

# The Tenerife Property & Business Guide



FREE / GRATIS | January 2023  
Every Month | Issue 219

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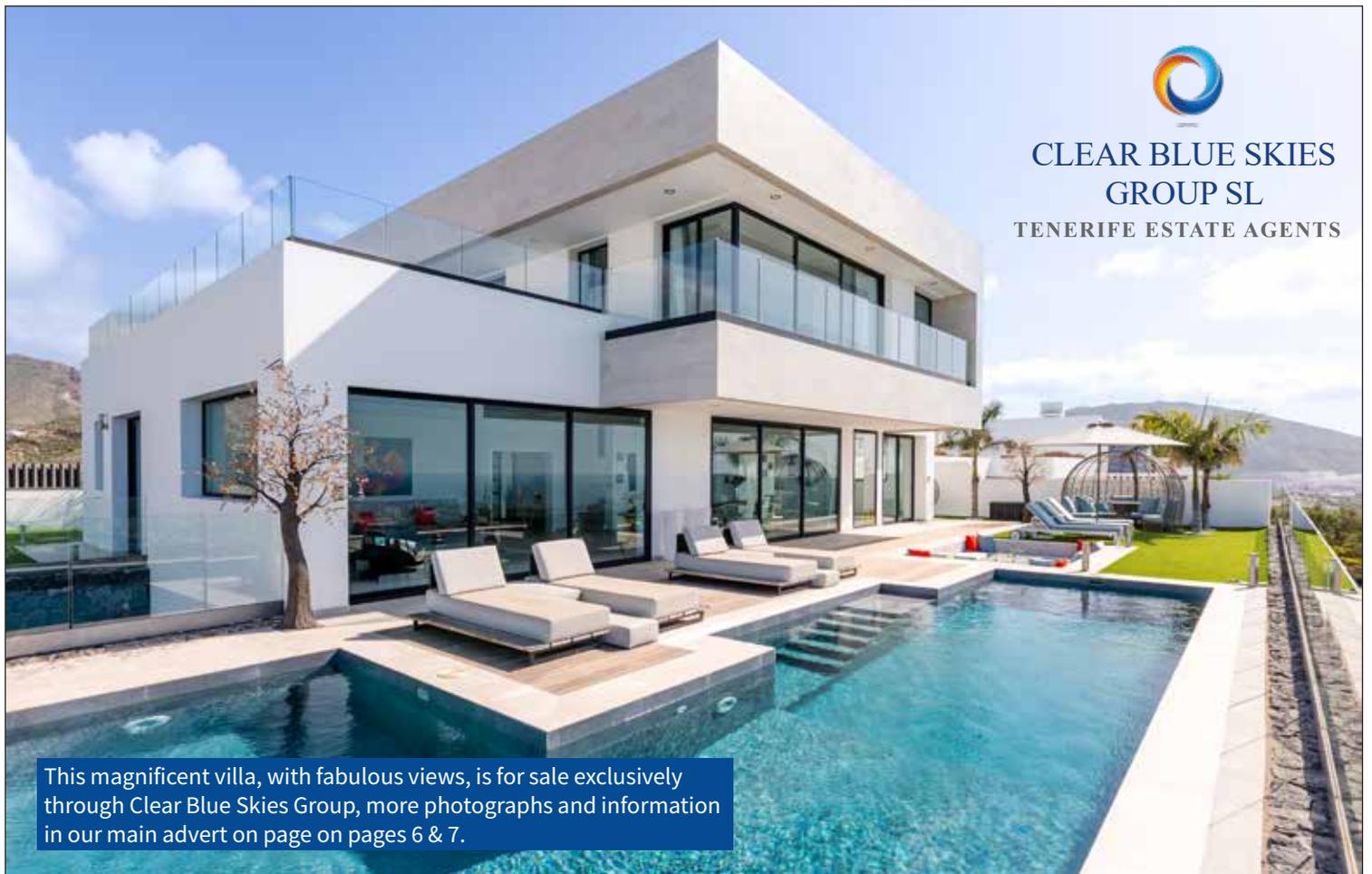
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SEE PAGE 37



CLEAR BLUE SKIES  
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This magnificent villa, with fabulous views, is for sale exclusively through Clear Blue Skies Group, more photographs and information in our main advert on page on pages 6 & 7.

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# January 2023

Contents

## 03-25 Residential Sales

- 16 Direct from owner
- 26 Currencies Direct - Currency update
- 28 The New Gnostics
- 30 Should we be eating three meals a day?
- 34 The women ham carvers of Spain
- 35 Motorworld: Bad Driving Habits that can incur fines
- 36 Nuclear fusion breakthrough – what is it and how does it work?
- 38 The mindset that brings unlimited willpower
- 40 Rest in peace, Pelé, the undisputed King of football
- 40 Why not all comfort food is the same
- 42 Crying shame: the weaponisation of weeping
- 42 The surprising complexity of a classic Chinese condiment
- 51 The Business section
- 55 Motorworld: Vehicles for sale



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4 BEDROOM PENTHOUSE - EL PASO - LOS CRISTIANOS



€ 759.000

NEW LISTING

PARQUE SANTIAGO 2 - 2 BEDROOM APARTMENT



€ 449.000

NEW LISTING



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Investment property, holiday let includes existing reservations and 24 month contract with letting agent

PARQUE SANTIAGO 2 - 3 BEDROOM VILLA



€ 690.000

Fees € 350 p/m  
IBI € 505 p/a

€ 569.000

Fees € 232 p/m  
IBI € 374 p/a

Investment property, holiday let includes existing reservations and 24 month contract with letting agent

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PARQUE SANTIAGO 2 - 2 BEDROOM VILLA



Investment property, holiday let includes existing reservations and 24 month contract with letting agent

PARQUE SANTIAGO 1 - 2 BEDROOM VILLA



€ 569.000

Fees € 289 p/m  
IBI € 489 p/a

€ 455.000

Fees € 175 p/m  
IBI € 351 p/a

Investment property, holiday let includes existing reservations and 24 month contract with letting agent

PARQUE SANTIAGO 2 - 2 BEDROOM APT.



Investment property, holiday let includes existing reservations and 24 month contract with letting agent



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GOLF DEL SUR



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OUR OFFICE LOCATIONS:

CC San Blas - Golf del Sur

Las Adelfas I - Golf del Sur

CC Puerto Colon - Playa de Las Américas



1 BED APARTMENT - LOS CRISTIANOS

**INVESTMENT OPPORTUNITY!**

A selection of one bedroom apartments available, located in one of the most sought after complexes in Cristianos, close to all local amenities and within walking distance to the port, sea & shops. These well-presented, apartments are partially furnished, and are ready to move in - ideal as a perfect holiday getaway, rental investment or residential home. Prices start at €189,500.

Ref: LC00603  
Price: €189,500 (approx. £166,000)



2 BED BUNGALOW - GOLF DEL SUR

**CLEVER CONVERSION!**

A fantastic opportunity to be the proud new owner of a two bedroom, one bathroom, one WC, bungalow that offers three terraces and private parking. The property was originally a one bedroom but the existing owners, very cleverly, carried out an internal alteration to be able to offer a small second bedroom. This property is priced to sell and will not be available for long.

Ref: GOLF01744  
Price: €195,000 (approx. £171,000)



2 BED PENTHOUSE - GOLF DEL SUR

**AL FRESCO DINING!**

An extremely rare opportunity to purchase a two bedroom, two bathroom, penthouse apartment within a complex that predominately offers studio and one bedroom properties. The apartment offers views over the complex and out to the Ocean. There are two spacious terraces to enjoy the sunshine, and the main terrace offers a pergola and dining area, perfect setting for a BBQ and enjoying a cool drink at any time of day.

Ref: GOLF01728  
Price: €249,950 (approx. £219,500)



1 BED APARTMENT - SAN EUGENIO BAJO

**IDEAL RENTAL APARTMENT!**

Front line to the ocean, sea view, the beach just a couple of minutes walk away, bars, restaurants and a shopping centre all close by ... these are all the things that are on most peoples wish list, so this property on the well run Panorama complex, close to Puerto Colon Marina, will not be on the market for long. A comfortable one bed apartment, in one of the most sought-after locations, where you can relax and take in the views.

Ref: LA01933  
Price: €250,000 (approx. £219,000)



1 BED APARTMENT - COSTA ADEJE

**UNBEATABLE LOCATION!**

Do you have anything walking distance to the beach, in the heart of everything? The answer is most definitely yes. Located in the five-star luxury area of Costa Adeje, this one bedroom, top floor, apartment will be the end of your search. This immaculate holiday complex is 2nd line from the beach, offers good views, 24hr reception, bar, restaurant, supermarket, roof top solarium, everything onsite, and in perfect condition.

Ref: LA01930  
Price: €299,950 (approx. £263,000)



3 BED PENTHOUSE - GOLF DEL SUR

**SPACIOUS CONVERSION!**

New on the market, this converted, three bedroom, Penthouse apartment, offers plenty of space with three bedrooms, two bathrooms, separate kitchen, lounge dining area and two terraces. Included are also two underground parking spaces, air conditioning throughout and electric security shutters. A magnificent apartment offering sea and golf views in a great location.

Ref: GOLF01745  
Price: €329,500 (approx. £289,000)



4 BED DETACHED VILLA - GOLF DEL SUR

**PRESTIGIOUS PROPERTY!**

A wonderful opportunity to be the proud new owner of a four bedroom, three bathroom villa in a desirable enclave of prestigious properties in Golf Del Sur. Situated in a quiet cul de sac and boasting a plot of over 1,000 square metres, covered parking facility and plenty of kerb appeal, this property would suit as either a family residence or a holiday home in the sunshine that could also generate a rental income.

Ref: OUT01176 **Previously €750,000**  
Price: €725,000 (approx. £636,000)



5 BED DETACHED VILLA - CHAYOFA

**LUXURIOUS LIVING!**

This stunning, recently fully refurbished, independent villa is located in the popular village of Chayofa, just 5 minutes drive from the busy resort of Los Cristianos with its many restaurants, shops & beaches. Finished in a modern & stylish design, the Villa is built over two floors and offers open plan, spacious living, five bedrooms, all en-suite with dressing areas & built in wardrobes, and air conditioning throughout.

Ref: OUT01177  
Price: €950,000 (approx. £833,000)



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## CLEAR BLUE SKIES GROUP SL

TENERIFE ESTATE AGENTS



# SELL YOUR PROPERTY WITH CLEAR BLUE SKIES!

## HAPPY NEW YEAR TO ALL OUR CLIENTS AND FRIENDS FOR 2023!

As we said last month, many of our clients have decided to place their property exclusively with Clear Blue Skies Group SL.

This magnificent villa is one such property, and we are so excited about having exclusive sales rights to it, we have devoted virtually our whole advert this month to it.

This beautifully constructed property is located in Caldera del Rey, among some of the finest properties in Tenerife, above the Siam Park and overlooking the whole of Costa Adeje with unrestricted views out to the Atlantic Ocean and the neighbouring island of La Gomera.

This phenomenal property measures 550m<sup>2</sup> (nearly 6000ft<sup>2</sup>), with a massive garage at basement level which could also be a gym, a cinema room or wine cellar. At ground floor level the open concept living space flows from the living and dining area into a beautiful semi open plan kitchen. There is also a full bedroom suite with dressing room, en-suite bathroom, and private terrace.

The upper level of this stunning home is equally beautiful, having a further two en-suite bedrooms, and a magnificent master suite with luxurious bathroom, dressing room and direct access to the upper terrace.

Externally this fabulous villa really excels! Passing through any of the patio doors brings you to a chic oasis with lawned areas, wooden decking and an incredible L shaped pool, perfect for entertaining or simply to dine "al fresco".

This is a truly wonderful villa, inside and out, in one of the best locations in Tenerife, if this looks to fit your requirements, call us now for more details and to make arrangements to view.



Ref: 8231 3,950,000€ (approx. £3,495,000)



## Clear Blue Skies Group SL is Expanding! Additional Property Consultant Needed

Thanks to the ongoing upsurge in enquiries and sales of property in Tenerife, Clear Blue Skies Group SL are seeking to employ another Property Consultant.

Experience preferred but the most important attributes we seek are good presentation, honesty, reliability and enthusiasm. Computer literacy is a must, and language skills are highly desirable, in particular, Spanish, German, Czech and Dutch. Own car and clean driving licence required.

Please apply to Paul Stokes by email at [paul@clearbluetenerife.com](mailto:paul@clearbluetenerife.com)

Why not visit our friendly air-conditioned office in Fañabé Plaza for a no obligation chat or we can come to you? We speak Spanish, English, French, German, Italian, Flemish, Dutch, and Hungarian.



## CONTACT US

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### Guargacho



Nice first floor apartment for sale located in Guargacho. It consists of 2 bedrooms, 1 bathroom, kitchen and living room, interior patio and a small balcony. The building does not have a lift and the community fees are €18 per month. Located very close to all necessities such as supermarket, pharmacy, bars and restaurants, bus stop and just 5 minutes from the town of Las Galletas.

€115,000

Ref: G09-CN115

### Costa del Silencio, Garañaña



A very cozy apartment for sale in a small residential complex in Garañaña, Costa del Silencio. The property features a living room with an open plan kitchen, a bathroom, two bedrooms and a small balcony with mountain views. The apartment is situated on the second floor with no lift. The property also has an underground allocated car parking space and the current owners have built a small storage area.

€125,000

Ref: CDS411-G125

### Costa del Silencio, Drago



We present for sale a studio on first floor. The property has a terrace, a bathroom, an equipped kitchen and sleeping area. The bathroom and kitchen area has been recently refurbished. The urbanization called Drago in Costa del Silencio, has garden areas, swimming pool and community parking area. Situated close to bars and restaurants, bus stops and only 10 minutes from the famous Montaña Amarilla.

€97,000

Ref: CDS29-D97

### Golf del Sur, Res San Miguel, Arenal



A great investment opportunity that will make a perfect second home and a good rental earner. Located on the ground floor facing the pool, we present you this bright and airy one bed, one bathroom apartment in the high spec complex of Arenal in Golf del Sur.

€179,900

Ref: GDS071-EA195

### Valle San Lorenzo



Spacious, fully furnished, 4 bed, 2 bath (master en suite) + WC, ground floor apartment in building close to town centre and all amenities. The property has a large lounge, separate kitchen/diner, and an interior patio/laundry area. Lift to underground garage space. Affordable monthly community fees of €60.

€189,000

Ref: VSL081-CG189

### San Miguel de Abona, Lovely 4 bed apt



Unique 2nd floor property in a recently refurbished building. The apartment has 4 beds and 1 bath and NOT being on the main street makes it a very quiet and peaceful residential area. Unique layout with 2 living rooms, one with an open plan kitchen/dining room, and private roof terrace with a 360 degree view of the sea and mountains. Sold unfurnished. No community fees.

€179,000

Ref: SM081-CI191

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### PRIVATE HOUSE – ALDEA BLANCA



Ref: 611-TH5

Stunning, refurbished townhouse, located in a popular small village in the south, close to amenities. This five-bedroom, two-bathroom property has a separate kitchen, and fantastic private roof terrace, with bar, viewing is highly recommended.

**5 beds, 2 bath 275.000€**

### ANETTO - PARQUE DE LA REINA



Ref: 670-A3

Quiet, first floor apartment, offered in very good condition, and part furnished. Offering two double bedrooms, bathroom, large lounge and separate kitchen. The property has a private parking space and low community fees as there is no pool.

**2 bed, 1 bath 150.000€**

### MARINA PRIMAVERA – SAN EUGENIO



Ref: 658-A2

Attention bar owners and investors – Freehold available on this popular, central poolbar. Very well presented, with café / bar licence, and located directly by the community swimming pool. Well established, an excellent opportunity.

**2 beds, 2 bath 240.000€**

### SAN BLAS – GOLF DEL SUR



Ref: 685-TH

Modern, 3 bed, 3 bath, spacious townhouse. Well set within a small residential community with pool and gardens. The property offers a large living area with kitchen, lounge and dining area. Internal connection to the private garage.

**3 bed, 3 bath 365.000€**

### ROYAL PALM - LOS CRISTIANOS



EXCLUSIVE!

Ref: 656-S

Large studio with sea views available now, well located on this popular holiday community. This apartment is offer furnisged and has a rental option available. Comprises of large lounge / bedroom with fitted American style kitchen, and bathroom. Close to all local amenities, viewing is highly recomended.

**0 bed, 1 bath 147.000€**

### GRANADA PARK – GOLF LAS AMERICAS



EXCLUSIVE!

Ref: 687-A1

Very well presented penthouse apartment with pool and sea views available on this well maintained holiday community. Spacious, with ample terrace and large private roof terrace. Fantastic community facilities. Viewing recommended.

**1 bed, 1 bath 225.000€**

### CHAYOFA



EXCLUSIVE!

Ref: 675-V5

Stunning new villa for sale in Chayofa - using the best quality materials, this 5 bedroom , 6 bathroom villa, offers open plan lounge with quality Kitchen, games room, gradens and private pool - viewing essential - this property is amazing!

**2 beds, 2 bath 950.000€**

### VICTORIA COURT – LOS CRISTIANOS



EXCLUSIVE!

Ref: 690 – A1

A beautiful apartment and a rare opportunity. This is a fantastic location, the community here is very well located and has a heated swimming pool. The apartment is on the first floor, but has easy access for people with reduced mobility. A large one bedroom, very well presented as has been recently refurbished. With quality though out this property offers, large lounge with modern fitted and equipped kitchen, bathroom, and double bedroom with fitted wardrobes, and large terrace with all day sun. This is a rare gem of a property, please ask for a viewing - call 677070033.

**1 bed, 1 bath 245.000€**

### TOWNHOUSE – EL ROQUE



Ref: 593-TH2

Finished to a very high standard, this luxury property offers two very large double bedrooms, three bathrooms, and separate fitted kitchen. Balcony and large roof terrace to enjoy the spectacular sea views.

**2 beds, 3 bath 299.000€**

### LAS VISTAS - CHAYOFA



FANTASTIC FAMILY HOME

Ref: 676-TH4

Stunning 4 bed, 2 bath townhouse with sea views, in quiet location within popular residential resort with pool. This 260m<sup>2</sup> house offers an independent kitchen and large living area. Direct access to the large double size private garage.

