across Europe and Asia have launched ambitious national strategies to accelerate AI diffusion. In Europe, policymakers are seeking to combine industrial AI adoption with regulatory frameworks that promote trust and responsible innovation.

In Asia, Singapore is investing heavily in digital infrastructure, workforce training, and public-sector experimentation. Japan has adopted an "innovation-first" approach to AI governance, encouraging experimentation and close collaboration between government and industry. And South Korea has set the ambitious goal of becoming one of the world's top three AI powers. Initiatives like the "Manufacturing AI Transformation" strategy integrate AI into key in-

dustries—including semiconductors, automobiles, robotics, and shipbuilding—while expanding computing infrastructure and nurturing AI talent.

In the new issue of our magazine, leading thinkers examine how recent developments, from the AI revolution to intensifying geopolitical volatility, are reshuffling the economic and financial deck and generating new winners and losers across the global economy.

Beyond these global leaders, other countries are also working to accelerate AI adoption. India, which has few frontier AI firms, is seeking to establish itself as a leader in AI applications and services. Malaysia has introduced a National Action Plan aimed at establishing a fully AI-driven economy, so that the country becomes a regional AI hub by 2030.

These efforts partly reflect an awareness among Asian and European policymakers that major productivity gains are vital to offset rapid population aging, shrinking labor forces, and rising fiscal pressures. Under these conditions, AI offers one of the few realistic pathways to achieving such gains and sustaining long-term growth.

Ultimately, the most effective strategies will be those that focus on three

mutually reinforcing pillars. The first is human capital. Equipping workers with stronger digital and problem-solving skills is vital to enable them to collaborate effectively with AI systems. This will require significant upgrades in education and lifelong learning.

The second pillar comprises technological capabilities. Countries must pursue sustained investment in computing infrastructure, data systems, and research networks that support experimentation and innovation.

The final pillar is industrial transformation, including reorganization of production processes, introduction of new workflows, and adoption of complementary technologies. Recent simulations of AI's macroeconomic impact suggest that economies combining strong digital infrastructure with advanced manufacturing or data-intensive business services are particularly well positioned to benefit from the technology.

In this sense, countries like Finland, Germany, Singapore, South Korea, and the Netherlands, as well as the US and China, have a head start. Europe's large industrial base, from advanced machinery to energy systems, may provide a particularly significant advantage, facilitating broad

AI adoption that helps to reinvigorate lagging productivity growth. But some analysts caution that Europe's ambitions will remain constrained unless it reduces its dependence on foreign digital infrastructure and cloud platforms.

The success of such strategies will depend significantly on institutions and governance frameworks that encourage technological progress while ensuring the responsible use of AI. Priorities must include preserving competition, attracting global talent, supporting startups, and implementing regulations that address risks such as data misuse, algorithmic bias, and excessive market concentration.

Whether AI becomes a transformative engine of global productivity growth will depend not only on the pace and direction of innovation, but also on how effectively countries around the world adapt their institutions, labor markets, and production systems to seize the opportunities the technology creates. The "AI race" will be won not just by those delivering breakthroughs in Silicon Valley or Hangzhou, but also—and perhaps even more so—by those applying them most effectively.



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### Las Chafiras, Commercial Property

€750,000

FRINA Tenerife is offering this Large commercial property for sale in Las Chafiras, in one of the island's biggest commercial areas. Las Chafiras is centrally located close to the Tenerife southern airport, and the tourist areas. The property is empty at the moment, but it has before been used as a successful retail store. The premises of this ... For full information see website or contact: **Ref: 2524 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Palm Mar, Bar/Restaurant

€700,000

Clear Blue Skies Group SL is delighted to offer for sale these wonderful front line business premises, in the desirable coastal town of Palm-Mar in the south of Tenerife. Palm-Mar is a popular town in a bay adjacent to Los Cristianos, but separated by not only by rock but also by culture. Compared to the more robust neighbouring resorts of Los Cristianos... For full information see website or contact: **Ref: 8302 | Clear Blue Skies SL | 922 714 772**