**4 bed, 2 bath 430.000€**

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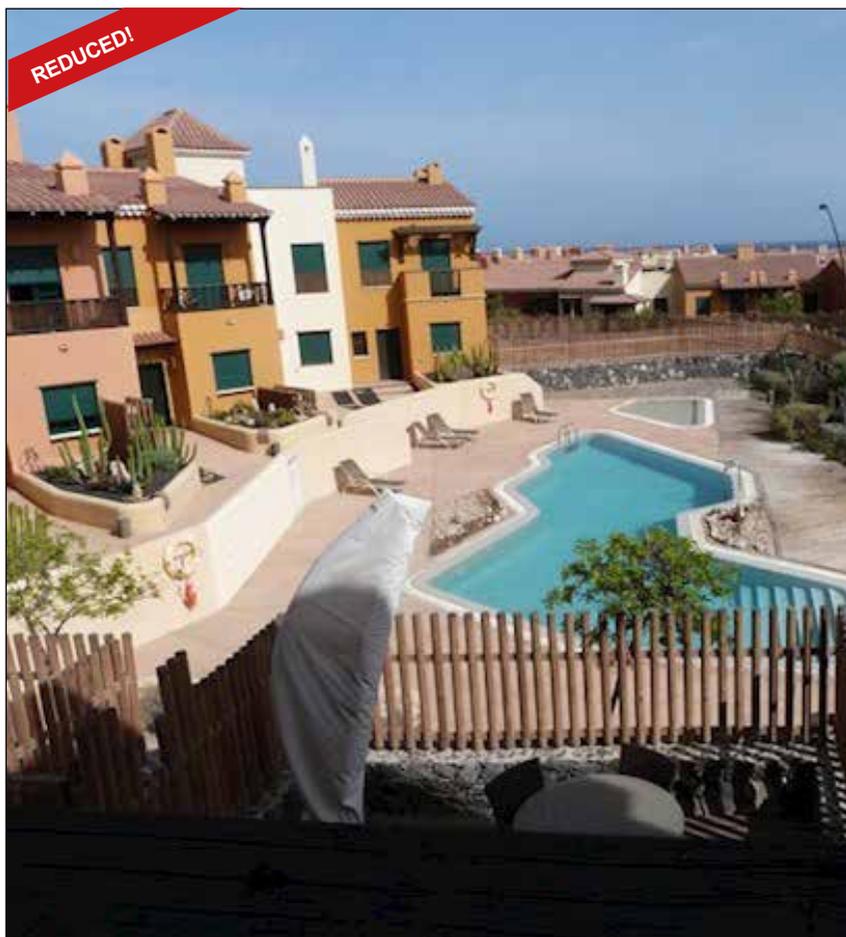


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## Golf del Sur, Residencial San Blas



Spacious 3 bedroom, 2 bathroom, fully furnished linked house on phase one of this prestigious sea front development with only 16 properties surrounding the community pool. The property has views to the sea and Mount Teide and is sold with a large integral garage and storeroom.

Price: €339,000

## WE ARE ALWAYS LOOKING FOR NEW PROPERTIES FOR SALE AND LONG TERM RENTAL

### Los Balandros, Palm Mar



Very well presented 2 bedroom, 2 bathroom apartment, sold fully furnished to a high standard, and including a secure underground parking space and storeroom

€249,500

### Laderas del Palm Mar, Palm Mar



Lovely one bedroom apartment on the second floor of this well run complex. The property is sold fully furnished and price includes a secure parking space.

€210,000

### Palm Mar, Cape Salema



Bright and spacious, fully furnished, 1 bed, 1 bath apartment with larger-than-average lounge, facing the pool with views over Palm Mar and the Nature Reserve to the sea. Great Investment opportunity!

€185,000

### Palm Mar, Casa Cristina Villa



Stunning 2/3 bedroom villa in the heart of Palm Mar. Completely refurbished to a high standard using quality materials. Sold fully furnished, this lovely property must be seen to be appreciated. The large roof terrace includes a hot tub and relaxing space to enjoy the sunshine and entertain

€560,000



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### Sunset Bay, Torviscas



Beautiful 3 bedroom, 2 bathroom apartment in the popular Sunset Bay. Lovely large living room with tons of natural light and space to relax. The kitchen is American style, fitted and fully equipped. The three bedrooms each have fitted wardrobes. There is a very large terrace and patio. This complex has two large pools, 1 of which is heated, shops, restaurants. This apartment would make an excellent holiday home and/or investment property.

€365,000

Ref: I1443

### Panorama, San Eugenio



Fantastic studio apartment with terrace and sea views.

€205,000

Ref: A471

### Ocean Park, San Eugenio Bajo



1 bed (double), 1 bath, lounge, integrated kitchen and terrace.

€185,000

Ref: N1479

### Los Diamantes, Los Cristianos



Selection of beautiful 1 bed apartments.

From €179,500

Ref: N1505

### Ocean View, San Eugenio Alto



Spacious and light apt with very large lounge and modern, fully fitted kitchen.

€195,000

Ref: N1483

### Las Flores, San Eugenio Bajo



Beautiful studio located on Las Flores in a great location of San Eugenio! With built in wardrobes and tons of storage, a fitted kitchen equipped with everything you need and more. The main area is spacious and bright. Large glass sliding doors lead you directly on to the terrace with fantastic blue sea views and views of the large complex pool. This complex also has a car park.

€175,000

Ref: A479

### Las Brisas, San Eugenio Alto



Lovely, spacious 2 bed apt with 2 terraces on beautiful complex with large heated pool!

€265,000

Ref: T1265

### Sun Villas, San Eugenio Alto



Great 2 bed, 1 bath bungalow with large terrace and sea views.

€285,600

Ref: T1264

### Golf Resort, Golf Las Americas



This lovely duplex bungalow is set out over 2 floors this spacious duplex comprises internally a fully fitted kitchen, lounge, bathroom and utility room on the ground level and 2 double bedrooms and 1 bathroom on the first floor. It has 3 terraces, with views to the golf course and pool. The complex has a communal swimming pool and sunbathing area. This property is sold inclusive of a garage space in the underground communal garage.

€389,950

Ref: T1247

### Castle Harbour, Los Cristianos



2 bed apt with large lounge, fully fitted kitchen and amazing pool and sea views.

€235,000

Ref: T1163

### Tegueste, Torviscas



2 bed bungalow. Large living/dining area, sep. kitchen, front garden and terraces.

€389,950

Ref: T1189

### Semi-detached villa, San Eugenio Alto



Beautiful semi-detached 3 bedroom villa with sea views.

€595,000

Ref: I1437

### Detached Villa, Caldera del Rey



Detached, luxury 4, bedroom villa in Caldera del Rey.

€3,950,000

Ref: I1440



Translators available for any other languages.



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[info@tenerifehome.com](mailto:info@tenerifehome.com)

**Amarilla Bay, Costa del Silencio**

1 bed, 1 bath apartment on sea front complex with pool. The property has spacious bedroom, living/dining room with open kitchen. Renovated with new pipes and electrics. Fantastic views!  
 €179,000 Ref: 162-0122

**Costa del Silencio, Res. Isis**

**EXCLUSIVE!**

Pleasant 1 bed, 1 bath 48sqm fully furnished ground floor apartment close to the community pool. The property has a lounge/dining room and 11sqm terrace. Community parking. Fees: €45/month. Close to all amenities.  
 €149,000 Ref: 196-1222

**Costa del Silencio, Santa Ana**

**GREAT OPPORTUNITY!**

Lovely 82sqm, 1 bed, 2 bath, 2 storey house on popular complex with heated pool and parking. The property has 2 lounges, a semi-separate kitchen and 2 terraces and garden. Extras include double glazing.  
 €229,000 Ref: 198-0123

**Costa del Silencio, Chayofita**

2 bed, 1 bath apartment on popular complex with pool and parking. The property has a lounge/diner, open plan kitchen and nice terrace upstairs with views over the complex.  
 €109,000 Ref: 197-1222

**Garañaña, Los Almendros**

**REDUCED!**

Bright 2 bed, 1 bath 1st floor apartment in popular community close to amenities. Lounge/dining room, open plan kitchen and 3sqm terrace with nice views. Parking space in community garage included. Aircon in lounge.  
 €119,000 Ref: 160-0122

**Palm Mar, Villa**

**REDUCED!**

Beautiful 2 bed, 2 bath (1 en suite) villa (Plot 300sqm, built size 87.46sqm + 18.54sqm garage) with pool, close to the sea front. Easily extendable to 3 bed, 3 bath. The property offers lots of potential to extend the roof terrace, garage, adjacent land etc.  
 €485,000 Ref: 136-0921



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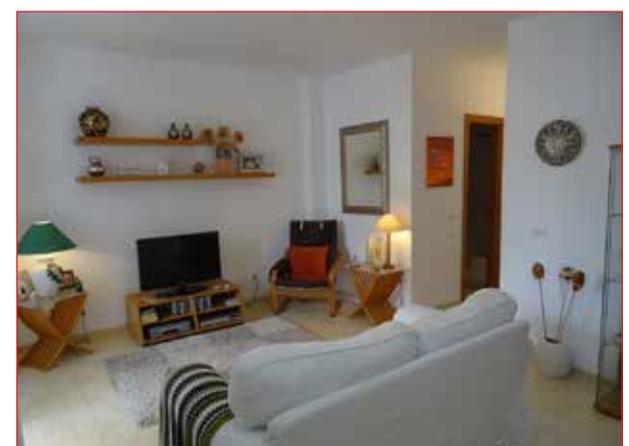
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[www.callaosalvajeproperty.com](http://www.callaosalvajeproperty.com)

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+34 634 300 303  
+34 822 716 079

**ALTO VISO – CALLAO SALVAJE**



**VIEWINGS HIGHLY RECOMMENDED!**



**This lovely property has TWO terraces with sea views!**



A beautiful two bedroom ground floor apartment that has been maintained throughout to a very high standard. The property is sold fully furnished with high quality furnishings.

**€189,000**



Tel: 922 719 643  
 Fax: 922 781523  
 Mobile: 607 933 052  
 Mobile: 625 950 517



Calle Tagara,  
 Jardin Botanico  
 Local 8  
 ADEJE



**OPPORTUNITIES OF THE MONTH!**

GRANADILLA DE ABONA	LOS GIGANTES	GRANADILLA	TJOCO BAJO
Beautiful large farm (80 hectares) with 2 houses plus 1 to reform. Also included are a wine cellar, water tank and a vineyard with 15,000 vines. Fantastic views.	Perfectly maintained and nicely decorated, 6 bed, 6 bath Hostel with dining terrace enjoying lovely views, common areas and jacuzzi, plus separate 2 bed semi-detached house with large garden. All permits and licences held for Hostel, so would make an excellent investment.	Great completely renovated rural hote with pool, BBQ area and much more in rustic Canarian style, currently divided into three houses, each of which could be rented out individually, or all together (accommodating up to 9 people).	Lovely 5 bed, 3 bath 2 storey villa (200sqm built) with own pool on plot of 6,000sqm. The property has a living room, American style kitchen and terrace with beautiful sea and mountain views. The house is licensed as a holiday home.
Ref: 1255      €1,100,000	Ref: 756      €450,000	Ref: 793      €460,000	Ref: 1253      €1,100,000

**We specialise in farms (fincas) and rural houses/properties.  
 Wouldn't you like your own  
 piece of land with space to enjoy!**

**PROPERTIES WANTED FOR RENT  
 CLIENTS WAITING!**

Fantastic 3 bed, 3 bath house with lots of outside space and terraces. Private pool, BBQ area, and amazing sea views.	Finca with two buildings (plot 6,497sqm) metered for electricity and drinking water. 2 new gates recently installed at main entrance of the farm. Very nice views of the Red Mountain to Las Galletas.	Nice, detached, 5 bed house with kitchen, spacious living room, two large terraces, two balconies, and garage for three cars. Stunning sea and mountain views. Newly painted, in very good condition. Lots of potential.	Spacious townhouse with plot of 270sqm. The house has three bedrooms, two bathrooms, living room with kitchenette, terrace, also has a studio of 90 square meters with separate entrance, jacuzzi, big terrace, parking space.
Ref: 1144      €365,000	Ref: 1257      €230,000	Ref: 1260      €367,500	Ref: 1261      €382,000
400sqm urban plot for new build, plus small house (70sqm) suitable for reform.	Detached 5 bed house suitable for reform. In quiet area. Lots of potential.	Vineyard (10,000sqm) with subsidy and fully furnished 1 bed, 1 bath house in good condition with kitchen, living room and BBQ area. Beautiful sea and mountain views.	3,100sqm farm with small (10sqm) house and own water tank (100sqm) and fantastic views.
Ref: 665      €85,000	Ref: 794      €86,000	Ref: 1185      €250,000	Ref: 1252      €60,000



+34 922 737 044 info@homesandaway.com  
 Local 31, CC San Blas, GOLF DEL SUR, Tenerife www.homesandaway.com

### PROPERTIES FOR SALE

<p><b>CHO</b></p>  <p>Think serenity and harmony, you will find this 3 bed, 3 bath detached villa in the most peaceful of surroundings but yet close to all local amenities.</p> <p><b>€625,000</b></p>	<p><b>GOLF DEL SUR</b></p>  <p>3 bed, 2 bath ground floor garden apartment with jacuzzi, ocean views and private secure parking. Popular residential complex close to all amenities.</p> <p><b>€299,000</b></p>	<p><b>AMARILLA GOLF</b></p>  <p>Spacious 3 bed, 2 bath ground floor apartment in excellent condition with large sunny terrace.</p> <p><b>€299,000</b></p>	<p><b>GOLF DEL SUR</b></p>  <p>Well-presented 3rd floor (with lift access) studio apartment with pool views on popular holiday complex. Good rental potential.</p> <p><b>£98,000 Sterling</b></p>
<p><b>AMARILLA GOLF</b></p>  <p>Large, well appointed, 3 bed, 2 bath 1st floor apartment (lift access) with South-facing terrace offering sea views. Sold with closed garage and storeroom.</p> <p><b>€360,000</b></p>	<p><b>AMARILLA GOLF</b></p>  <p>Spacious 1 bed penthouse with 3 terraces. A rare find with excellent views. Ideal rental investment.</p> <p><b>€179,000</b></p>	<p><b>GOLF DEL SUR</b></p>  <p>Light, bright, spacious apartment with 3 bedrooms and 2 refurbished bathrooms (1 en suite) overlooking the bowling green. Secure car parking.</p> <p><b>€259,000</b></p>	<p><b>GOLF DEL SUR</b></p>  <p>Prime location, spacious 2 bed, 2 bath semi-detached bungalow with large West-backing terrace offering beautiful golf course views.</p> <p><b>€299,000</b></p>

# WANTED!

One and two bed apartments wanted for sale and rent in Golf del Sur, Amarilla Golf, Los Abrigos and surrounding areas.

# CLIENTS WAITING!



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you  
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live®

PROPERTY OF THE MONTH



REF: 81-305



NICE STUDIO ON BEACHFRONT COMPLEX €325,000

ON ONE LEVEL FURNISHED

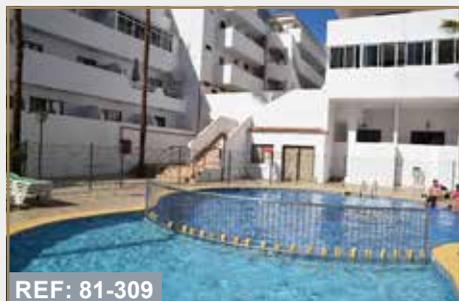
Interior 33m<sup>2</sup> Exterior 24m<sup>2</sup> Total 57m<sup>2</sup>  
Sun all day, pool on complex

LIFTS THROUGH COMPLEX LOVELY SUNNY TERRACE

SHORT WALK TO BEACH CLOSE TO AMENITIES

PARQUE SANTIAGO III LAS AMÉRICAS

SOUGHT AFTER COMPLEX COMM. FEES: €134 / MONTH



REF: 81-309

STUDIO €165,000

EXT. 9M<sup>2</sup> INT. 34M<sup>2</sup>

PARQUE CATTLEYA LAS AMÉRICAS



REF: 82-846

1 BED €199,000

EXT. 5M<sup>2</sup> INT. 41M<sup>2</sup>

EL DORADO LAS AMÉRICAS



REF: 82-842

1 BED APT €249,000

EXT. 16M<sup>2</sup> INT. 56M<sup>2</sup>

OASIS GOLF RESORT LAS AMÉRICAS



REF: 83-638

2 BED APT €335,000

EXT. 9M<sup>2</sup> INT. 64M<sup>2</sup>

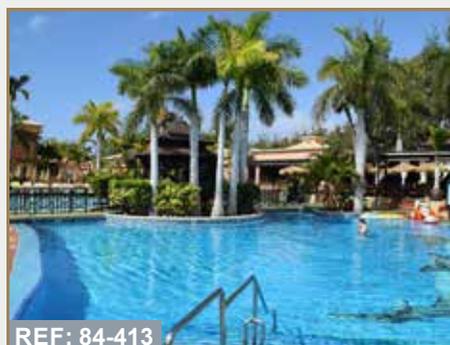
COLON 1 LAS AMÉRICAS



REF: 84-412

TERRACED HOUSE EXT. 114M<sup>2</sup> INT. 252M<sup>2</sup> €380,000

TERRAZAS DEL GALEON ADEJE



REF: 84-413

TERRACED HOUSE EXT. 49M<sup>2</sup> INT. 136M<sup>2</sup> €395,000

GREEN GARDEN RESORT GOLF LAS AMÉRICAS



## The TPG NEW PRODUCT launch (for Estate Agents only):



When we launched The TPG in Oct 2014 it quickly became very popular with both property seekers and Estate Agent salespeople throughout the South of the island. Everyone, it seemed, found our paper an

excellent 'source' to 'match' potential clients with properties being marketed by our advertisers.

We have decided recently to develop this aspect of our business (which is, essentially, aimed at

helping our advertisers sell properties!) by creating a new website entitled TPGconnect – for use by, and accessible ONLY to Estate Agents.

The new TPGconnect website is now open for business

and, as a Thank You to all current advertisers, all properties advertised in The TPG's latest (i.e. November) edition appear completely FREE of CHARGE.

In January 2023, we shall begin market-

ing TPGConnect to all Agencies in Tenerife for a modest monthly subscription, although any new TPG advertisers will be allowed to use the site, again, FREE of CHARGE.

All current advertisers are invited to con-

tact us for their LogIn details, which will allow you add/amend the entries we have added.

We hope that you find the new service both useful and profitable!

Share **ONLY** those properties in your portfolio you wish to share and split commission on

One stop website where you can quickly identify possible properties for buyers

Develop collaboration opportunities

Regular feedback

## FOR SALE IN THE VILLAGE OF SAN MIGUEL

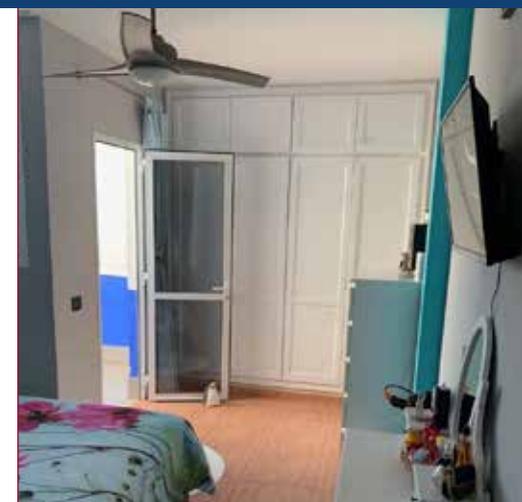
Tel: +34 609 714 276

info@thetenerifepropertyguide.com  
www.thetenerifepropertyguide.com



Part-furnished, fully renovated to a high standard, 2 bed (both double), 1 bath (with modern 'walk-in' shower), 2nd floor apartment in popular Canarian village. The property has a spacious lounge/dining area with newly glazed patio door, an American-style fully fitted kitchen, a small front balcony plus a rear balcony with stunning views of the coastline.

The village offers an excellent range of amenities - Doctors, chemists, schools and shops and is only a short drive to the TF-1 motorway, the coast and excellent shopping centres of Las Chafiras and Granadilla.

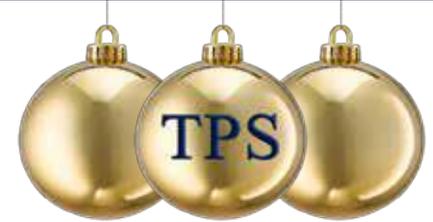


For more information, or to arrange a viewing, please call: 629 048 529

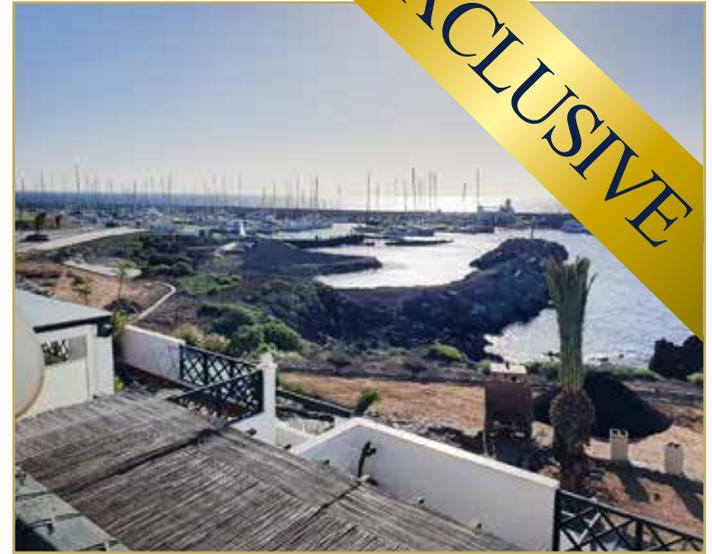


TENERIFE PROPERTY SHOP S.L.