### San Eugenio Bajo, Commercial Property

€625,000

FRINA Tenerife offers a commercial Investment property for sale in Tenerife in San Eugenio. Today the property is rented out to a popular restaurant which owners pay a monthly rent of 5,000€. The premises was built in 1985 and measures 76m2 inside and with a terrace of 40m2. For more details on this investment do not hesitate to contact FRINA Ten... For full information see website or contact: **Ref: 2491 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Los Cristianos, Empty Local

€500,000

FRINA Tenerife now offers This rare chance to buy a truly prime location investment freehold. This investment freehold is on a busy street in the El Camison area of Los Cristianos. The freehold is rented out with good tenants as a restaurant and is truly a prime location. The premises, which were completely refurbished in 2010, measure 79 m2 and are s... For full information see website or contact: **Ref: 2530 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Las Rosas, Restaurant

€495,000

6 bed · A reluctant sale due to the current owners retirement and 'down-sizing'. An extensive (150m2) fully fitted and equipped freehold restaurant with professional stainless steel kitchen with extraction, stage area, bar and toilets. Situated on the lower level of a spacious townhouse which offers flexible living accommodation with potential for a number of pro... For full information see website or contact: **Ref: 6090 | Tenerife Royale Estate Agents SL | 922 788305**

### El Medano, Commercial Property

€475,000

Clear Blue Skies Group SL is very pleased to offer for sale this spacious commercial premises situated in an incredible central location in the vibrant town of El Médano. El Médano is located a few kilometres north of the Tenerife South airport and is recognised as Tenerife's water sports epicentre, as it is the perfect spot for kite boarding and surfing... For full information see website or contact: **Ref: 8379 | Clear Blue Skies SL | 922 714 772**

### Playa de la Arena, Empty Local

€395,000

FRINA Tenerife is now offering this. Empty freehold local, on the first line in Playa La Arena. The local is empty but has been used as a bar. So, it has disabled toilets, men, and women's toilets. The local needs a full refurb before its ready to open This local would be perfect if you

are looking to build your own bar & café, or a restaurant, The pro... For full information see website or contact:

**Ref: 2528 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Tenerife South, Manufacturing business

€390,000

FRINA Tenerife offers here a unique opportunity to take over this Jewellery Manufacturer & Supplier business that designs, produces and sells high-quality jewellery to both B2B and B2C customers. Under one SL company are different brands of jewellery and you will find designs for both men and women. All collections are made of carefully selected m... For full information see website or contact: **Ref: 2410 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Los Cristianos, Pizzeria

€380,000

FRINA Tenerife brings to the market this Italian Restaurant Pizzeria in Los Cristianos. It is a well known business located in El Camison, a central area close to the beach full of both residents and tourists. The Restaurant Pizzeria has an high and demonstrable monthly turnover, it has a very rich menu with traditional italian dishes and a good choice o... For full information see website or contact: **Ref: 2576 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Puerto Colon, Sports Bar

€350,000

FRINA Tenerife offers for sale this Freehold Sports Bar in Puerto Colon. It is in a famous commercial centre visited by a lot of tourists and many locals. It's live Entertainment and great atmosphere attract people of different nationalities and ages to come and enjoy a fun night of Karaoke, live music, Sports and tasty food. This place always has some... For full information see website or contact: **Ref: 2591 | FRINA Tenerife SL - Business Sales | 922 085 191**



**€349,999 - €250,000**

### Golf del Sur, Investment Property

€329,175

1 bed · air conditioning, modern. **Ref: VS5424D | Vym Canarias | 922 787 210**

### San Eugenio Bajo, Bar/Cafe

€325,000

FRINA Tenerife is happy to offer a Modern and Stunning Cafeteria-Bar for Sale in San Eugenio Bajo. If you are looking for picture-perfect premises in a busy location, you cannot miss this stunning opportunity! The premises are 150m2 with an open kitchen and a terrace of 30m2. Altogether are tables for 90 guests. The premises were fully renovated in 20... For full information see website or contact: **Ref: 2489 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Los Cristianos, Freehold Pub

€320,000

FRINA Tenerife is happy to offer this long-established and very popular Freehold Pub for Sale in Los Cristianos. This business had the same owner for many years and is known for its lovely atmosphere and food, so no doubt you will have guests from day 1. Note the owners wish to keep the sale very discreet, hence we can only provide limited details here... For full information see website or contact: **Ref: 2422 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Los Olivos, Empty Local