G.I.P.E. NO. 3722



2 BEDROOM PENTHOUSE - AMARILLA GOLF



! NEW !

EXCLUSIVE

FRONTLINE LOCATION

When buying property you often hear the saying Location! Location! Location! With this property it is absolutely on point. This penthouse apartment is located on the front line to the Atlantic Ocean. You can enjoy beautiful views of the sea and marina from the spacious south facing terrace, offering all day sunshine. This is a must view, if you are only going to view one property, then this deserves to be it, a real gem!

Ref: AMG00596

Price: €325,000 (approx. £285,000)

info@tenerifepropertyshop.com



(0034) 922 714 700 / From UK: 0845 862 1634

Townhouse in Chayofa



This magnificent townhouse is 193 m2 and has 3 bedrooms and 2 bathrooms. Moreover is a separate kitchen equipped with high quality appliances, a basement with a large garage and 2 large terraces with stunning views.

Ref.: D1273

Price: 334,000€

Beautiful Finca in San Miguel



6.000m2 Finca, with 4 bedrooms and 4 bathrooms, located in San Miguel de Abona, 20 minutes far from the South Airport and 30 minutes far from Los Cristianos. The Finca has a Modern and Stylish Cave, a big Vineyard and Fruit Trees.

Ref.: D1289

Price: 299,500€

3 Bedroom in Playa San Juan



This apartment is a 5-minute walk from the beach, newly renovated and ready to move into. It has 3 bedrooms and 1 bathroom with hot tub. Also, you get a roof terrace with an individual laundry room and partial views of the sea and Mount Teide.

Ref.: D1281

Price: 169,000€

3 Bedroom in Playa San Juan



Only 100 meters from the beach you find this AMAZING apartment. First floor offers 2 bedrooms, kitchen, living room, bathroom and patio. In the penthouse is 1 room, kitchenette, living room, bathroom, terrace, roof terrace with 360° view to Teide, La Gomera and the ocean.

Ref.: D1280

Price: 267,500€

Apartment in Roque del Conde



FRINA Tenerife offers for Sale this beautiful 2 Bedrooms Apartment in Roque del Conde, Torviscas Alto. It is spacious 95m2 and consists in a big and bright Living room, 2 Bedrooms with built-in wardrobes, full Bathroom, exterior Terrace of 16m2 with a stunning Seaview.

Ref.: D1292

Price: 262,000€

House in Santiago del Teide



Rustic house for sale in the center of the town of Tamaimo, Urban estate of 472m2 with 116m2 built. The house has two bedrooms, a bathroom, kitchen, large living room, adjoining porch. Outside, it has a patio with a barbecue and an orchard with fruit trees.

Ref.: D1287

Price: 231,000€

Apartment in San Isidro



This apartment offers 3 bedrooms and an extra room that is used as storage now, but can be transferred back and function as another bedroom. Furthermore are 2 bathrooms, a living room, a fitted kitchen and a large private rooftop terrace.

Ref.: D1272

Price: 170,000€

Townhouse in Adeje Casco



This townhouse is just 150 meters from the shopping center and with all the services nearby. It has 3 bedrooms, 1 bathroom, 1 toilet, independent kitchen, balcony and a private terrace. The plot is 100 m2 and the building size is 84m2 and it is in good condition.

Ref.: D1278

Price: 189,500€

frina@tenerife-property.com

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+34 922 085 191

www.tenerife-property.com

CC Puerto Colón, 1st Floor, local 213, 38660 Adeje

**FRINA Tenerife**  
Business & Property Agency

Avda Londres 1, Sur y Sol, Local 1  
Los Cristianos, Arona 38650

Office: 922 797 438 / 922 751 587  
Mobile: (00 34) 673 778 700

www.tenerifeislandrentals.com  
info@tenerifeislandrentals.com



## Tenerife Island Rentals & Buy Tenerife

### EDIFICIO MONCAYO, PARQUE DE LA REINA, 2 BED ATTIC APARTMENT



Great penthouse apartment with two bedrooms, the master with balcony, large living dining room with full length windows with window blinds, separate fitted kitchen with laundry room, bathroom and large roof terrace of 70m<sup>2</sup>. The property has an underground car parking space and storeroom, community swimming pool and there is lift access to the apartment. Properties in the area are hard to come by and this property is priced to sell. In the area there is an urban park, primary school and a secondary school due to be finished this year. There is a good selection of shops and restaurants in the town and it has great communication links with the TF1 motorway. Viewing highly recommended.

Ref: AP0706

Price: €180,000

### OCEAN GOLF & COUNTRY CLUB, GOLF DEL SUR, 1 BED WITH PARKING

Nice one bedroom apartment located on the fourth floor, with fantastic views along the coastline of Costa Adeje. This apartment is located in an elevated position in Roque del Conde and has a good-sized double bedroom with fitted wardrobes, living room with American style kitchen and bathroom. The 21m<sup>2</sup> terrace enjoys sunshine all day so you can sit and watch the sun go down over La Gomera. The apartment is close to the X-Sur Shopping Centre with supermarket, shops, restaurants and cinema. The property has a parking space and there is a community swimming pool with sun terraces.



Ref: AP0708

Price: €159,995

Avda Londres 1, Sur y Sol, Local 1  
Los Cristianos, Arona 38650

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Mobile: (00 34) 673 778 700

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# Tenerife Island Rentals & Buy Tenerife

## BALCON DEL ATLANTICO, TORVISCAS ALTO, 1 BED WITH PARKING

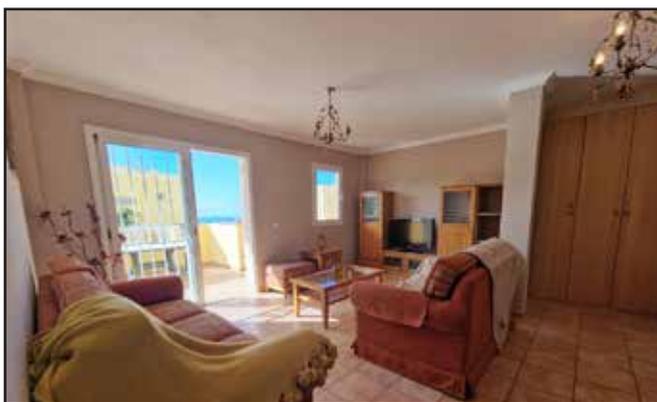
This spacious one bedroom apartment is a golfer's dream. Located on the Golf del Sur course, this apartment is located in a secure complex with beautiful gardens, swimming pool and ample sun terraces. The apartment is located on the first floor of the complex with lift access and has a nice sized living room with American style kitchen and good sized balcony to enjoy outdoor dining. There is a double bedroom with fitted wardrobes and the bathroom has a walk in shower unit. Golf del Sur has everything you need without leaving the area: supermarkets, restaurants, doctor surgery, chemist and lots of activities for everyone. The area is popular all year round and could be a fantastic investment property or an all year round apartment for someone looking for their ideal home in the sun.



Ref: AP0711

Price: 184,995€

## MARIBEN, CALLAO SALVAJE, 3 BED HOUSE (CORNER POSITION)



Situated in Callao Salvaje on the popular residential complex of Mariben, this large family home is in a good location on the complex having a corner position. The house has a wrap-around garden and terrace area with sea views. There is a large complex pool and solarium. As you enter, there is a large sunny lounge area that leads onto the terrace. On the same level there is a bathroom and storage area and a large fitted kitchen leading out to the garden. Upstairs it is sunny and benefits from sea views from the bedroom windows. Master double with en-suite and viewing terrace and two double bedrooms and a large family bathroom. Individual garage accessed directly from the house. Viewing highly recommended.

Ref: PUE0709

Price: €415,000

## Los Cristianos, Parque Margarita

Ground floor 2 bed, 1 bath apartment, being sold fully furnished. This is a well sought after complex close to all local amenities. There is a community swimming pool.



€240,000

T: +34 922 703 725 M: +34 627 230 360 E: carolhale.tpp@gmail.com

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## PIEDRA HINCADA, GUIA DE ISORA

### SPACIOUS FAMILY HOME

Spacious 4 bedroom, 3 bathroom townhouse on 3 floors (210sqm built with 70sqm terrace) in popular residential village a few minutes' drive to the coastal resort of Playa de San Juan - recently placed on the market exclusively with us by the owners, who wish to 'downsize' now they have retired.

The property briefly comprises: Ground level: Entry gates to a double parking space and large terrace, entrance hall, cloakroom with shower, separate fully fitted kitchen with granite worktops throughout, a comfortable lounge with air conditioning, and a separate dining room/study. A staircase leads to the spacious landing leading to 3 double bedrooms all with wardrobes; and a family bathroom with full suite and vanity unit.

A major feature of this family home is a spacious self-contained, independent apartment on the lower floor with lounge, double bedroom with en-suite shower room, open plan fully fitted kitchen and a separate dining room with access to a private terrace. Being self-contained the apartment could generate a useful income from a paying guest or perhaps utilised as a teenager/granny annexe. Extras include air conditioning, electric security shutters, entry phone and internet. Great rental potential!

This property really must be viewed to fully appreciate the space and quality on offer.

€225,000

REF: 6097XK



Centro Comercial Parque Santiago III, Local 91 (Lower Level),  
Avenida Las Americas 2, PLAYA DE LAS AMERICAS  
38660 Arona, Tenerife, Canary Islands, Spain.

Tel: 0034 922 788 305

www.teneriferoyle.com · info@teneriferoyle.com



## *SELLING YOUR PROPERTY?*

Our director, Adam Keddy is proud to say that Island Prime Property is built on relationships and every day this is proven from our many referrals and let's face it, you can't beat "word of mouth" advertising.

## *HOW DO WE MARKET YOUR PROPERTY?*

We are known for our marketing strategy which includes a number of major property platforms, social media, traditional marketing, collaborating partners, international advertising and many other channels that are tried and tested therefore we are confident that we will sell your property at the right price for the market.

## *CORRECT PRICING*

If you just want to test the water, you can hit the market with your property on your own. Or are you really serious about selling? This is where Island Prime Property come into play...

First things first and that's pricing your property correctly and realistically this means involving you, yes you the owner together with Adam to make it sell sooner rather than never.

This is one of the most important things that's often overlooked or simply priced out of the market, we set the correct expectations at the start therefore making sure you're happy and hits the overall objective which is getting it sold at the right price.

## *ADVERTISING*

Once we have all the marketing materials done at our cost and we work on a "no sale, no fee basis" and DO NOT require a marketing contribution before we even get started.

We work with other reputable agents that will advertise your properties based in Tenerife, Mallorca, Mainland Spain, Italy and the UK.

Its very important to have good relationships with reliable and trustworthy, professional partners that have been vetted and legal contracts are in place.

## *AFTER THE SALES*

As soon as the signing at the Notary is complete it is time to say congratulations but in many cases theres still work to be done and Island Prime Property will always carry on our professional service finalising any further details, we don't just forget you!... remember Island Prime Property is built on relationships.

## PROFESSIONAL PHOTOGRAPHY

The smartphones these days are making some great pictures however to have a professional eye taking the picture combined with a detailed technical understanding is a formula for complete success that's where Peter comes into his own, our very own dedicated photographer.

Professional pictures are a must to showcase your property in the most effective way. We are proud not only of our brand but the properties we are advertising to sell, so let's engage with the potential buyers and not turn them away at one of the first hurdles.

## VIDEO

Pictures is the first step so what's next?

To sell a property in this day and age you must use a video which comes apart of our full marketing package. Videography is key.

When you choose Island Prime Property to sell your property, we will make a professional video presentation and add this to the property listing page.



## FLOORPLANS

Correct measurements and key information is a must and now expected by many buyers. Only one thing gives us this – a superb floorplan. When we sell your property, we will make a floorplan. This will again help us show your property perfectly and give a fantastic representation of your property.

## 360° VIRTUAL TOUR

The virtual tour helps the buyer see exactly what they're buying and some buyers are now buying from this tool and it's becoming more and more, the new normal when purchasing real estate.

This method will cut out the time wasters and let's face it we're not looking to mess about just simply meet your expectations and sell.

We use the Matterport system which is a leading, state of the art software in its own right.

## CONTACT US TODAY!



adam@islandprimeproperty.com

(0034) 645 142 144

[www.islandprimeproperty.com/sell-my-property](http://www.islandprimeproperty.com/sell-my-property)

## Chayofa, La Finca



Lovely, fully furnished, top floor apartment with 2 bedrooms, 2 bathrooms and fabulous sea views off the large south facing terrace. The property has a lounge and fully equipped kitchen American style kitchen. There is also an enclosed garage included in the price.



## PROPERTIES REQUIRED FOR LONG TERM RENTAL IN ALL AREAS



**Los Cristianos, The Heights**

Fully furnished and refurbished 2 bed, 1 bath apartment (converted from 1 bed) on popular complex with community pool. The property has a nice lounge which leads onto a large sunny terrace, and an American-style kitchen.



**Chayofa, La Finca**

Fully furnished 1 bed, 1 bath ground floor apartment on complex with lovely pool area. The property has a bright lounge/diner, American-style kitchen, a 37sqm sunny terrace and a private garden. Enclosed garage is available if required.



**Golf del Sur, The Palms**

2 bed, 2 bath duplex apartment being sold fully furnished. There is a good size lounge, fully equipped kitchen and terrace with pool views. There is also a 2nd terrace on the ground floor. Great rental potential and priced to sell.



**Los Cristianos, Parque Margarita**

Ground floor 2 bed, 1 bath apartment, being sold fully furnished. This is a well sought after complex close to all local amenities. There is a community swimming pool.



**Golf del Sur, Ocean Boulevard**

2 bed, 2 bath townhouses being sold with lounge, dining room, kitchen and community pool. This is an investment project with allows owners to stay themselves up to 6 months of the year with the other 6 months being rented out by the operating company.



**Llano del Camello, Malvasia**

Large townhouse over 3 floors with 3 bedrooms, 2 bathrooms (1 en suite) + w.c. There is a separate fitted kitchen, good size lounge, 2 x terraces and community swimming pool. There is also a garage space and storeroom included.



**Costa del Silencio, Parque Don José**

Fully furnished and refurbished 1 bed, 1 bath apartment with lounge and American style kitchen with community swimming pool.



**Lagos de Fañabe, Playa Fañabe**

Recently refurbished, fully furnished and equipped, 1 bed, 1 bath apartment on this sought after, sea front, colonial-style 4.5 star 'Touristic' complex with 3 pools (a heated one at the front door!).



€265,000

REF: S-03 1472

**Golf del Sur, Winter Gardens**

Fully furnished 3 bed, 2 bath 2nd floor apartment (ready for holiday rentals via a 'VV' Licence) on well maintained and sought-after complex with community pool & pool bar.



€179,950

REF: S-02 1474

**Golf del Sur, The Palms**

2 bed, 2 bath bungalow on sought-after complex with heated pools and pool bar. The property has a modern fully fitted kitchen, spacious lounge with dining area, and private rear terrace.



€159,000

REF: S-01 1515

**Amarilla Golf, Scorpio**

1 bed, 1 bath apartment with lounge and American style kitchen. There is a community swimming pool and pool bar.



€129,000 REDUCED!

REF: S-02 1454

**La Jaca, Arico**

Unfurnished 2 bed, 1 bath, fully refurbished apt with good size lounge, American kitchen, community roof terrace, and private underground garage space. Low community fees.



€362,000

REF: S-03 1513

**Amarilla Golf, Palm Gardens**

Penthouse apartment with 3 bedrooms, 2 bathrooms and a stunning roof terrace which enjoys all day sunshine. Spacious living room/dining area and fully equipped modern kitchen.



€199,950 PRICED TO SELL!

REF: S-02 1297

**Dinastia, Los Cristianos**

Lovely and spacious 1 bed apt. which has been converted to a 2 bed. Sold fully furnished, the property has a lounge, American kitchen, and good size terrace. Communal pool.



€430,000

REF: S-04 1511

**Chayofa, Villa**

Lovely villa in a quiet well-kept residential area with a community swimming pool and lovely gardens. 1st floor is the living area which leads to the conservatory with a sea view. This is a lovely family home.



€249,950

REF: S-02 1514

**Golf del Sur, Las Adelfas II**

A rare opportunity to purchase a fully refurbished property with 2 double bedrooms, 2 bathrooms (1 en-suite), living area and fully fitted American style kitchen.

PROPERTIES IN ALL AREAS REQUIRED FOR LONG TERM RENTAL CLIENTS WAITING!

PROPERTIES URGENTLY REQUIRED IN YOUR AREA

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## US dollar returns to strength at start of 2023



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### Latest currency news

After ending 2022 on the back foot, the US dollar started 2023 with a bang, soaring more than 1% as markets reopened after the new year. During this time GBP/EUR retreated from 1.14 to 1.13, at the same time that EUR/GBP rose from 0.87 to 0.88. GBP/USD, meanwhile, plunged from 1.21 to 1.19, while EUR/USD climbed from 1.06 to 1.07, before tumbling back to 1.05.

### What's been happening?

The US dollar ticked lower in the last two weeks of 2022 amid a broadly upbeat mood. However, the first day of trade in 2023 brought with it a dramatic rebound in USD exchange rates. On the other side of the pond the pound has remained on the defensive through the past couple of weeks. An increasingly gloomy outlook for the UK economy took its toll on Sterling sentiment. Meanwhile, the euro strengthened through the end of December, supported by a notably hawkish outlook from the European Central Bank (ECB) earlier in the month.

### What do you need to look out for?

Reports that Russia is gearing up to launch a massive new offensive in Ukraine in early 2023 could

act as a headwind for the euro, while simultaneously boosting the US dollar over the next couple of weeks. At the same time, the pound could face an uphill battle as ongoing industrial action threatens to further disrupt the UK economy.

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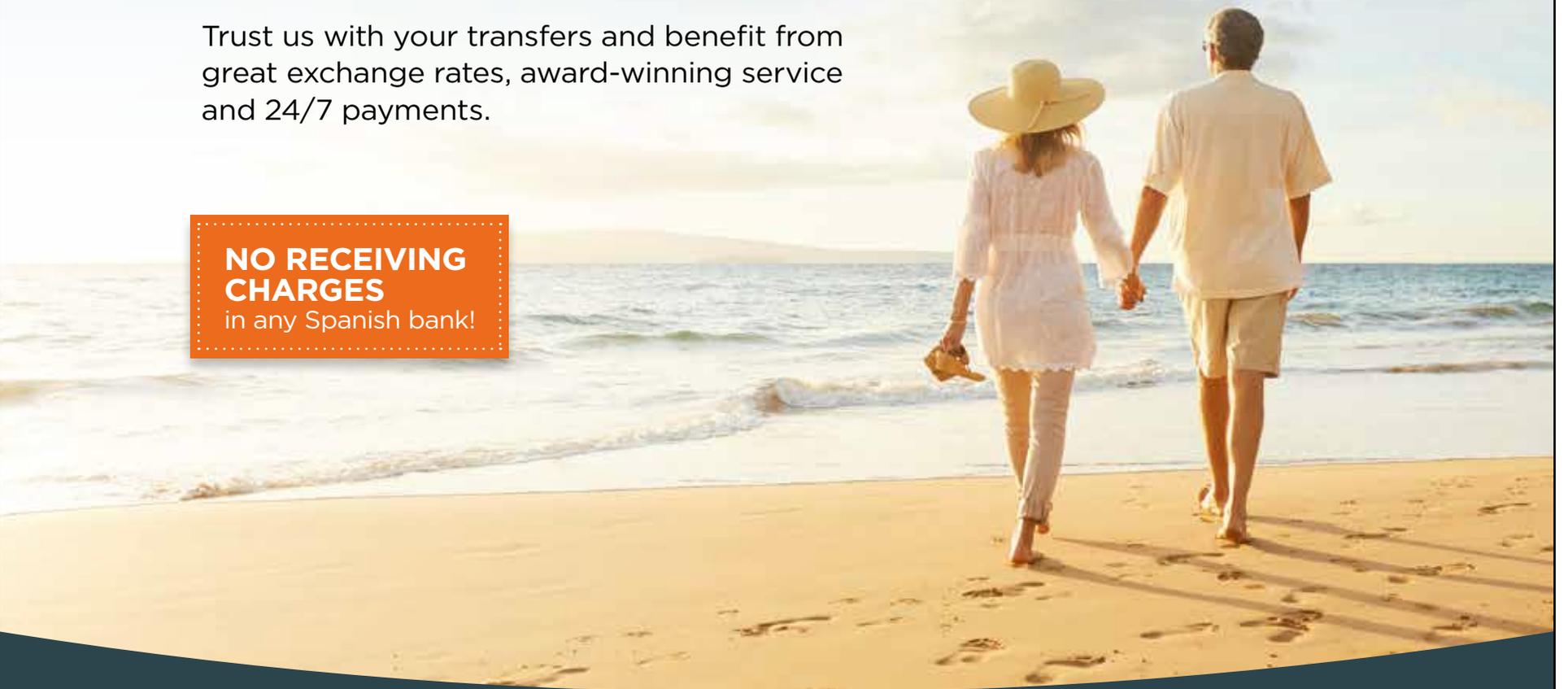
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# The New Gnostics

(Gnosticism is a collection of religious ideas and systems which coalesced in the late 1st century AD among Jewish and early Christian sects.)

By Malcom Kyeyune, Swedish writer and blogger



In early 2022, a video-essay creator named Dan Olson uploaded a two-hour-long exposé to YouTube.

“Line Goes Up—the Problem with NFTs” quickly became a viral sensation, accumulating nearly 9 million views as of August—an incredible number for a seemingly niche topic. (The acronym “NFT” stands for “non-fungible token,” the name of a very small subset of the still fairly obscure online cryptocurrency system.)

Olson had done his homework. The video begins with the real-estate crash of 2008, tracing not only how that crisis was allowed to happen but also the social and economic consequences that followed. From there, Olson explores the early days of the first cryptocurrency, Bitcoin, and its various features, promises, and problems. Olson moves on from Bitcoin to other digital currencies, such as Ethereum, but he wants to make a larger point than just identifying the idiosyncrasies and flaws of these technologies—he is interested in the social implications of “crypto” hype. The crypto world, according to Olson, is filled not only with hype but also with professional scammers, broken promises, predatory and antisocial behaviour, desperation, greed—and rage. Rage at how the post-2008

world had turned out, rage at how the American dream doesn’t seem attainable anymore, rage at whomever and whatever could be blamed for robbing the people inside that online world of what they felt they were owed.

Less than half a year after Olson’s video appeared, TerraUSD, the biggest so-called stablecoin (a cryptocurrency intended to maintain a price peg to another asset, often a national currency), crashed overnight. The value of Terra plummeted to essentially zero, which, in turn, delivered a massive shock to the entire cryptocurrency ecosystem, slashing the total market cap of crypto in half. Many people lost their savings. Amid the financial carnage, the feelings of anger deepened. A world that promised financial salvation to the savvy and the elite turned out to be just another mirage, ending up with a few big winners and many, many losers. Rather than replace a broken and corrupt post-2008 economy, crypto appeared only to replicate its worst aspects.

Olson’s essay is available for free on YouTube, and it contains a treasure trove of information about the technical details, as well as the practical history, of cryptocurrencies. It’s a rich account, but one aspect of it deserves special elaboration: Olson’s characterization of the social environment of the online chatrooms, forums, Discord servers, and newsletters of the cryptocurrency

universe. Crypto, it turns out, is not unique. The intense online world centred on digital currencies that Olson explores—evoking a curious mixture of hope, insecurity, desperation, fear, joy, and anger, and holding out promises of personal meaning and financial salvation—is today just one among many online. From radical feminism and anti-seed oil activism to neopaganism and “esoteric” online racism, the Internet today is full of strange new quasi-faiths, many offering competing narratives of what went wrong after 2008, each offering a secret knowledge—a gnosis—through which an enlightened few can hope to escape and purify themselves.

Indeed, one of the under-explored effects of the great financial crisis of 2008 and the subsequent collapse of Western society’s model sequence for attaining professional success and social esteem (go to college, study hard, get a well-paying job, form a family) has been a privatization of meaning among younger millennials and members of Generation Z. It’s broadly accepted today that many in the younger generation face a future where they will be materially poorer and less professionally secure than their parents and grandparents. Such monumental shifts in economic reality invariably produce dramatic shifts in people’s social reality, as old expectations and beliefs no longer match up with the way things are. In earlier eras of American history, major crises, as well as the ideological and religious revivals that often followed them, played out in streets, churches, tent meetings, and lodges. Now the process takes shape primarily online, where the new Gnostics preach.

According to Olson, the

average profile of someone inside the more speculative part of the crypto boom was as follows: middle class, but downwardly mobile, with a susceptibility to the confidence tricks and fraud endemic to the crypto market, stemming largely from unfamiliarity with the actual economy, the challenges of running a business, and so on. With just enough money to be able to invest, but not enough experience or sense to avoid crypto scams, these people tended to exhibit the unstable emotional mix of hope, confusion, and righteous fury that Olson identifies.

The slang language of these online crypto environments includes terms such as “rug-pulls”—that is, crypto projects that take the money and run. Yet indignation over how often this seems to happen is accompanied by a sort of blithe acceptance that, yes, someone is getting ripped off; it just shouldn’t be me. As Olson points out, advertisement for “pump-and-dump” schemes is done in the open, and not particularly frowned upon; often, the people taking these chances to scam others find out that they were actually recruited into the “dump” part of the swindle, not the “pump.” Further, at the most basic level, the big hope for a payday (for a cryptocurrency coin to blast “to the moon”) is that the coin suffers from massive deflation. In the real world, deflation can often be catastrophic, of course, but in crypto, it is often a well-advertised feature, not a bug. Sure, if everyone adopted Bitcoin and the inability of the currency to expand produced an economic disaster, that would be bad overall, but at least those who got in on it early would be rewarded.

If this sounds like a sort of hyper-libertarian world, with each economic actor out for himself and himself alone, the truth is more complicated, as was shown in early 2021, when the stock price of the video-game retailer GameStop suddenly exploded. The story began innocently enough. Several large Wall Street players had shorted GameStop stock, figuring that the ailing company didn’t have long to live in an era of digital distribution. But someone noticed these big “short” positions and posted about them on online forums such

as Reddit and 4chan. Suddenly, thousands of retail investors were buying the stock, forcing the price up, producing a classic market “short squeeze.” This small flash in the financial pan proved a lot more complicated, and revealing, than anyone could have predicted.

For a week or two, much commentary focused on the GameStop short squeeze. The Week published an article, “How GameStop Explains Right-Wing Populism,” with a picture of a MAGA hat. Rolling Stone echoed with “GameStop, Robinhood, Reddit, and Populism,” while Newsweek declared: “The GameStop saga proves that populism is here to stay.” What everyone noticed was that this particular short squeeze wasn’t the usual story of Wall Street firms trying to make a quick buck. It was about something else: large numbers of retail investors, jumping at the chance to “punish” the powers that be. The main force behind the short squeeze, a subreddit called “Wallstreetbets,” saw an explosion of posts that had little to do with financial betting and much more to do with grievance. Users took turns posting their life stories—about struggling to get work, or finding themselves overloaded by student or medical debt, or being lied to by the media and the government, or discovering how the system was increasingly rigged to benefit a few powerful insiders. Several friends of mine ended up buying GameStop stock during the short squeeze, expecting to lose money but doing it as a show of “solidarity.” Here, finally, was a chance to strike back.

“Feminists argued that the personal is the political, but for millennials and zoomers, the equation is reversed.”

In the end, the GameStop saga wasn’t a fairy tale about Robin Hood defeating the Sheriff of Nottingham. Large financial interests were operating on both sides; many retail investors who put in money during the squeeze lost most of it, while certain major investors, sophisticated enough to gauge where the wind was blowing, clearly egged people on, so as to reap gigantic profits for themselves.

Still, the short squeeze il-

lustrates the same dynamic that Olson noted with cryptocurrencies and NFTs: an ethos of social awareness and anger at an unfair system, coexisting with a sort of dog-eat-dog philosophy, in which the light at the end of the tunnel, the “exit,” is always a personal one. The system is rigged, yes, but here’s your chance to make a ton of money without lifting a finger—just buy the right stock, the right NFT, the right crypto, at the right time. You deserved that money from the start anyway, until someone—the “system,” the government, the bankers—kept you from getting it.

Feminists of yesteryear argued that the personal is political, but for many Internet-immersed millennials and zoomers, the equation is reversed. The political is now the personal, and the tendency isn’t limited to crypto. Olson points to the zealotry displayed by crypto enthusiasts, with their often-unshakable belief that this or that digital currency will make them—but probably not everyone else—rich one day. This way of thinking, or believing, is common among an entire online generation. The promise of proliferating numbers of belief systems and fringe political narratives on the Web—across a thousand subreddits, a million Twitter accounts, and some barely read Substacks—is how to make you rich, or successful, or sexually attractive, or healthy. Christ may have died on the cross to redeem humanity from original sin, but grace today leads you to a well-paying, rewarding job or improves your lifting form at the gym.

A striking illustration of this phenomenon was an introductory montage to a Fox News special, hosted by popular TV host Tucker Carlson, called “The End of Men.” In it, we see muscular men engaged in various activities that seem mysterious or nonsensical, at least at first. A half-naked man shoots a high-caliber rifle at a bottle of canola oil. Another half-naked man milks a cow. A third man, this one fully naked, greets the sunrise, arms outstretched, with some sort of ultraviolet light illuminating his crotch. Bombastic music plays, and a narrator intones about iron sharpening iron to create strong men in

Continued on page 30

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Continued from page 28  
hard times.

The casual observer can be forgiven for thinking that some sort of vaguely “fascist” imagery is on display. But look closer, and a different picture emerges: what you see advertised is a form of messianic, almost millenarian, self-help—about as far as one could get from an ideology of violent collectivism. Once you understand why the activities are taking place, moreover, the self-help dimension becomes impossible to ignore.

Why is the muscular man shooting at canola oil bottles, rather than something more practical—an actual target, say? The answer: because “seed oils” are one of the prime villains for a new quasi-faith popular on the Internet. As the story goes, seed oils (canola oils, sunflower oils, and so on) are inherently unnatural; humans were never meant to consume them. That they’re found in everything these days is a disaster, helping to explain why people (including young men) are so unhealthy—and another reason society is so fundamentally damaged. The “science” here is secondary. Seed oils are not merely bad on some empirical level; they are evil on a spiritual level. Seed oils corrupt the body. By eliminating them (and by preaching such elimination), one cleanses oneself of impurity and helps others achieve salvation, as well. In this narrative, which the Carlson special echoes, many contemporary young men have been robbed of their true potential due to an environmental toxicity. If the toxicity is removed, a higher, more natural state of being opens up.

This is a modern form of Gnosticism, the ear-

ly-Christian-era belief system that postulates that humans contain a piece of God or the divinity inside themselves, to which they then lose access because of the material world’s corruption. Through proper spiritual knowledge, or gnosis, that connection can be rekindled, and the enlightened person can then break free from the corruption that surrounds him. In one 2022 version of this belief system, seed oils are the great malevolent force. Micro-plastics, soy, hormonal runoff in the water supply due to birth control: all can (and sometimes do) serve a similar function. You can strip away the divine elements of the story and replace them with fairly crude scientism, but the belief system’s structure remains unchanged.

Once you realize this, everything else in the Carlson intro fits into place. Why is the naked man sunning his groin? Because UV light hitting the testicles purportedly activates additional testosterone production. Why is the half-naked man milking a cow? Because raw milk sustained humans for millennia, before the dark Demiurge brought pasteurization. (Some zealots take this milk faith a step further, claiming that, while raw cow milk is a good first step on the path to self-actualization, the true reflection of strength and vitality for an adult human male is to drink “raw” breast milk.) While the Carlson clip talks vaguely about how “strong men” will possibly return and “re-establish order,” so that the “cycle begins anew,” there’s no sense of collective purpose. In the end, we see, here and in other modern folk faiths, individuals looking for their own personal salvation. Some might seek redemption through drink-

ing “raw water” (whatever that is); others put their faith in a cryptocurrency or a “Bored Ape” NFT, bits of code with the magical power to fix the world.

It’s hard to overstate just how full the Internet is with itinerant prophets, holy fools, hustlers, fraudsters, and soothsayers. One of the biggest figures in this ecosystem, “Bronze Age Pervert,” or BAP, is a former academic and poster on an obscure Internet forum who published a book, *Bronze Age Mindset*, which has become a cult classic for part of the dissident Right. BAP is self-consciously not a political figure, according to his own words; he sees himself as a purveyor of an aesthetic. That his own disciples often confuse him with a political leader (sometimes to BAP’s obvious frustration) is because the search for an aesthetic is a small step from the search for some sort of personal gnosis, and the search for personal gnosis is now a religious—sorry, “political”—impulse among the younger generation.

Not so long ago, a guy writing a book about body-builders and personal stories of getting drunk in some random Gulf state (as *Bronze Age Mindset* details) would not be mistaken for committing a political act. That’s no longer true, and here, the generational difference is stark. Dan Olson is a millennial, and thus his exploration of crypto isn’t hindered by the slang terms, the ironic distance, or the various cultural mores of those who, in the parlance of our times, are “Highly Online.” He knows what the various terms mean, he knows when people are being ironic and when they’re not, and so his harshest criticism targets the actual ideology of

the crypto ecosystem, rather than remaining a surface-level critique of what it says it’s about.

For older people, this interpretive penetration is clearly harder. Michael Anton’s review of *Bronze Age Mindset* for *The Claremont Review of Books* is suggestive in this regard. Anton self-consciously acknowledges that he doesn’t really understand what “the kids” are doing. He’s trying to understand—and the review of *Bronze Age Mindset* is friendly and open-minded but at least tentatively critical of the details—but it’s clear that he has no illusions on that front. Indeed, the book is recommended to him precisely because this is what “the kids” are into these days. Anton’s review concludes with a rebuke of his fellow (older) conservatives: the kids no longer listen to them, and thus the need to try to understand the younger generation can’t be put off. As Anton puts it: “In the spiritual war for the hearts and minds of the disaffected youth on the right, conservatism is losing. BAPism is winning.”

*Bronze Age Pervert* has never been particularly thrilled at the idea of “BAPism” winning. Like Karl Marx declaring that, if he knew one thing, it’s that he wasn’t a Marxist, BAP is not a “BAPist,” as that would imply a political movement, with him as a leader—a job he does not want. What has taken over the young—both inside and outside the Right—is not BAPism but the ideology (or quasi-religion) of self-care. BAPism’s aesthetic exhortations offer its supplicants one kind of self-care, one kind of gnosis, but it exists in a vast sea of rival online approaches. Play a mental game of six degrees of

separation with BAP, and you quickly move on to the protein-powder salesmen, the raw-egg slonkers, the breast-milk enjoyers, the reactionary monarchists, the anarcho-primitivists, and more. Before you know it, you’re no longer on the right, but on the extreme left, with competing feminist or transsexual “mindsets,” all holding out the same promise of personal betterment, career advancement, or some other lifestyle benefit as the ultimate reward for the enlightened.

All of this, and not just crypto mania, has bloomed since the 2008 financial crash. In earlier eras, social crises often ignited religious revivals; the United States



has a rich history of Christian revivalism in periods of rapid social change. Nowadays, Christian conservatives like Rod Dreher bemoan the lack of religiosity among the young. Is this really the case, though? True, we don’t see an explosion of large tent meetings and fiery preachers touring the churches of the American Northeast, as in the 1830s. But that doesn’t tell the whole story. Older generations today may be missing a religious revival, of sorts, happening right under their own noses, or, perhaps one could say, inside their own pockets. Social media have replaced the tent as a space for conversion and salvation. Nineteenth-century postmillenarianism exhort-

ed the faithful to cleanse society to prepare the way for Christ’s return; in the 2020s, millennials and zoomers seek to purify their testicles. Through ritual, through secret knowledge, through purification and removal of the self from the corrupting influence of fiat money, or patriarchy, or the white gaze, or seed oils, or social norms about adult human males drinking breast milk, the individual seekers hope to find enlightenment.

The hypocrisy of cryptocurrency chatrooms—people enraged at getting scammed while simultaneously hoping to participate in the scamming of oth-

ers—is natural in this context, because gnostic belief is almost never about collective redemption. In earlier eras, “betterment” usually meant attaining a higher spiritual state. To many desperate young people in the post-2008 world, “gnosis” can simply be finding a way to escape student debt or meet a girlfriend. For those hungry for answers—who want a narrative, something they can do, a blueprint that will finally make sense of the world of closed doors and shrinking opportunities they find themselves in—there is really only one rule: as long as you have an Internet connection, seek, and ye shall find.

## Should we be eating three meals a day?

By Jessica Bradley, Journalist, BBC Future

It’s likely you eat three meals a day—modern life is designed around this way of eating.

We’re told breakfast is the most important meal

of the day, we’re given lunch breaks at work, and then our social and family lives revolve around evening meals. But is this the healthiest way to eat?

Before considering how frequently we should eat, scientists urge us to con-

sider when we shouldn’t. Intermittent fasting, where you restrict your food intake to an eight-hour window, is becoming a huge area of research.

Giving our bodies at least 12 hours a day without food allows our diges-



The idea that we should eat three meals a day is surprisingly modern. How many meals a day is best for our health?

tive system to rest, says Emily Manoogian, clinical researcher at the Salk Institute for Biologi-

cal Studies in California, and author of a 2019 paper entitled “When to eat”. Rozalyn Anderson, an as-

sociate professor at the University of Wisconsin’s School of Medicine and Public Health, has studied the benefits of calorie restriction, which is associated with lower levels of inflammation in the body.

“Having a fasting period every day could reap some of these benefits,” she says. “It gets into the idea that fasting puts the body in a different state, where it’s more ready to repair and check for damage, and clear misfolded

Continued on page 32

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Continued from page 30  
proteins." Misfolded proteins are faulty versions of ordinary proteins, which are molecules that perform a huge range of im-

and forms compounds called "advanced glycation end products", which can cause inflammation in the body and increase the risk of developing diabetes and heart disease.



Condensing our eating into a shorter window of the day can come with health benefits if practised safely

portant jobs in the body. Misfolded proteins have been associated with a number of diseases.

Intermittent fasting is more in line with how our bodies have evolved, Anderson argues. She says it gives the body a break so it's able to store food and get energy to where it needs to be, and trigger the mechanism to release energy from our body stores.