€280,000

2 bed · 2 bed, 5 bath commercial, local for sale. **Ref: IPPDOAL01 | Island Prime Property | +34 922 09 69 75**

### Playa San Juan, Restaurant

€250,000

This modern Restaurant for Sale in Playa San Juan is located centrally on the main street. It is known for its international menu offering brunch, burgers, and Spanish specialties. This business has fast become one of the most visited restaurants in the area and the guests just keep coming back to enjoy the menu, lovely style, and amazing atmosphere. ... For full information see website or contact: **Ref: 2504 | FRINA Tenerife SL - Business Sales | 922 085 191**

### San Eugenio Bajo, Bar/Cafe

€250,000

FRINA Tenerife offers this famous Tenerife café for sale. The café is in San Eugenio and is known for its international menu and live music. It has been open for years and has a good reputation among residents, tourists, and on social media. And whether you are looking for an investment or a well-established business to run yourself, you cannot miss th... For full information see website or contact: **Ref: 2505 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Puerto Colon, Excursion Business

€250,000

FRINA Tenerife is excited to offer this Unique Diving Business for Sale in Puerto Colon. If you dream about a great water sport business on the island of external spring, you

cannot miss this! It has been established for many years and has no direct competition. The diving experience is offered on underwater scooters making it possible for everyone to par... For full information see website or contact: **Ref: 2409 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Las Americas, Restaurant

€250,000

FRINA Tenerife offers for sale this Large Front-Line Restaurant in Las Americas facing the beach promenade which is always busy and offers a lovely view. Moreover, the restaurant is located on a corner, so you have even more people passing and a large terrace! If you are looking for that amazing location to open a large restaurant or lounge bar you... For full information see website or contact: **Ref: 2459 | FRINA Tenerife SL - Business Sales | 922 085 191**

**€249,999 - €150,000**

### Costa del Silencio, Bar/Cafe

€230,000

FRINA Tenerife is now offering this Belgian Bar/cafe for sale. Located in the Tenbel commercial centre. Tenbel is a well-known centre and attracts both tourists and residents. This bar is well-known with the Belgian residents on the island. also, this bar offers a wide range of Belgian beers. The premises are 100m2 of interior space with a 15m2 kitc... For full information see website or contact: **Ref: 2538 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Golf del Sur, Commercial Property

€220,000

FRINA Tenerife is now offering this investment property for sale, in Golf del Sur. This property has an established business and good tenants The premises of this freehold is a 66m2 interior and a terrace of 40 m2. If you wish to know more about this commercial property investment contact FRINA Tenerife. Para información en español llámenos: +34 ... For full information see website or contact: **Ref: 2523 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Los Gigantes, Freehold Property

€219,000

Clear Blue Skies Group SL are delighted to offer this freehold business premises to the open market, located in Los Gigantes on the sunny west coast of Tenerife. Los Gigantes is the biggest resort town on the west coast of Tenerife, situated just along the coast from the delightful towns of Puerto Santiago and Playa de la Arena. Los Gigantes is named aft... For full information see website or contact: **Ref: 8344 | Clear Blue Skies SL | 922 714 772**

### Torviscas Bajo, Bar/Cafe

€210,000

FRINA Tenerife this Busy Cocktail Bar For Sale in Torviscas Bajo, which is known as one of the best cocktail bars in the area and has excellent reviews on TripAdvisor, Facebook and other social media. It has been established for years and you will take over a genuinely

successful business. Moreover, the owner only works limited hours hence, this is a g... For full information see website or contact: **Ref: 2567 | FRINA Tenerife SL - Business Sales | 922 085 191**

### La Caleta, Italian Restaurant

€190,000

A new business for sale is this Italian Food & Wine Restaurant in La Caleta. The business is known for a delicious Italian menu with pizzas, fresh shellfish, homemade desserts, and quality wines. This cozy restaurant is a must-see if you are looking for a wine-bar and restaurant with an ambitious menu. The premises are spacious 150 m2 with a large a... For full information see website or contact: **Ref: 2403 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Los Cristianos, Bar/Restaurant