Fasting could also improve our glycaemic response, which is when our blood glucose rises after eating, says Antonio Paoli, professor of exercise and sport sciences at the University of Padova in Italy. Having a smaller blood glucose increase allows you to store less fat in the body, he says.

"Our data suggests that having an early dinner and increasing the time of your fasting window increases some positive effects on body, like better glycaemic control," Paoli says.

It's better for all cells to have lower levels of sugar in them because of a process called glycation, Paoli adds. This is where glucose links to proteins

### Wouldn't one meal a day leave us feeling hungry? Not necessarily

But if intermittent fasting is a healthy way to eat – how many meals does this leave room for?

Some experts argue it's best to have one meal a day, including David Levitsky, professor at Cornell University's College of Human Ecology in New York, who does this himself. "There's a lot of data showing that, if I show you food or pictures of food, you're likely to eat, and the more frequently food is in front of you, the more you're going to eat that day," he says. This is because, before we had fridges and supermarkets, we ate when food was available. Throughout history, we consumed one meal a day, including the Ancient Romans who ate one meal around midday, says food historian Seren Charrington-Hollins. Wouldn't one meal a day leave us feeling hungry? Not necessarily, Levitsky argues, because hunger is often a psychological sensation. "When

the clock says 12pm, we may get feelings to eat, or you might be conditioned to eat breakfast in the morning, but this is nonsense. Data shows that if you don't eat breakfast, you're going to eat fewer calories overall that day. "Our physiology is built for feasting and fasting," he says. However, Levitsky doesn't recommend this approach for people with diabetes.

But Manoogan doesn't recommend sticking to one meal a day, since this can increase the level of glucose in our blood when we're not eating – known as fasting glucose. High levels of fasting glucose over a long period of time is a risk factor for type 2 diabetes.

Keeping blood glucose levels down requires eating more regularly than once a day, Manoogan says, as this prevents the body thinking it's starving and releasing more glucose when you do eventually eat in response.

Instead, she says, two to three meals a day is best – with most of your calories consumed earlier in the day. This is because eating late at night is associated with cardio-metabolic disease, including diabetes and heart disease. "If you eat most of your food earlier on, your body can use the energy you feed it throughout the day, rather than it being stored in your system as fat," Manoogan says. But eating too early in the morning should be avoided, too, she says, as this wouldn't give you sufficient time to fast. Also, eating too soon after waking up works against our circadian rhythm – known as our body clock – which researchers say dictates how the body processes food differently throughout



Some people find just one meal a day works best for their body and health

the day.

Our bodies release melatonin overnight to help us sleep – but melatonin also pauses the creation of insulin, which stores glucose in the body. Because melatonin is released while you're sleeping, the body uses it to make sure we don't take in too much glucose while we're sleeping and not eating, Manoogan says. "If you take in calories when your melatonin is high, you get re-

on in the 17th Century, when it became the luxury of those who could afford the food and the time for a leisurely meal in the morning. "The concept today of breakfast being the norm [came about] during the Industrial Revolution in the 19th Century and its introduction of working hours," says Charrington-Hollins. Such a routine lends itself to three meals a day. "The first meal would be something quite simple for the



Small changes in our regular eating habits can add up to health benefits over time, but consistency is key

ally high glucose levels. Consuming a lot of calories at night poses a significant challenge to the body because if insulin is suppressed, your body can't store glucose properly."

And, as we know, high levels of glucose over long periods of time can increase the risk of developing type 2 diabetes. This doesn't mean we should skip breakfast altogether, but some evidence suggests we should wait an hour or two after waking up before we crack open the eggs. It's also worth remembering that breakfast as we know and love it today is a relatively new concept. "The Ancient Greeks were the first to introduce the concept of breakfast, they'd eat bread soaked in wine, then they had a frugal lunch, then a hearty evening meal," says Charrington-Hollins.

Initially, breakfast was exclusive to aristocratic classes, says Charrington-Hollins. It first caught

working classes – it might be street food from a vendor or bread."

But after war, when availability of food diminished, the idea of eating a full breakfast wasn't possible and a lot of people skipped it. "The idea of three meals a day went out the window," says Charrington-Hollins. "In the 1950s breakfast becomes how we recognise it today: cereal and toast. Prior to that we were happy to eat a piece of bread with jam."

So, the science seems to say the healthiest way to eat throughout the day is to have two or three meals, with a long fasting window overnight, to not eat too early or too late in the day, and to consume more calories earlier on in the day. Is this realistic? Manoogan says it's best to not specify the best times to eat, as this can be difficult for people with responsibilities and irregular time commitments, such as those working night

shifts. "Telling people to stop eating by 7pm isn't helpful because people have different schedules. If you try to give your body regular fast nights, try to not eat too late or early and try to not have huge final meals, this can usually help. People can at least adopt parts of this," she says.

"You could see a dramatic change just from a small delay in your first meal and advancing your last meal. Making this regular without changing anything else could have a big impact."

But whatever changes you make, researchers agree that consistency is crucial. "The body works in patterns," says Anderson. "We respond to the anticipation of being fed. One thing intermittent fasting does is it imposes a pattern, and our biological systems do well with a pattern." She says the body picks up on cues to anticipate our eating behaviours so it can best deal with the food when we eat it.

When it comes to how many meals we deem normal, Charrington-Hollins is seeing change on the horizon. "Over the centuries, we've become conditioned to three meals a day, but this is being challenged now and people's attitude to food is changing. We have more sedate lifestyles, we're not doing the level of work we were doing in the 19th Century, so we need fewer calories. "I think, long-term, we'll be reducing back to a light meal then a main meal, depending on what happens work-wise. Our working hours will be the driving force. "When we came off rations, we embraced three meals a day because there was suddenly an abundance of food. But time goes on – food is everywhere now."



Making a habit of eating large meals late at night can interfere with blood glucose levels

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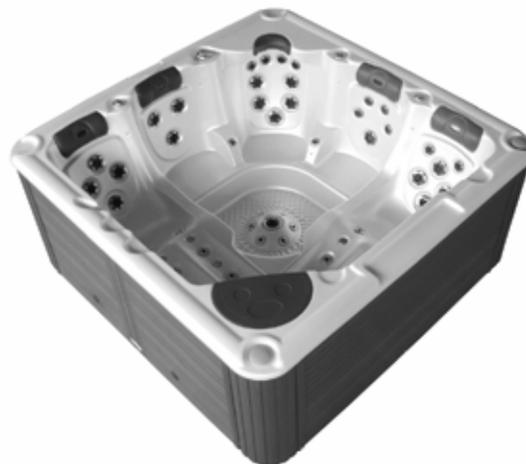
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# The women ham carvers of Spain

By Jill Petzinger, Journalist, BBC Travel – World Foods



Carving legs of Iberian ham in bars, restaurants and at events has traditionally been a man's job. Now, a new generation of women is taking their place at the slicing table.

Jamon iberico – expertly cured ham from the Iberian pig – has been part of Spain's culinary history since Roman times and is arguably the country's most iconic food product.

No Spanish event is complete without a carver, a leg of pork and plates of burgundy-red ham laced with creamy, nutty-tasting fat.

Carvers are respected and celebrated for their skill. It is no mean feat to slice a huge bone-in leg in a way that does justice to the quality of an acorn-fed pig that has been cured for up to three years, by delivering a balance of flavour in every umami-packed

mouthful. The huge number of carving competitions in Spain attest to how seriously this job is taken.

Normally, the hands holding the long, thin knives have been male, for a couple of reasons. Traditionally, men killed and butchered the animals and owned jamonerias (charcuterie shops).

At the same time, waiters in Spain were mostly men, and thus, in charge of slicing ham for customers in restaurants and bars. Many went on to forge independent careers as well-paid cutters.

The Spanish word for cutter, cortador, did not originally have a female equivalent to describe a woman doing the job. Cortadora was the name for a metal ham-slicing machine. As more women began working in service and hospitali-

ty, opportunities to get their hands on a ham opened up. Some of them have become bona-fide stars on the scene.

One of these is Raquel Acosta, 31, one of Spain's most high-profile carvers. She had not originally set her sights on this career, having worked her way up the restaurant ladder, from peeling potatoes to being in charge of the kitchen to culinary school. When a friend mentioned that a ham cutter was looking for someone to work with him, she applied and got the job.

Acosta remembers looking at her boss flying all over the world to events and thinking: "I want to be like him, I want his job." Ten years later, she owns her own company, is constantly on the road and has even cut ham for actor Robert de Niro.

The native of Burgos in Castile and León province started cooking for her family as a teenager. Helping out in a family of 15 kids, she says, has stood her in good stead. She is now doing more than 250 events a year, many of them food shows or company events.

Acosta gained her chops by participating in competitions and says that overall, her male peers encouraged and supported her to enter. Occasionally, though, she wondered if she had been invited to participate just because they needed to have one woman in the lineup.

"Now the cortadores are jealous of me," Acosta joked. "And I can understand because right now, I have more work than them."

She said that the money at the top can be good, and it can be possible to earn upwards of €1,000 (about £850) for a full-day event, excluding the price of the ham.

Acosta is now building up an all-female carving team, partly in response to increased requests from her customers, who say they prefer to see women cutting at their events. She is not sure what is behind this trend, but said to herself,

"Okay, Raquel, follow the demand."

The difficulty, she said, is finding carvers who want to commit to a hectic life of working and travelling 40-plus hours a week in some seasons.

The public-facing aspect of the role puts some women off, according to Maria Castro Bermudez-Coronel, communications director of the 143-year-old ham company Cinco Jotas. "I always want to take women to events, but the problem is that they don't want to go because they feel shy," Bermudez-Coronel said.

Cinco Jotas employs up to 100 people as carvers in the sterile slicing rooms at their base in Jabugo, Huelva province, and maintains a 50-50 female-to-male balance. The company also sends carvers all over the world, but Bermudez-Coronel said it is difficult to encourage women in the cutting department to move abroad for the job, as often they don't want to uproot their families.

Maria Reyes Mangué's story involves moving in the opposite direction, from Equatorial Guinea to Spain, where the 32-year-old has been working as a cortadora in Madrid for seven years. "It was a hard time in Galicia," Mangué said of



Raquel Acosta is one of Spain's most high-profile carvers

there weren't many female cutters and I didn't know why," she said. "I became curious."

One day at work, the owner came in and said to Mangué, "Cut me a slice of ham!" He remarked she

lic is pretty unusual."

"However, part of my work as a cutter is image, and the exoticism and rarity of an African woman doing something as masculine and Spanish as ham cutting is always a draw."



Maria Reyes Mangué carves at Madrid's Ten Con Ten restaurant

had a good hand for cutting and the next day pulled her out of waitressing to go on an intensive cutting course. She is now carving at the high-end Ten Con Ten restaurant in the Spanish capital. Being a black woman

She likened it to an African or Asian person distinguishing themselves in flamenco dancing.

"In the world of ham, I don't think I have had as many limitations for being a woman or African as in my personal life," she added.

Still, she explains, the professional carving scene is highly competitive, and people can be loath to share tips or leads on how to attract more clients. To be successful, especially if you want to go freelance, it is good to participate in cutting competitions to improve your resumé, she said. Even if you lose, people start to know your face and ask for your details for weddings, baptisms and company events.

The cutting world is certainly much less competitive outside of Spain, where Eva Maria Garcia has been plying her knife for the past six years. The 37-year-old from Madrid did not learn to cut ham until she moved to the UK and started working at Brindisa in London's Borough Market.

"I had a photographic memory for ham cutting, because I always saw my mother and grandfather cutting it," she said. "In my house we would get a ham at Christmas, but I nev-



Cinco Jotas maintains a 50-50 female-to-male balance of ham carvers



Maria Reyes Mangué from Equatorial Guinea now works as a cortadora in Madrid

her early years in Spain as a 21-year-old with a baby son. "I had no papers and even had to look for food in the garbage at night." After two years, she moved to Madrid and found work as a waitress. "At that time,

in the white, predominantly male carving scene is "not easy", said Mangué, who became a Spanish citizen this year. "A black girl slicing ham in front of the pub-

Continued on page 36

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## MOTORWORLD

### Bad Driving Habits that can incur fines

With thanks to Emma Swain, Motorworld, Las Chafiras

We all know that, having passed our test and been driving for some time, we occasionally fall into bad habits when driving. Whilst some are not serious others potentially are, and could result in us being fined.

**Failing to Indicate:** When approaching a junction or passing through one and you are caught not indicating properly, this is an offence that carries a fine of €200. The reason for indicators are quite obvious to most people they are there to be used to advise other road users of what we are intending to do. Where you fail to indicate, you potentially posing a risk not only to yourself but to other road users who are unaware of

your intentions. It is however very common here in the Canary Islands for drivers not to use indicators at appropriate times and we often wonder if the car actually has them fitted!

**Failure to respect the Priority of Pedestrians:** If you fail to respect the priority of a pedestrian you are running the risk of a fine of €200 and a potential loss of four points from your Licence, dependent on the potential risk to those involved. It is very interesting to note that in the eyes of the law pedestrians take preference over drivers - something that will come as a surprise to many drivers. Pedestrians are the most vulnerable of all road users. In the event of an accident or incident it will almost always be the pedestrian that will come off worst as they will have no protection, hence the need for this law. You may also

have seen on some crossings now signs warning that pedestrians should stop, look and listen before stepping onto the crossing.

**Failure to allow an overtaking vehicle to return to their lane:** Driving very close behind a vehicle and/or not allowing sufficient safety gaps can result in a fine and loss of points. We are all well aware that some drivers provide safety gaps for such circumstances, only to find another driver pulling into them and closing any gap that had been allowed. Again, this carries a fine of €200 and a loss of four points. The reasoning behind this is that overtaking is considered one of the most dangerous of manoeuvres (other than perhaps an emergency stop). When we move into the path of oncoming vehicles and a collision occurs, depending on the speed of travel of both ve-

hicles, for example should it be in a 50 kilometres per hour road and both were travelling in opposite directions at that speed the overall impact would be the same as hitting a brick wall at 100 kilometres per hour! It is therefore imperative that when overtaking you consider the speed you are travelling, as well as the speed of any oncoming traffic. Thus, we can see quite clearly that preventing an overtaking vehicle from returning to the right side of the road can put many lives at risk.

**Unnecessary Lane Changing:** Changing lanes without respecting a vehicle that is already in that lane carries a fine of €200. Zig-zagging between lanes will result in a fine of, again, €200 euros but may be considered as reckless driving and then the fine would be €500 – plus the loss of 6 points! In nor-



mal circumstances traffic will run smoothly until such time as a road becomes congested or an accident has occurred further ahead of you. We all know that constantly changing lanes impedes the flow of traffic, causes additional delays and of course can be dangerous depending on the situation. When you cause another vehicle to deviate from its normal course, speed or direction,

this means that YOU have become a hazard to other road users, which in itself is a danger.

It really goes without saying that we should all take care when driving and perhaps more mindful that there may be some people driving (illegally) under the influence of alcohol or drugs following celebrations or parties especially at this time of the year.

Continued from page 34

er touched it because my parents were afraid I was going to cut myself, then I came to London and studied in this Spanish shop and they gave me the opportunity."

So, what's the secret of the perfect slice? "It has to have the exact measurements and thickness – the thickness of a credit card or thinner – to get all the flavour into your mouth," Garcia said. "That way, you are left with the sensation of melting meat in the mouth on contact with the body's temperature."

Garcia is in the process

of launching her own company offering carving services and cutting courses. She was one of the six finalists at the 35th Salon de Gourmets in Spain, the largest food-and-beverage fair for the gastronomy and hospitality sector in Europe. She has sliced at the Spanish Embassy in London and at Royal Ascot earlier this year for the Queen's Platinum Jubilee celebration. After a week at Ascot cutting two hams a day, "I couldn't feel my fingers," she said.

Women do not carve any differently to men, according to the cortadoras, but every professional, male

or female, brings their own energy and creative touch to the cutting and plating. In the end, it is a skill mastered by practice, patience and hundreds of hams.

#### A handle on ham

A cheat sheet to demystify the different types of Iberian ham:

- "Jamón ibérico" describes all ham that has come from pure- or crossbred Iberian pigs from four Designations of Origin areas in Spain: Extremadura, Huelva, Los Pedroches and Guijuelo.

- The cured legs have a strict labelling system of

coloured seals that give info on the pigs' breeding, rearing and food.

- Black: The ultimate ham from a purebred Iberian pig that has lived outdoors in oak woods and pastures feasting on acorns. This ham carries the label Jamón de Bellota 100% Ibérico and is the only ham that can legally be called Pata Negra (black foot). (Bellota means "acorn" in Spanish.)

- Red: Also a free-range pig, but this one has been crossbred with white pigs, normally Duroc, and shows the percentage of Iberian pig in the mix, normally 50% or 75%. It has



Raquel Acosta owns her own ham cutting company

fattened up on acorns too, so it gets the label: Jamón de Bellota Ibérico.

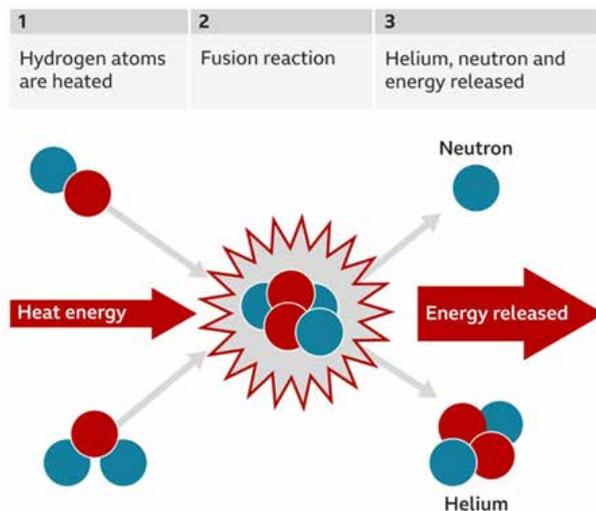
- Green: Crossbred pigs that are raised indoors on grain but get a little more space inside than white-label pigs and are able to go outside occasionally.

These are labelled Cebo Campo Ibérico.

- White: Also a crossbred semi-Iberian pig raised indoors in intensive farming conditions and fed a diet of grain only. This ham is called Cebo Ibérico.

# Nuclear fusion breakthrough – what is it and how does it work?

By Esme Stallard, BBC News Climate and Science



Nuclear fusion is what gives the Sun its energy

US scientists have reached a major milestone in their attempts to perfect a process which could potentially deliver almost limitless supplies of energy.

Nuclear fusion does not rely on fossil fuels or produce harmful greenhouse gases, so could also help tackle climate change.

#### What is nuclear fusion?

Nuclear fusion is the process which gives the

Sun its energy. Scientists from more than 50 countries have been trying to recreate it on Earth since the 1960s. They hope it could eventually provide huge quantities of clean energy for the world. In nuclear fusion, pairs of tiny particles called atoms are heated and forced together to make one heavier one. It is the opposite of nuclear fission, in which heavy atoms are split apart. Nuclear power stations currently use nuclear fission to generate electricity.

#### Why is nuclear fusion so important?

Nuclear fission produces

a lot of radioactive waste, which can be dangerous and must be stored safely - potentially for hundreds of years. The waste produced by nuclear fusion is less radioactive and decays much more quickly. Nuclear fusion doesn't need fossil fuels like oil or gas. It also doesn't generate greenhouse gases, which trap the Sun's heat and are responsible for climate change. Most fusion experiments use hydrogen, which can be extracted cheaply from seawater and lithium, meaning fuel supplies could last for millions of years. It has been described as the "holy grail" of energy production.