€190,000

FRINA Tenerife now offers this Famous and Successful Asian Restaurant for Sale. This restaurant is located centrally in Los Cristianos and is very busy. An amazing reputation secures many guests every day and evening both new and returning. If you are looking for a successful business with a good and steady income you cannot miss this! The premises ... For full information see website or contact: **Ref: 2542 | FRINA Tenerife SL - Business Sales | 922 085 191**

### San Eugenio Alto, Pool Bar

€175,000

FRINA Tenerife presents this new Freehold opportunity Poolbar in San Eugenio Alto. A perfect located Freehold Poolbar inside a complex which is approximately a twenty minutes driving from Reina Sofia airport in the south. Almost opposite the resort there is Aqualand, a water park more suited to younger family members. The Freehold Poolbar is nearby att... For full information see website or contact: **Ref: 2603 | FRINA Tenerife SL - Business Sales | 922 085 191**

### Los Cristianos, Bar/Cafe

€170,000

FRINA Tenerife now offers this Sea View Bar for sale in Los Cristianos, it is a unique and perfect option for the demanding buyer! You find this Sea View Bar in San Telmo which is busy all year and both days and nights. The current owner has designed the Sea View Bar and decorated it to perfection. Furthermore, the bar overlooks the large a busy Playa ... For full information see website or contact: **Ref: 2584 | FRINA Tenerife SL - Business Sales | 922 085 191**

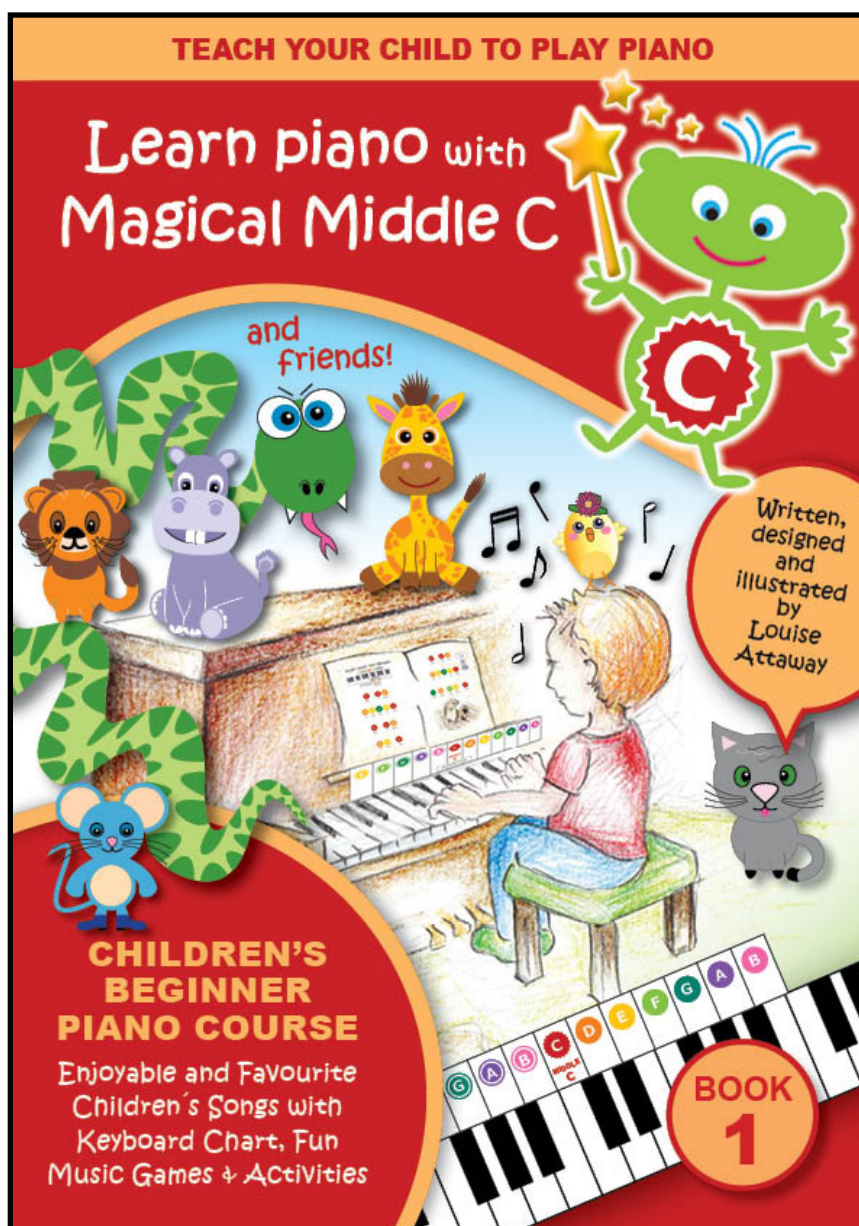
### Los Cristianos, Bar/Cafe

€169,000

FRINA Tenerife now offers this Well-Known British bar Los Cristianos. It is known for its high-quality food and entertainment. The bar is located in a busy area that attracts many tourists and residents. This bar has been for almost 10 years and has a great reputation and a high income. So if you are looking for a bar in Los Cristianos you can't miss this... For full information see website or contact: **Ref: 2550 | FRINA Tenerife SL - Business Sales | 922 085 191**

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# FRINA Tenerife

COMMERCIALS: [www.tenerifebusinessforsale.com](http://www.tenerifebusinessforsale.com)

## Busy Pool Bar & Cafe



High-performing pool bar and public bar-cafeteria in Golf del Sur, open to the public with direct street access as well as access from the pool area, ensuring constant footfall from residents, tourists, and passers-by. **Monthly rent: 3,000€**

Ref.: 2968

Price: 110,000€

## Charming B&B for Sale



**REDUCED**

A beautiful 2-storey property that offers 440 m<sup>2</sup> of interior space and 600 m<sup>2</sup> outdoors, featuring a 53 m<sup>2</sup> swimming pool and a charming garden, 11 guest rooms, common areas, and a private owner's apartment. **Monthly rent: 2,575€**

Ref.: 2969

Price: 195,000€

## Bar-Cafe in Costa del Silencio



Bar and cafe with loyal year-round clientele, live music, and simple daily food concept. 70 m<sup>2</sup> premises with bar license until 03:00, fully equipped. Ideal neighbourhood bar with strong resident customer base. **Monthly rent: 635€**

Ref.: 3001

Price: 65,000€

## Jetski Excursion for Sale



**REDUCED**

Established jetski excursion company in Marina del Sur. Including 5 Yamaha jetskis, all licenses, strong online booking system, and simple two-staff operations - a turnkey entry into Tenerife's thriving watersports market. **Monthly rent: 898€**

Ref.: 2945

Price: 85,000€

## Take Away Bar in El Medano



**NEW**

25 m<sup>2</sup> interior take-away unit with additional front waiting area, centrally located centrally in El Médano, fully refurbished end of 2025 and sold fully equipped as a salad bar with valid license. **Monthly rent: 850€**

Ref.: 2977

Price: 36,000€

## Fish & Chips Take Away



**REDUCED**

Long-established takeaway bar renowned for English fish & chips and fast food favourites, in San Eugenio. Steady trade, loyal clientele, seating for 13, and fully equipped for immediate takeover. **Monthly rent: 1,600€**

Ref.: 2930

Price: 59,000€

## Large Cafe-Bar In Los Cristianos



**NEW**

Turnkey bar/café for sale in prime Los Cristianos location, fully refurbished with strong daily trade, 140m<sup>2</sup> including terrace, and an apartment area in the premises. Note: details shared only with qualified buyers. **Monthly rent only: 3,500€**

Ref.: 2975

Price: 320,000€

## Large Diving Company



**REDUCED**

Diving company for sale with 18 years of successful operation, including a purpose-built aluminium diving boat, office, van, licences, and full equipment. A turnkey, reputable business with proven profitability. **Monthly rent: 1,100€**

Ref.: 2956

Price: 300,000€

## Well Established Bakery



**NEW**

Established bakery café for sale in Costa del Silencio, combining bakery, café, and specialty retail with loyal clientele and easy daytime operation. Over 100 m<sup>2</sup> including a spacious terrace. **Monthly rent: 1,000€**