#### How does nuclear fusion work?

When two atoms of a light element such as hydrogen are heated and combine to form a single heavier element such as helium, the nuclear reaction produces massive amounts of energy which can be captured.

But getting two identical elements to combine is actually very hard. Because they have the same positive charge they naturally repel each other. A lot of energy is need-



The idea that we should eat three meals a day is surprisingly modern. How many meals a day is best for our health?

ed to overcome this resistance. In the Sun, this happens thanks to extremely high temperatures of around ten million degrees Celsius, and significant pressure - more than 100 billion times that of the Earth's atmosphere. On Earth, scientists have used various different techniques to attempt to recreate these conditions. But it has proved very difficult to maintain the high temperature and pressure needed for long enough. The US's National Ignition Facility (NIF) has announced it successfully used a 192-beam laser to turn a tiny amount of hydrogen into enough energy to power about 15 - 20 kettles. This means that - for the first time - scientists were able to generate more power than the lasers put in to the experiment.

#### When will large-scale nuclear fusion be possible?

Despite a series of promising breakthroughs in the last few years, large-scale nuclear fusion is still several years away.

In February, European scientists at the UK-based JET laboratory smashed their own world record for

the amount of energy produced over five seconds. But even the successful NIF experiment in the US did not produce more energy than was needed to make the lasers work in the first place - and the research programme to get to this point has cost billions of dollars. Although physicists have welcomed the US results - and described them as a true breakthrough moment - they point out that much more work is needed before nuclear fusion could be used to power homes or businesses. Scientists will now focus on reproducing fusion more quickly and cheaply.

#### How safe is nuclear fusion?

The International Atomic Energy Agency (IAEA) has called nuclear fusion

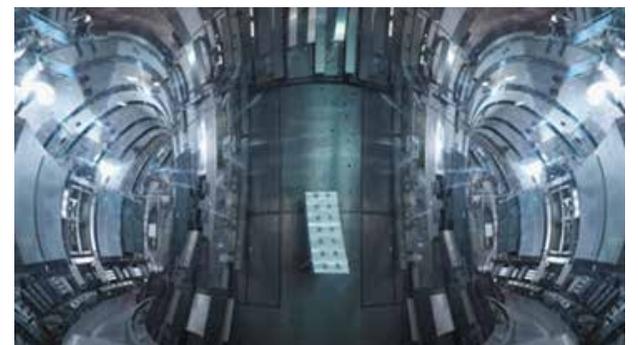
"intrinsically safe."

The conditions required to start and maintain a fusion reaction are so extreme that it is impossible for it to run out of control. "Fusion is a self-limiting process: if you cannot control the reaction, the machine switches itself off," explained the IAEA's Sehila González de Vicente. The lower level of radioactive waste produced by the process compared with nuclear fission is also much easier to handle and store.

#### Could nuclear fusion help tackle global warming?

Nuclear fusion does not rely on fossil fuels like oil or gas, and produces none of the greenhouse gases which drive global warming. Unlike solar or wind energy it is not dependent on beneficial weather conditions. It uses two relatively abundant materials found on Earth: lithium and hydrogen. Widescale use of nuclear fusion could help countries meet their targets to produce "net zero" emissions by 2050.

However, it will be many years before recent experimental successes can be meaningfully scaled up.



Nuclear fusion reactor at the JET laboratory in the UK

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# The mindset that brings unlimited willpower

By David Robson, BBC Worklife



Many people believe willpower is fixed and finite. Yet powerful strategies exist that can help us increase it.

We all face demanding days that seem designed to test our self-control. Perhaps you are a barista, and you have some particularly rude and demanding customers, but you manage to keep your poise throughout. Or maybe you are finishing an important project and you have to remain in quiet concentration, without letting your attention slip to other distractions. If you are on a diet, you might have spent the past few hours resisting the cookie jar while the sweet treats silently whisper “eat me”.

In each case, you would have relied on your willpower, which psychologists define as the ability to avoid short-term temptations and override unwanted thoughts, feelings or impulses. And some people seem to have much greater reserves of it than others: they find it easier to control their emotions, avoid procrastination and stick to their goals, without ever seeming to lose their iron grip on their behaviour. Indeed, you may know some lucky people who, after a hard day at work, have the resolve to do something productive like a workout – while you give up on your fitness goals and fall for the temptations of junk food and trash TV.

Our reserves of self-control and mental focus appear to be shaped by mindsets. And new studies suggest powerful strategies for anyone to build greater willpower – with huge benefits for your health, productivity and happiness.

## The depleted ego

Until recently, the prevailing psychological theory proposed that willpower

resembled a kind of battery. You might start the day with full strength, but each time you have to control your thoughts, feelings or behaviour, you zap that battery’s energy. Without the chance to rest and recharge, those resources run dangerously low, making it far harder to maintain your patience and concentration, and to resist temptation.

Laboratory tests appeared to provide evidence for this process; if participants were asked to resist eating cookies left temptingly on a table, for example, they subsequently showed less persistence when solving a mathematical problem, because their reserves of willpower had been exhausted. Drawing on the Freudian term for the part of the mind that is responsible for reining in our impulses, this process was known as “ego depletion”. People who had high self-control might have bigger reserves of willpower initially, but even they would be worn down when placed under pressure.

In 2010, however, the psychologist Veronika Job published a study that questioned the foundations of this theory, with some intriguing evidence that ego depletion depended on people’s underlying beliefs.

Job, who is a professor of motivation psychology at the University of Vienna, first designed a questionnaire, which asked participants to rate a series of statements on a scale of 1 (strongly agree) to 6 (strongly disagree). They included:

- When situations accumulate that challenge you with temptations, it gets more and more difficult to

resist temptations

- Strenuous mental activity exhausts your resources, which you need to refuel Afterwards and
- If you have just resisted a strong temptation, you feel strengthened and you can withstand new temptations
- Your mental stamina fuels itself. Even after strenuous mental exertion, you can continue doing more of it

If you agree more with the first two statements, you are considered to have a “limited” view of willpower, and if you agree more with the second two statements, you are considered to have a “non-limited” view of willpower.

Job next gave the participants some standard laboratory tests examining mental focus, which is considered to depend on our reserves of willpower. Job found that people with the limited mindset tended to perform exactly as ego depletion theory would predict. After performing one task that required intense concentration – such as applying fiddly corrections to a boring text – they found it much harder to pay attention to a subsequent activity than if they had been resting beforehand. The people with the non-limited view, however, did not show any signs of ego depletion, however: they showed no decline in their mental focus after performing a mentally taxing activity.

The participants’ mindsets about willpower, it seemed, were self-fulfilling prophecies. If they believed that their willpower was easily depleted, then their ability to resist temptation and distraction quickly dissolved; but if they believed that “mental stamina fuels itself”, then that is what occurred.

Job soon replicated these results in other contexts. Working with Krishna Savani at Nanyang Technological University in Singapore, for example, she has shown willpower beliefs seem to vary by country. They found that the non-limited mindsets were more common in Indian

students than those in the USA – and that this was reflected in tests of their mental stamina.

In recent years, some scientists have debated the reliability of the laboratory tests of ego depletion, but Job has also shown that people’s willpower mindsets are linked to many real-life outcomes. She asked university students to complete twice-daily questionnaires about their activities over two non-consecutive weekly periods. As you might expect, some days had much higher demands than others, leading to feel-



Research shows that even if you’re able to harness willpower to resist temptation, you may have less willpower for a task in the future

ings of exhaustion. Most of the participants recovered to some degree overnight, but those with the non-limited mindsets actually experienced an increase in their productivity the following day, as if they had been energised by the extra pressure. Once again, it seemed that their belief that “mental stamina fuels itself” had become their reality.

Further studies showed that the willpower mindsets could predict students’ procrastination levels in the run-up to exams – those with the non-limited views showed less time-wasting – and their ultimate grades. When facing high-pressure from their courses, the students with the non-limited views were also better able to maintain their self-control in other areas of life; they were less likely to eat fast food or go on an impulsive spending spree, for example. Those who believed that their willpower was easily depleted by their work, in contrast, were more likely to indulge in those vices – presumably because they felt that their reserves of self-control had already been depleted by their academic work.

The influence of willpower mindsets may also stretch to many domains, such as fitness. For example, Navin Kaushal, an as-

sistant professor in health sciences at Indiana University, US, and colleagues, have shown that they can influence people’s exercise habits; people with non-limited beliefs about willpower find it easier to summon up the motivation to work out.

A study by Zoë Francis, a professor of psychology at the University of Fraser Valley, found strikingly similar results. Following more than 300 participants over three weeks, she found that people with non-limited mindsets are more likely to exercise, and less likely to snack, than those with

the limited mindsets. Tellingly, the differences are especially pronounced in the evenings, when the demands of the day’s tasks have started to take their toll on those who believe that self-control can easily run down.

## Galvanising your willpower

If you already have the non-limited mindset about willpower, these findings might be a cause for self-satisfaction. But what can we do if we have been living under the assumption that our reserves of self-control are easily depleted?

Job’s studies suggest that simply learning about this cutting-edge science – through short, accessible texts – can help shift people’s beliefs, at least in the short term. Knowledge, it seems, is power; if so, simply reading this article might have already started to galvanise your mental stamina. You might even enhance this by telling others about what you have learnt; the research suggests that sharing information helps to consolidate your own shift in mindset, a phenomenon known as the “saying-is-believing effect”, while also helping to spread the positive attitudes to others.

Lessons in the non-limit-

ed nature of willpower can come at a young age. Researchers at Stanford University and the University of Pennsylvania recently designed a storybook to teach pre-schoolers the idea that exercising willpower can be energising, rather than exhausting, and that self-control can grow the more we practice it. Children who had heard this story showed greater self-control in a test of “delayed gratification”, in which they were given the chance to forgo a small treat to receive a bigger treat later on, compared to their classmates who had heard another tale.

One useful strategy to change your mindset may be to remember a time when you worked on a mentally demanding task for the pure enjoyment of the activity. There might be a job at work, for example, that others appear to find difficult but you find satisfying. Or maybe it’s a hobby – such as learning a new piece on the piano – that demands intense concentration, yet feels effortless for you. A recent study found that engaging in this kind of recollection naturally shifts people’s beliefs to the non-limited mindset, as they see proof of their own mental stamina.

To provide yourself with further evidence, you might begin with small tests of self-control that will bring about a desired change in your life – such as avoiding snacking for a couple of weeks, disconnecting from social media as you work, or showing greater patience with an irritating loved one. Once you have proved to yourself that your willpower can grow, you may find it easier to then resist other kinds of temptation or distraction.

You mustn’t expect miracles immediately. But with perseverance, you should see your mindset changing, and with it a greater capacity to master your thoughts, feelings and behaviour so that your actions propel you towards your goals.

# Do you still have bank accounts, National Savings products, and investments, in the UK?

It can be comforting to retain the financial assets you have always had as they are familiar in a way that you understand.

This is a natural feeling especially as many people are adapting to the Spanish way of life.

However, the questions to ask are, is this wise, is this the best strategy to avoid overpaying tax and could you be sacrificing potentially better opportunities just to feel safe?

We now live in different times. The financial services landscape for UK nationals living in EU countries has been re-written following **Brexit**.

While British expatriates will open a local bank ac-

count in their country of residence, many will also retain their UK bank accounts and often also keep UK investments such as National Savings & Investments products and ISAs. This is partly for convenience but also because they are familiar and feel secure.

One major consequence has been that many **UK-based banks** have had to **close UK accounts** held by EU-resident clients, leaving expatriates without the bank account they may have used for many years.

Following Brexit many British expatriates received letters from their UK bank asking them to close their accounts. The situation is evolving, and you should question whether your bank accounts in the UK

are fit for purpose now.

## National Savings & Investments (NS&I)

The situation with NS&I accounts is a little different, but linked, with the same outcome.

National Savings & Investments have always been a UK savings provider, backed by HM Treasury, and it does have some customers who live abroad. However, they still need a UK bank or building society account in their name.

Premium Bond prizes for example are tax free in the UK however if you are a Spanish tax resident (live in Spain for more than 183 days), these prizes would be added to your taxable income in Spain for the year in question. Similarly, any income from oth-

er NS&I savings products would need to be included in your Spanish tax return.

## ISA's

Again, these are tax free in the UK, but any interest and gains made from them are fully taxable in Spain if you are resident here. Savings income tax rates are 19%, 21%, 23% and 26% depending on how much savings income you have.

## UK investments

When the UK left the EU in 2020, its financial advisory services industry lost EU passporting rights. This means that UK-based financial advisers are no longer automatically authorised to give advice to EU residents unless they have the necessary regulatory permissions in each jurisdiction their clients live in. At Blacktower Financial Management we hold the necessary licences in each jurisdiction we operate in to advise you as an expatriate living in Spain.

Ideally you should review

all your investments, such as bonds and stocks and shares, as, besides income tax, you could also face capital gains tax in Spain.

There are more tax efficient options available which we lead into now.

## The alternative options in Spain as an expatriate.

Your investments should be structured around your individual needs and objectives taking into consideration your time horizon and risk tolerance.

There are highly tax efficient opportunities available to all residents of Spain. One of the more favoured alternatives is a Spanish tax-compliant life assurance contract which acts as an investment wrapper. With this structure, tax is not payable on income from the underlying asset until a withdrawal is made, and even then, only the gain is subject to tax.

You should regularly review ALL your savings and investments to make certain they are tax efficient and meet your objectives

and life in Spain. Breaking old habits can help us grow as individuals but also your financial picture can be enhanced greatly if you take specialist advice.

At Blacktower Financial Management Group, we provide cross-border, tailored advice to our clients' needs. If you would like to have a face to face meeting to discuss your options, please call Richard Black on **0034 619 074 965** or email **richard.black@blacktowerfm.com**

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# Rest in peace, Pelé, the undisputed King of football

With thanks to Andrew Downie, *The Spectator*



Pelé (Edson Arantes do Nascimento) 1940 – 2022

When Lionel Messi won the World Cup for Argentina earlier this month, it not only filled the last hole in his trophy cabinet, it also seemed to end the debate over who was the greatest footballer of all time.

Football fans have debated for years about whether Messi was equal to Pelé and Diego Maradona, the two long-standing candidates for one of sport's most futile and yet most sought-after titles. By finally winning the World Cup, fans and pundits the world over ruled en masse; Messi was now the greatest.

Pelé's death on Thursday will reopen that debate and hopefully give pause to those who have sided with the Argentine magician. Because recency bias, social media, television, and football's unquestionable Eurocentricity have all amplified Messi feats and diminished Pelé's.

For years now, keyboard warriors and pundits who should know better have belittled the Brazilian with series of tiresome charges. He never played for a European club (even though Brazilian football was the best in the world in Pelé's day); hundreds of his goals came in friendly matches (too easy); he declined to lead the fight against both racism in Brazil and his country's military dictatorship (Pelé was always non-confrontational); and he won many of his medals surrounded by oth-

er legends (too much help).

People who rate Messi (or Maradona) as the GOAT are no doubt true football fans. But it's an easy choice. Messi's brilliance is there for all to see, all the time, in HD from 24 camera angles, on television, YouTube and social media.

In comparison, not all of what Pelé did was recorded and the footage that has survived is mostly black and white, frequently grainy, and almost always incomplete. Pelé scored 1,281 goals but only around half of them are on tape and fewer still in colour. It's as if we have all of the White album and only scratchy recordings of Yesterday and Lucy in the Sky with Diamonds. Explaining his brilliance and originality to people who only saw a few clips online is like asking someone with Spotify to appreciate the wonder of the gramophone.

Those who rate Pelé the best are more than football fans, they are scholars, too, because to understand his greatness requires work. I never saw him play so I don't know how good he really was, goes one lazy and oft-repeated explanation. Research resolves that problem. Books, videos and contemporaries are all clear: Pelé was The King.

Of course, making it to the top is harder now. Football today is faster, more competitive and the demands made on players are infinitely greater, both on and off the field.

But it's easier, too. When Santos went to Europe, they often slept on overnight trains to get from one match to another. In Brazil, a nation bigger than the continental United States, they took the bus or en-

dured long flights on rickety planes. They ate chocolate and apples to keep up their strength. There were no nutritionists, podiatrists, soft tissue therapists, data scientists, video analysts or mental performance coaches to help them prepare or recover.

The pitches in Pelé's time were muddy and uneven. Tackles from behind were common and brutal. With no cameras on every corner, much less VAR, players could spit and punch and kick and they did, often, and with impunity. And it's easier to stand out when wearing boots that are softer, in strips that are lighter and kicking balls that are rounder.

Pelé also improved without the aid of one constant competitor. Most sporting greats are motivated by a rivalry. Messi has Cristiano Ronaldo; Ali is immortal in large part because of his fights with Joe Frazier and George Foreman; Roger Federer, Rafael Nadal and Novak Djokovic can all lay claim to be the greatest because they have each other.

Pelé was running super-fast laps without a pacer. When rivals did appear, legends Ferenc Puskas, Alfredo di Stefano, Bobby Charlton and Franz Beckenbauer among them, Pelé left them trailing.

'Eusébio is a chapter, Pelé is a compendium,' Real Madrid president Santiago Bernabéu once said when someone dared compare Pelé to the Portuguese star.

The young and global audience who watch football today are either unaware of these facts or glibly dismiss them. In today's self-obsessed world, all that matters is now.

Sadly, now Pelé is gone. But his memory must remain.

The King is dead. Long live The King.

# Why not all comfort food is the same

With thanks to Veronique Greenwood, *BBC Future*



Every food culture has certain dishes that people turn to in times of need. And no one food is a comfort food staple right across the world. Here's why.

Instant ramen, mashed potatoes, macaroni and cheese - if someone asks you to name your comfort foods, you probably don't have to think twice.

The phrase, which has been drifting around the food lexicon for decades, seems to evoke indulgences, familiar flavours, and solace in times of sadness. According to at least one writer, Liza Minnelli helped popularise the phrase in a 1970 interview with a newspaper columnist. For her, comfort food was a sumptuous hamburger. A list of comfort foods in the UK includes a full English breakfast and scrambled eggs on toast. The name seems to say it all: food you eat to comfort yourself.

But is that really what we are getting from these usually high-calorie foods? As psychologists and other researchers have worked to define comfort food, they've uncovered some surprising contradictions.

For one thing, it's not even clear that in times of distress, we reach for the familiar. Stacy Wood, a professor of marketing at University of South Carolina, found in a 2010 study that participants who were experiencing more turmoil in their lives were more likely to choose foods they'd never tried before than old standbys. Even though participants themselves said that they thought

people with stable lives would be more likely to branch out in new directions, when push came to shove, they didn't follow that rule themselves.

Offered a popular American brand of potato chips or an "exotic" British packet of crisps with flavours like camembert and plum, those with more stability chose the familiar brand. Those without opted for something new. Times of change might actually make us more open to new possibilities, the researchers suggested.

Scientists have also wondered whether the calories in comfort foods

kind of celebration - in other words, when they were in a good mood - while women tended to report eating comfort foods in a low mood. Eating comfort foods tended to make them feel guilty, not happy.

Perhaps comfort foods are delivering something more subtle than cheeriness. In some situations, they may, some researchers propose, help us feel a sense of belonging. In an article entitled "Chicken Soup Really Is Good for the Soul", researchers found that eating comfort foods evoked feelings related to relationships, and for North Americans who had a history of strong, secure connection, eating such foods could protect them from threats to their identity. People without a history of secure connections were not insulated from these blows by food, however. The effect depends on your own past.

Intriguingly, however, another team did not see this same effect in peo-



The context for your enjoyment of comfort food - such as this unctuous tartiflette - may matter more than anything else

ple from Singapore or The Netherlands. Comfort foods had no effect on their feelings of loneliness or belonging. Could comfort food be a concept that only helps people from certain cultures?

The context for your ice cream or hot chip binge may actually matter more than anything else. People eat for so many emotional reasons, notes Oxford psychologist Charles Spence, whether they are consuming fish and chips or Brussels sprouts. They eat to keep their good moods, to celebrate, to

Continued on page 42

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Continued from page 40  
pass the time. And the food itself is different from culture to culture.

An oft-cited Indian comfort food is khichri, a savoury porridge of lentils and rice, topped with pickles; for some Chinese people, the massive lion's head meatball, a globe of spiced ground pork, scratches that itch. A Syrian might wax lyrical

about mujaddara, a lentil and bulgur dish heaped with caramelised onions, and French people might dream of tartiflette, the cheesy, lardon-laden potato casserole. For Swiss people from Canton de Vaud, the hyper-local delicacy of saucisse-aux-choux with leeks and potatoes can summon comfort when it's needed most.

Attempts to classify comfort food as crunchy or soft,

easy to eat or pleasingly difficult, have largely failed to find a pattern, even within a given culture. But some clear evidence of people eating comfort food for comfort's sake comes from, of all people, tourists.

Far from home, a little intimidated by the local cuisine, and maybe sick or jet-lagged, people in two major airports in Taiwan were surveyed by re-

searchers. Those travellers who didn't like to try new foods were the happiest as they consumed their comfort food, confirming that at least in some situations, familiar foods do play the role we imagine they do – giving reassurance, a sense of belonging, and a stable anchor, alongside all the calories.



Some foods may conjure up a feeling of community or belonging, thanks to their associations with the past

## Crying shame: the weaponisation of weeping

With thanks to Julie Burchill, *The Spectator*



In the kingdom of the victim, the wet-eyed woman is queen

'Tears are not enough,' ABC once sang defiantly – but these days, they're more than enough for handsomely rewarded celebrities to assure us that they suffer like the rest of us, so please don't hate them.

Watching the BBC Breakfast presenter Sally Nugent – a 51-year-old woman – boo-hoing recently after watching a clip of some cute guide dogs, I sincerely wished that Lord Reith might rise from his grave and bundle the heaving hack under a cold shower. I'm just so

bored by celebrity tears.

Or take Frankie Bridge, the ex-Saturdays singer, an attractive young woman with an adoring husband and adorable children, who like her footballer spouse Wayne has a net worth of around £9 million. What's an appropriate way to send your fans – who may be wondering whether they can afford to go wild and turn the heating on – season's greetings? Why, post a photograph of yourself on Instagram crying (beautifully) after a therapy session, reminding we heartless revellers that 'Christmas isn't all parties and presents', before another post showcasing your fantastic abs as you work out with your hot husband.

Across on Netflix, Meghan

Markle could recently be seen piping her eye over the pitifulness of having a \$100 million reality-show deal ('The Carcrashians') and 16 bathrooms. Was I the only person who, rather than taking sides in the bridesmaid tights debate, found the who-made-who-cry competition a rather pathetic way for two women in their forties to carry on, even though I adore Kate and deplore Meghan? But even Duchess Dolorosa could learn a few tricks from Adele, surely the Serena Williams of snivelling; googling 'Adele crying' shows 9,860,000 results, most recently weeping when England lost at football, bawling over a fan celebrating a divorce and grizzling over the postponement of her Vegas residency – now a sodden triumph.

**Blubbing used to be confined to toddlers and Oscar-winners but now everybody's doing it**

Of all the emotions women may now show openly after suppressing them for so long – anger, ambition, disdain – there's always some ninny who pre-

fers to take the coward's way out and weaponise the waterworks. It's ironic that the rise of crying has paralleled the increasing use of the phrase 'Strong Woman' to describe every female, no matter how weak – but a Strong Woman doesn't cry at the drop of a hanky. Though #MeToo was long overdue where actual sexual harassment is concerned, it was bracing to hear the 76-year-old Joanna Lumley state briskly: 'If someone whistled at you in the street, it didn't matter; if someone was groping, we slapped their hands. We were quite tough and looked after ourselves... the new fashion is to be a victim... it's pathetic.'

And in the kingdom of the victim, the wet-eyed woman is queen. Blubbing used to be confined to toddlers and Oscar-winners but now everybody's doing it – and the number of ululating male celebrities is even worse. Famous males are more likely to cry if they're also violent, especially towards women, from Paul Gascoigne to Johnny Depp, taking in Mike Tyson and R. Kelly; I coined the term 'Cry-Bully' in *The Spectator* to describe this type – 'a hideous hybrid of victim and victor, weeper and wallop'. But sometimes they do it to get public sympathy after blotting their copybooks, which will now be even soggy with their tears – see Will Smith and Matt Hancock.

Sometimes they're just irritating in their orbital incontinence – Jamie Oliver, David

Beckham, Will Mellor, Rylan Clark and Sam 'The Sniff' Smith. We're encouraged to think that men showing their feelings is an unqualified Good Thing – but really? Considering that in the UK two women a week are killed by partners and exes, I'd say that we could use a little less expression of male emotion and a bit more of what used to be called 'bottling it up'.

It's a generational thing to some extent; out most famous non-cryer was the Queen, who had the palace inform the press that she did not sob when the royal yacht Britannia went up the Swansea, but rather that it was a breezy day and she had got something in her eye.

Footballers, who once only expressed emotion by snogging their teammates after the scoring of a cheeky goal, are now whimpering all the way to the bank, stopping only for a quick kneel to remind us that they're really humble. The young celebrities on *Strictly* cry routinely on camera, but the older ones tend to wait till they're back in their dressing room. Most television talent show contestants are young, and make the most of the three golden opportunities to weep buckets while on their Journey, these being a) to accompany the back-story about the death of their nan who'd have been so proud, b) when begging to be accepted after rejection and, finally, c) unable to believe their luck when selected.

Social media is infested with what I call 'tear-lead-

ers' – large groups of people getting together to competitively mourn dead celebrities. When I saw someone post on Facebook that 'the slaughter of a generation' was taking place because David Bowie and Ronnie Corbett shuffled off this mortal coil in the same year, I couldn't resist posting a status update saying how much I miss Pinky and Perky, whose creator did indeed pass away in the same year: 'They may have lived like pigs – but more importantly, they gave us the freedom to be Us. Farewell, then, porky puppet pair – we shall not see your like again. There are two new sausage-shaped stars in Heaven now.'

As for myself, I used to be the worst sort of weaponising weeper – whenever I didn't get my own way, I turned on the waterworks until I did. It usually worked – but the hangover of shame made the game not worth the candle and as I've grown older I've come to admire stoicism. If people cry for others, I suppose that's generally a good thing – though if it doesn't thereafter translate to practical help, as such grandstanding gestures often don't, then it's pretty useless. As life gets harder for most of us, I imagine that our patience with over-privileged pulers will decrease – and then (as our sorely tested mum said as she smacked our legs after we'd been grizzling all around the 1970s supermarket) they really will have something to cry about.

## The surprising complexity of a classic Chinese condiment

With thanks to Veronique Greenwood, *BBC Future*

Of all the intriguing condiments in Chinese cooking, there is one whose moniker probably raises more questions than it answers: that is, oyster sauce.

How, you might wonder

idly, can such a pale, briny food item as the oyster, rarely cooked, produce something so deeply brown and velvety?

Even if you've never used it yourself, you've almost certainly had oyster sauce many times, in a wide variety of familiar Chinese dishes. The comforting savouriness of beef with broccoli owes

much to this glossy brown sauce, and chow mein, likewise. Oyster sauce is salty and sweet, with a kiss of ginger and a strong umami punch. It has a long history, one that runs in parallel with that of other delicious brown goeey sauces from around the world.

Oyster sauce gets its colour from a source known to

everyone who's browned bacon or onions: the Maillard reaction, in which heat causes proteins and sugars to react together, deepening in hue as they become even more delicious. The sauce is made from the liquid oysters have been poached in, boiled until it's caramelised and dark and then enriched

Continued on page 44

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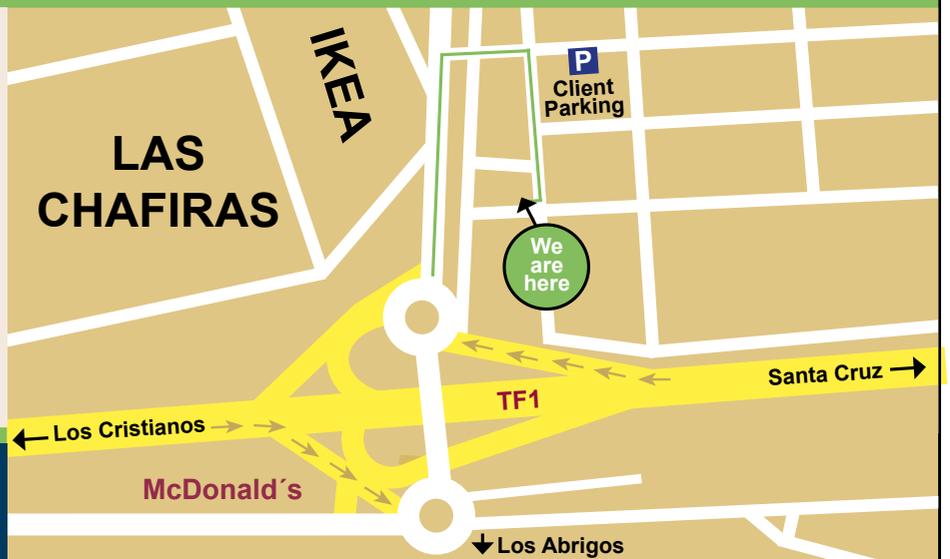
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Continued from page 42

with soy sauce and spices. It is not, like a fish sauce or Worcestershire sauce, usually a product of fermentation. In one charming video, a couple in Shenzhen,

in Zhuhai, China, the company has become a global condiment behemoth. It's not the only sauce on the market, but it is everywhere, and chances are, if you've had oyster sauce, you've had Lee Kum Kee.



Oyster sauce is a much-loved ingredient of the Chinese dinner table. How is it made, and why is it so irresistible?

China, demonstrate the traditional method with many hours of simmering in a wok (a bottle of beer appears part way through – the perfect accompaniment to some fishy hijinks).

Interestingly, while it has likely been made for ages, oyster sauce as a marketable concept is not terribly old. It was in 1888 that the founder of the most prominent oyster sauce brand, Lee Kum Kee, began to package and sell what company legend describes as an overboiled oyster soup turned to briny, savoury goo. Since its founding

Oyster sauce gets its colour from a source known to everyone who's browned bacon or onions: the Maillard reaction, in which heat causes proteins and sugars to react together, deepening in hue as they become even more delicious. The sauce is made from the liquid oysters have been poached in, boiled until it's caramelised and dark and then enriched with soy sauce and spices. It is not, like a fish sauce or Worcestershire sauce, usually a product of fermentation. In one charming video, a couple in Shenzhen,

China, demonstrate the traditional method with many hours of simmering in a wok (a bottle of beer appears part way through – the perfect accompaniment to some fishy hijinks).

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When it comes to foggy but colourful origin stories, by the way, Lee Kum Kee is in good company with another umami staple: Worcestershire sauce, as conceived by Lea & Perrins. The original Lea and Perrins were chemists who released a fermented sauce of malt vinegar, tamarind extract, anchovies, sugar, and other goodies in 1837.

But the legend circulated about the roots of Worcestershire sauce – that a local no-

bleman returning from India, where he had been Governor of Bengal, commissioned the sauce from them to imitate one he'd had abroad – has some significant plot holes, the largest of which is that said nobleman is not known have ever been to India, let alone been a governor.

But if oyster sauce's origins are humble, the passion it inspires in some chefs is anything but. Brandon Jew, the owner and executive chef of Mister Jiu's and Mamahuhu in San Francisco, for a time made his own oyster sauce. In an episode of the radio show *The Splendid Table*, he describes oyster sauce to what you'd get if barbecue sauce and fish sauce had a child. "A pungent child who had trouble making friends on the playground," suggests host Francis Lam, "but really sweet once you get to know them."

To make his version, Jew made a stock using the oysters' liquor, their shells, seaweed, and ginger. He then poached oysters in the stock, and dehydrated them, amping up their umami flavour, before frying them with garlic, ginger, tamarind, onion, and anchovies. All that got mixed with brown rice syrup and molasses for sweetness, plus fermented bean paste and soy sauce for yet more



Oyster sauce is a classic ingredient in many Chinese dishes, imparting a rich, savoury flavour

umami. Puree, and swoon.

Jew says on the show that his quest to make oyster sauce from scratch, rather than reaching for a bottle of ready-made, reflected a desire to move past the great sameness afflicting American Chinese cuisine. If many chefs are making their own pickles and bread, in Asian American cuisine he saw a tendency to rely on condiments and flavourings bought rather than made in-

house.

But scaling up that baroque version is not a simple process. When I wrote to Jew recently asking about the oyster sauce, he wrote back that at the moment, the sauce isn't in production.

"I still have dreams to be able to produce the amount that I would need for the restaurant," he said. For those curious to taste the results, that's something to look forward to.



Oysters are indeed involved, but the creating the sauce is a multi-stage process



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solution to Rising Damp in Canarian Type Constructions was the Electro Osmotic System coupled with the use of quality bonding and rendering mortars (all products produced by the Wykamol Group in the U.K.). Kendel have been sole importers and installers of Wykamol Products since 1995 throughout the Archipelago.

## DAMP PROOFING

Rising damp occurs when unprotected, porous materials (blocks, bricks, stone, wood etc) are in contact with damp earth:

- The result is unsightly and causes damage to decoration, manifesting itself in large patches of white, snowy flakes (see picture), which need constant removal, re-painting and eventual re-patching
- It can be a health hazard due to the increase in fungi and mould growth spores
- It often leads to timber decay or discoloration, particularly with unprotected timbers
- It causes damage to plaster and rendering
- It affects ALL unprotected walls, whether internal or external



So, what can be done to cure the problem (as the insertion of a Damp Proof Course is virtually impossible in a typical Canarian construction)? Contact us NOW to discuss your options, without obligation. All our work carries a 20 year Guarantee!



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## DOG OF THE MONTH

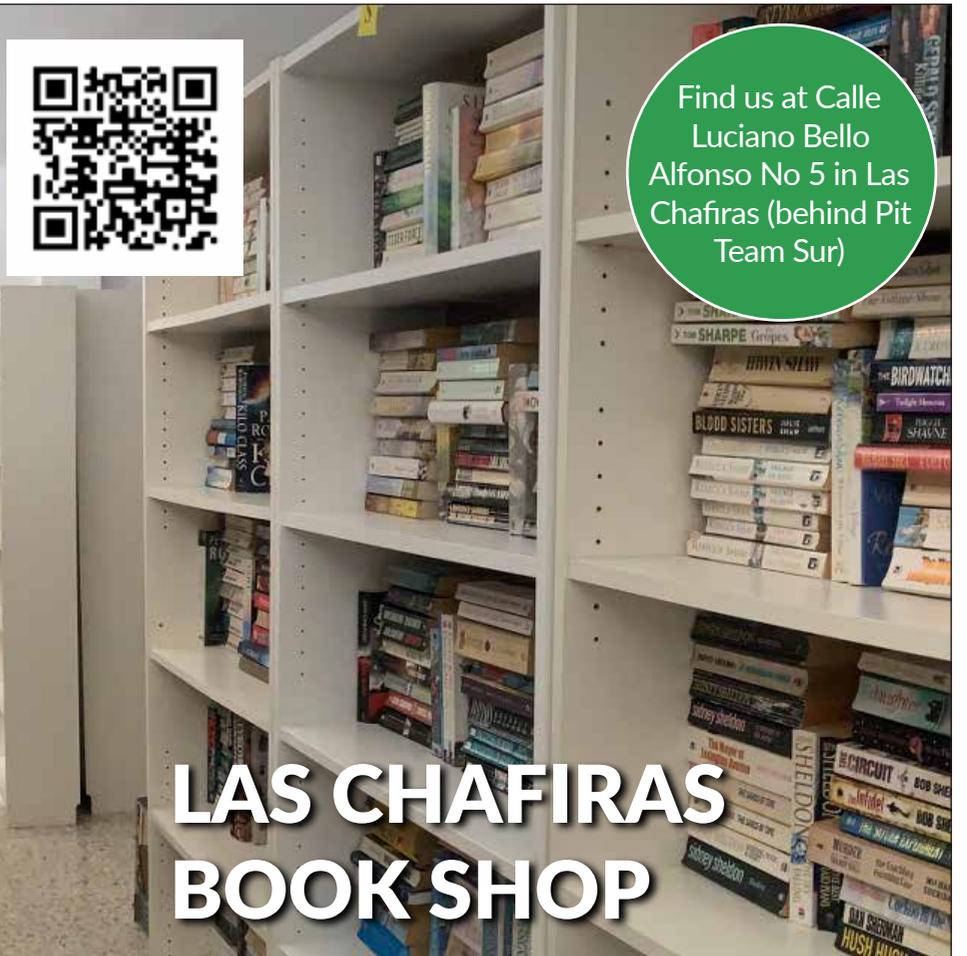


**JEY**

Jey is a lovely girl – a senior dog at the Refuge which really is no place for her. She is very gentle, loving and sociable and we think it is so sad when older dogs come in as nobody really comes looking to adopt a more mature pet. But it would make Jay (and us at the Refuge!) so happy to live out the rest of her years in the loving warmth of a home. Even though Jey is a senior, she is by no means boring! She still loves to run and play and adores to receive treats. She is classed as a PPP dog, so you would need a licence in order to adopt her.

*If YOU might be interested in adopting Willy, please contact the Tierra Blanca Refuge. It is situated near to the Fasnía turn off on the TF-1, just above the motorway. Please call 606 500 171 or email [cpa.tierrablanca@tragsa.es](mailto:cpa.tierrablanca@tragsa.es). For English, please call Rachel on 629 031 273.*

Contact Rachel on 629 031 273 or [cpa.tierrablanca@tragsa.es](mailto:cpa.tierrablanca@tragsa.es) for more information



Find us at Calle Luciano Bello Alfonso No 5 in Las Chafiras (behind Pit Team Sur)

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# ENERGY PERFORMANCE CERTIFICATES IN SPAIN

## JANUARY 2023 UPDATE

As we move into 2023, nearly 10 years have passed since the legal requirement was introduced for Energy Performance Certificates to be carried out throughout Spain. The Canary Government's official register now shows that 305,327 certificates have now been registered. This means that 2,623 more residential and commercial properties

were dealt with on December - up 16% on the same period in 2021. An analysis of the numbers shows that there have been many more EPC's and therefore, property transactions for some years.

For those readers not aware of EPC's, they were introduced in Spain and its dependencies by Royal Decree on 5th April 2013, which required that, from

1st June 2013, an EPC must be obtained by the owner whenever a domestic or commercial property is Built, Sold or Rented.

### Selling your property

From 1st July 2013 property owners are required by law to present an Energy Performance Certificate when a property is placed on the market and prior to any advertising.

When the property is sold, the Notary will need to see the EPC, termed the Certificado de Eficiencia Energética in Spain.

### Renting your property

Either you or your agent, must obtain an EPC. An agent will not be legally allowed to offer or advertise your property for long term letting without one. Where a property has already been let prior to 1st July 2013, no EPC is required until one tenant leaves and the property is offered for long term rental again. If your property was built after 2007 you should already have an EPC provided by the seller. If you only rent your property out on a short term basis, for less than 4 months of each year, you may not need to have an EPC. If you are the tenant your landlord or the letting agent should be able to show you the EPC for your property.