Ref.: 2976

Price: 250,000€

## Commercial in Las Americas



Excellent opportunity to rent a 104 m<sup>2</sup> commercial unit with a 25 m<sup>2</sup> private terrace in Las Américas, located in a busy central area surrounded by hotels, nightlife, and tourist activity. Needs refurbishment. **Monthly rent only: 1,200€**

Ref.: 2974

Price: 2,500€

## Large Rental with Sea View



Large local of 300m<sup>2</sup>. Located in Torviscas Bajo - offering partly sea and beach view. It used to be a restaurant but is currently closed and empty. Ready to reopen as a bar, restaurant, shop or office. **Monthly rent: 3,000€**

Ref.: 2970

Price: 3,500€

## Pool Bar in Los Cristianos



**REDUCED**

Pool bar with indoor and terrace seating for up to 40 guests, offering a relaxed setting for drinks and casual dining. Efficiently run by two people with a simple concept, open daily from late morning to evening. **Monthly rent: 1,102€**

Ref.: 2934

Price: 25,000€

PROPERTIES: [www.tenerife-property.com](http://www.tenerife-property.com)

## 1-bedroom in Torviscas Bajo



Spacious, fully refurbished 51m<sup>2</sup> 1-bedroom apartment with modern bathroom, open-plan kitchen, stylish living area, and a terrace with sea views. Ideal for rental in a community with swimming pool and close to shops and restaurants.

Ref.: D1399

Price: 235,000€

## Undeveloped urban land

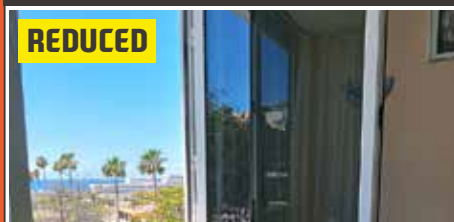


Undeveloped urban land at Barranco de las Torres, Adeje Golf with a total area of 8,560 m<sup>2</sup>, ideal for a residential development of up to two stories or a hotel. A recent urban planning report on the plot is available.

Ref.: D1388

Price: 8,700,000€

## 1-Bedroom in Las Americas



**REDUCED**

1-bedroom apartment of 52 m<sup>2</sup> in Los Agaves, Playa de las Américas, located in a gated complex with communal pool and lift, offering sea views and excellent central location close to the beach and amenities.

Ref.: D1390

Price: 275,000€

## 1-bedrooms in Parque Albatros



Fully renovated 1-bedroom apartment with a spacious bathroom, open-plan kitchen, bedroom with built-in closet, and living room with access to a terrace with garden views. Sold furnished. Located in a rental complex with pools.

Ref.: D1396

Price: 270,000€

## Modern 2-bedroom House



South-facing 1-bedroom apartment in Island Village Heights with a large living room, fully equipped kitchen, and a 30 m<sup>2</sup> terrace, with stunning views. Fully furnished and in good condition. The complex offers elevator, communal pool and gardens.

Ref.: D1380

Price: 320,000€

## Plot of Land in Adeje



Productive 7,000 m<sup>2</sup> plot in San José de los Llanos with two independent houses set in complete natural tranquility. Main house: 3 bedrooms, 2 bathrooms; second wooden house: 2 bedrooms, 1 bathroom. Moreover, fruit trees, wine cave, photovoltaic system, and sustainable irrigation.

Ref.: D1387

Price: 260,000€

## Modern 2-bedroom House



Fully renovated, modern furnished, semi-detached house with a vacation rental license. 85m<sup>2</sup> interior with a large equipped kitchen, 2-bedroom and 2-bathroom. Moreover, a 55m<sup>2</sup> garden/terraces, garage space, and 6m<sup>2</sup> storage. In a quiet, secure complex with 2 community pools.

Ref.: D1395

Price: 430,000€

## Large Finca in El Tanque



Productive 7,000 m<sup>2</sup> plot in San José de los Llanos with two independent houses set in complete natural tranquility. Main house: 3 bedrooms, 2 bathrooms; second wooden house: 2 bedrooms, 1 bathroom. Moreover, fruit trees, wine cave, photovoltaic system, and sustainable irrigation.

Ref.: D1397

Price: 650,000€

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