### The EPC contains:

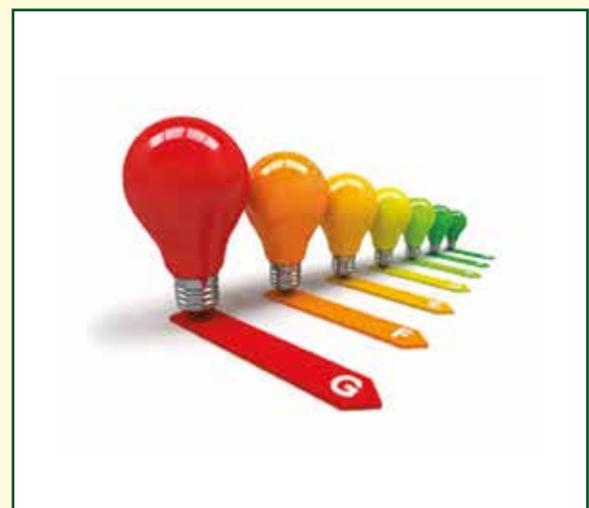
Information about a property's energy use and typical energy costs, and recommendations as to how you may be able to reduce energy use and save money.

An EPC allocates an Energy Efficiency Rating, ranging from 'A' (most efficient) to 'G' (least efficient). The Certificate, registered with the Canary Government is valid for 10 years.

### How to arrange an EPC:

If you are selling or renting out property, you will need to engage an Accredited Assessor, who will visit your property to inspect and then produce and register your properties Energy Performance Certificate.

*If you have any questions, or wish to arrange for me, Philip Wright, to carry out your energy Performance Certificate please call me on 667 757 323.*





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# ADVERTISING AND MARKETING IN TENERIFE

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# Business Section

## OVER €350,000

**Santa Cruz de Tenerife, Hotel**  
**€18,000,000**  
 Investment opportunity! For Sale a HOTEL BUILDING in the city of Santa Cruz de Tenerife. With a total area of 4,638 m2 over 7 floors with 95 standard and junior suites and 2 premier suites. All rooms include a private en-suite bathroom. The hotel rooms have excellent views of the harbour. On the first floor and basement levels there is a 600 m2 shoppin... For full information see website or contact:  
**Ref: 6041S | Tenerife Royale Estate Agents SL | 922 788305**

**Las Americas, Apartment Block**  
**€3,150,000**  
 On offer a complete block of apartments comprising: 4 X studio suites, 2 X one-bedroom apartments and 7 X two-bedroom apartments all situated in the famous front-line community of Parque Santiago II offering full resort facilities including a heated swimming pool, 24 -hour security, reception, supermarket, café/restaurant and wi-fi. The apartments are fur... For full information see website or contact:  
**Ref: 6035S | Tenerife Royale Estate Agents SL | 922 788305**

**Puerto Colon, Fully Equipped Local**  
**€2,500,000**  
 Offering excellent value for money this substantial freehold commercial asset will appeal to investor clients. Situated in a magnificent location frontline to the ocean between Puerto Colon and the beach of Playa de Fanabe. High specification installations and equipment and ready for immediate trading. From the extensive terraces are unsurpassed views over... For full information see website or contact:  
**Ref: 6009S | Tenerife Royale Estate Agents SL | 922 788305**

**San Eugenio Bajo, Bar/Cafe**  
**€1,250,000**  
 FRINA Tenerife is happy to offer this Modern Freehold Cafeteria for Sale. The business is located on a busy street in San Eugenio Bajo and enjoys a lot of footfalls. If you are looking for picture-perfect premises in a busy location, you cannot miss this stunning opportunity! The premises are spacious 150m2 with an open kitchen and a terrace of 30m2. ... For full information see website or contact:  
**Ref: 2490 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Las Americas, Freehold Pub**  
**€990,000**  
 FRINA Tenerife offers for sale a Famous Freehold Pub in Las Americas that has been established for years. It is known for showing live sports and serving a classic British menu like English Breakfast, Fish & Chips and Sunday Roasts. It is especially busy mornings and evenings. The premises are about 200 m2 and face a very busy road in Las Americas. ... For full information see website or contact:  
**Ref: 2562 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Los Cristianos, Garage/workshop**  
**€900,000**  
 Naval mechanical workshop in Los Cristianos.  
**Ref: E341 | Tenerife Properties | 922 724 110**

**San Eugenio Alto, Fully Equipped Local**  
**€875,000**  
 For sale with FRINA is this large Tenerife freehold with a garden. These premises are perfect for a large restaurant or even a large nightclub. The freehold local can with guarantee opens as a music club or dancehall. This freehold for sale is 1,498 m2 divided into 2 levels. The ground level is 573 m2 and the lower level is 925 m2. The locals are empty a... For full information see website or contact:  
**Ref: D1254 | FRINA Tenerife SL - Property Sales | 922 085 191**

**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**

**Tenerife South, Manufacturing business**  
**€650,000**  
 FRINA Tenerife is now offering this well-known mechanic and tire fitting company for sale. This mechanic offers one of the best locations in the south of Tenerife. The owner is only selling because he wishes to retire and only wants serious clients. The premises are a very large shop that is fully equipped. with all the necessary equipment. For tire ch... For full information see website or contact:  
**Ref: 2536 | FRINA Tenerife SL - Business Sales | 922 085 191**

**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**

**Los Gigantes, Hotel**  
**€420,000**  
 8 bed · Location: Quiet location, Central, Touristic area, Close to amenities, Close to restaurants/bars/cafes, Close to shops, Exclusive development. Views: La gomera, Sea. Additional: Development possibilities, Viewing recommended. Rooms: American style kitchen, Bathroom, Hall/entrance, Lounge and dining area. Quality: Good condition, Tastefully decorat... For full information see website or contact:  
**Ref: 407-HT8 | Island Estates | 922 790 767**

**Playa San Juan, Apartment Block**  
**€399,000**  
 5 bed · Are you looking for a project to complete? This could be what you are looking for! Located in Playa San Juan, only 200 meters from the water front, this building offers a perfect opportunity to do a complete refurbish and obtaining the correct licenses, dividing it in various apartments as well. This two floor building offers a garage space for 3 cars on... For full information see website or contact:  
**Ref: PSJ483-IB399 | RD Properties | 922 732 862**

**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**

**Adeje Town, Fully Equipped Local**  
**€320,000**  
 FRINA Tenerife offers this investment - commercial property for sale in Adeje old town. The property has a long-established business and a good tenant that pays 1,500€ monthly. Premises of the Commercial Property for Sale The premises of the freehold have 2 floors which altogether measures 206 m2. If you wish to know more about this commercial pr... For full information see website or contact:  
**Ref: 2379 | 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**

**Tenerife South, Bar supply**  
**€299,000**  
 FRINA Tenerife offers this very reputable Bar Supply Company for Sale. This business has been established for more than 20 years and delivers soft drinks and alcohol to bars and restaurants in Tenerife. You will get a proven profitable company with many clients and a good reputation. The premises are 350m2 of storage with an office space and easy pa... For full information see website or contact:  
**Ref: 2481 | 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**

**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**

**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**

**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**

**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**

## €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**

**La Caleta, Bar/Cafe**  
**€225,000**  
 FRINA Tenerife now offers for sale

this amazing lounge bar in Costa Adeje. This lounge bar just had a full refurbishment, and everything is made to the highest quality. This bar serves mostly drinks but also has burgers. The bar offers high quality at affordable prices. The premises are a 50m2 newly refurbished interior along with a large terrace that ... For full information see website or contact:  
**Ref: 2551 | 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**

**San Isidro, Gymnasium**  
**€220,000**  
 FRINA is happy to offer this Large and Modern Gym for Sale in Tenerife South. This gym has been established for more than 4 years and offers 2 fully equipped floors, an advanced booking system, more than 600 clients and professional employees. The premises are over 500 m2 distributed on 2 floors that are fully equipped with dumbbells, machines, gym roo... For full information see website or contact:  
**Ref: 2472 | FRINA Tenerife SL - Business Sales | 922 085 191**

**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**

**Adeje Town, Bar/Cafe**  
**€200,000**  
 FRINA Tenerife is happy to offer this rare opportunity a Cafeteria and Lottery for Sale. This is a unique business that sells lottery tickets, sandwiches, cakes, coffee, drinks, and also minimarket products. You get 3 businesses in 1 which secures you a high income every day. The premises are very spacious and in good condition! All materials and machi... For full information see website or contact:  
**Ref: 2502 | 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**

#### Puerto Colon, Freehold Property

**€159,900**  
FRINA Tenerife Offers this empty freehold local in Puerto Colon for sale. It is located in the commercial centre of Puerto Colon and is a very central and busy location, with a lot of tourists all year round. Thanks to the beaches, excursions businesses, and bars in the area. This local is bright and spacious 76m2 freehold local is on the 1st floor and... For full information see website or contact:

**Ref: 2521 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Americas, Bar/Cafe

**€150,000**  
FRINA Tenerife now offers this Famous traspaso café in Las Americas. And, it is a wonderful opportunity, to buy one of the most reputable British cafes in Playa Las Americas. The owner opened this bar over 10 years ago. And has grown to be one of the most recognized and popular cafes in the area. It has a great reputation for quality food, delicious cakes... For full information see website or contact:

**Ref: 2533 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Fanabe, Pub

**€150,000**

FRINA Tenerife offers for sale this Entertainment Pub & Restaurant for Sale located on the first line in Fanabe. It is known to be one of the busiest entertainment pubs in the area offering live music every day. And in the evenings, you must book to be sure to get a table. Moreover, the place offers a full British menu. Nevertheless, you find both British... For full information see website or contact:

**Ref: 2503 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### San Eugenio Alto, Pool Bar

**€150,000**  
FRINA Tenerife presents this rare opportunity to buy a Freehold Pool Bar for Sale. This pool bar is in a busy complex in Torviscas. It is an apart-hotel complex where you will have both residents, expats, and tourists as guests. A pool bar is always a sure success and whether you wish to work less and only sell drinks and ice cream during the day or al... For full information see website or contact:

**Ref: 2555 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### €149,999 - €100,000

#### Puerto Colon, Charter Yacht

**€149,000**  
FRINA Tenerife now has the pleasure to offer this beautiful charter boat for sale in Puerto's colon. Puerto Colon is one of the busiest tourist harbours on the island and which contributes to this boat's popularity. This sunseeker boat includes an attached navigation 8 seats and 2 Volvo Kad 300 engines from 2021.

**Ref: 2545 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Los Cristianos, Bar/Cafe

**€149,000**  
FRINA Tenerife now offers this Prime Location Bar in Los Cristianos, in front of Playa Las Vistas. It is a rare chance to buy in a truly prime location in front of the famous Las Vistas beach. The Bar in Los Cristianos has a great client base and is frequented by a lot of tourists, it has breakfast and lunch menu that satisfied all kind of clients. ... For full information see website or contact:

**Ref: 2602 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Puerto Colon, Empty Local

**€140,000**  
FRINA Tenerife offers this Freehold Office for Sale in Puerto Colon Commercial Center. A very central and busy location that enjoys lots of footfall year-round thanks to the many excursions business and bars in the area. Also, you are close to parking. The office is bright and spacious 92 m2. It was refurbished in 2019 with new electrical installations... For full information see website or contact:

**Ref: 2477 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Los Cristianos, Pizzeria

**€140,000**  
Now FRINA Tenerife offers this Business for Sale in Los Cristianos. The business is known for great pizzas and being located on a very busy street close to the beach and with a lot of footfall. Normally this is a very busy pizzeria that generates a high turnover year-round. Contact FRINA Tenerife for more details on this. The premises offer a large ... For full information see website or contact:

**Ref: 2417 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Americas, Bar/Cafe

**€139,000**  
If you are looking for a Las Americas bar you cannot miss this successful business, which is famous for its amazing atmosphere, showing sports events and popular live entertainment several times a

week. This bar has been open for more than 40 years and the current owner has only made this already well-established bar an even bigger success! Moreover, t... For full information see website or contact:

**Ref: 2197 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Torviscas Bajo, Irish Bar

**€139,000**  
FRINA Tenerife is happy to put on the market a Busy Irish Bar for Sale Traspaso. This lovely bar is in Torviscas Bajo where it is visited by tourists of all nationalities. Irish bars are always popular and so is this, securing the owner and high monthly income. Moreover, this place has a great reputation, and you will earn money from day 1! If you are ... For full information see website or contact:

**Ref: 2518 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Americas, Bar/Cafe

**€132,000**  
FRINA Tenerife now offers this Long-Established Bar in Las Americas in the famous Avenida Las Americas. It is a rare chance to buy in a truly prime location in this area full of big hotels and tourists. The Bar in Las Americas has a great resident and tourist client base thanks to 22 years of activity with the same owner, it serves mostly drinks and so... For full information see website or contact:

**Ref: 2605 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Los Cristianos, Bar/Cafe

**€129,000**  
FRINA Tenerife now offers this Amazing View Bar for sale in Los Cristianos, it is a unique opportunity in a prime location. You find this bar in Commercial Centre San Telmo which is full of tourists and locals all year and both days and nights. The owner has renovated the bar and has made it modern and cozy. Furthermore, the bar overlooks the beautiful... For full information see website or contact:

**Ref: 2594 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Arona, Property Management

**€125,000**  
FRINA Tenerife now offers this Rustic Finca Management in Arona in a quiet area with mountain and sea view. The business consists of renting and maintaining the villa and the land with the possibility of living inside this beautiful Rustic Finca. Important to notice that the owner will give the management with the same rental conditions and for the fir... For full information see website or contact:

**Ref: 2582 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Puerto Colon, Sports Bar

**€125,000**  
FRINA Tenerife offers for sale this Entertainment 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... For full information see website or contact:

**Ref: 2590 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Fanabe, Bar/Cafe

**€120,000**  
New on the market is this classic English Tea room, which is known for its delicious homemade cakes and a classic British tea table. And naturally, most clients are British residents and tourists. It is a smaller café which is perfect for a couple and it is great even if you have kids since it is only open during the daytime. Premises of the Tea Roo... For full information see

website or contact:  
**Ref: 2292 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Americas, Bar/Restaurant

**€120,000**  
FRINA Tenerife is happy to offer this popular and successful Las Americas restaurant for sale. This business has been established for more than 8 years and is known to serve great food for a fair price. The menu is a wide range of ever-popular meals for the whole family like pasta, steaks, roast chicken, pizzas, and more. And moreover, the restaurant h... For full information see website or contact:

**Ref: 2387 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Americas, Lap Dance Bar

**€109,000**  
For sale in Tenerife is this newly refurbished bar & club which has the license to run both as a Cabaret Bar (lap dance) and Bar Sexual (sex club). You can choose to buy the business as a traspaso (leasehold) or buy it with the full SL company. Premises of the Lap Dance Bar & Club The club is newly built, and you get 300 m3 which are fully furnished... For full information see website or contact:

**Ref: 2254 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Costa del Silencio, Commercial Property

**€109,000**

**1 bed** · This 1 bedroom apartment is located on the 1st floor in Palia don Pedro, an aparthotel with reception, swimming pool (heated in the winter!), animation etc. The apartment has an american style kitchen and is very luminous with direct access to the terrace from the living room. Parking space in the communal parking is included! Community fess: 197€ month, ... For full information see website or contact:

**Ref: 08-0819 | Tenerifehome.com | 922 783066**

#### Puerto Colon, Restaurant

**€106,000**  
FRINA Tenerife presents this Modern Restaurant in Puerto Colon for Sale in San Eugenio Bajo located on a busy street and overlooking the sea. This Modern Restaurant is fully renovated and has a unique decor, it faces stunning sunsets and enjoy an excellent flow of people, both tourists and locals. Premises of the Restaurant for Sale The premises... For full information see website or contact:

**Ref: 2593 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Tenerife South, Retail Business

**€100,000**  
FRINA Tenerife offers for sale this retail business that sell car and vehicle parts. The business is located in Los Realejos, where it serves many locals in the area and some British people. The business has a solid reputation and had a healthy income, but is now closed. Included in the retail business The owner wishes to sell the business...

For full information see website or contact:

**Ref: 2343 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### €99,999 - €50,000

#### Fanabe, Bar/Cafe

**€99,500**  
This well-known British Café for Sale in Fañabe is one of the best known in the area and has been established for many years. It is known for classic English breakfasts, cakes, Sunday Roasts, and much more. Furthermore, the café has great reviews among residents, tourists, and on social media, and no doubt you will guests from day one with this business... For full information see website or contact:

**Ref: 2397 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Puerto Colon, Excursion Business

**€95,000**

FRINA Tenerife is happy to offer this unique Excursion Business for Sale in Tenerife. This business offers both Flyboard excursions and Crazy UFO excursions. The business has been open for more than 6 years and runs all year round thanks to the great climate and warm sea waters here. The business includes all the equipment which are 2 fly boards, 1 ... For full information see website or contact:

**Ref: 2427 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Galletas, Ice Cream Bar

**€89,000**  
FRINA Tenerife is happy to offer this amazing Crepe & Ice Cream Café for Sale in Las Galletas. The café is located centrally in the city and facing a busy area that enjoys plenty of footfall and attracts many residents and especially families. The café is known for ice cream, crepes, good coffee, and shakes. The premises are in good condition and you d... For full information see website or contact:

**Ref: 2438 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Tenerife South, Pest control business

**€89,000**  
FRINA Tenerife offers a genuine successful Pest Control and Cleaning Company for sale. This company has been established for years and has hundreds of clients in the south of Tenerife. The main job is pest control of businesses and private houses, nevertheless, they also earn decent money on cleaning jobs. Since all work is done on location, the own... For full information see website or contact:

**Ref: 2573 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### El Madronal, Babywear Shop

**€86,500**  
FRINA Tenerife brings to the market this Baby SPA Wellness in Costa Adeje, a one-of-a-kind business in the island. The Baby SPA has a very good reputation thanks to the beautiful online

reviews. It comes with all furniture included. The Baby SPA Wellness has a full SPA licence and you are allowed to offer therapeutic massages too. It is in El Madronal ... For full information see website or contact:

**Ref: 2581 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Torviscas Bajo, Pool Bar

**€85,000**  
FRINA Tenerife just took on this large pool bar in Torviscas Bajo. It is very well established and placed in a large and popular holiday resort that has hundreds of tourists every month year round. The pool bar has a large terrace overlooking the pool and with tables for 50 guests. The inside premises are fully equipped with a large bar and an industri... For full information see website or contact:

**Ref: 2385 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Torviscas Alto, Empty Local

**€85,000**

Large local of 128m2 for sale in Puerto Colon.

**Ref: VS3416D | Vym Canarias | 922 787 210**

#### Vilafior, Bar/Restaurant

**€80,000**  
FRINA Tenerife is happy to offer this beautiful Restaurant for Sale placed in the caves of a large finca in Tenerife. Today the place is known for its beautiful location and surroundings with wines and fruits trees and offers a modern Canarian menu made from local and homegrown products. This is a successful business with an amazing reputation but ther... For full information see website or contact:

**Ref: 2549 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Costa del Silencio, Restaurant

**€79,000**  
FRINA Tenerife offers for sale in Costa del Silencio this restaurant that is known for delicious fish and tapas. It has been established for almost 2 years and has earned itself a good reputation and has very high reviews on Google, TripAdvisor, and Facebook. The premises are spacious 300m2 and moreover, have a terrace of 40 m2. Inside are tables for 1... For full information see website or contact:

**Ref: 2515 | FRINA Tenerife SL - Business Sales | 922 085 191**

#### Las Americas, Beauty Salon

**€76,000**  
FRINA Tenerife offers Traspaso Nail and Beauty Salon for Sale. It has a prime position in Las Americas facing the busy promenade and offering a stunning sea view. The business offers a variety of treatments among others manicure, pedicure, waxing, massages, tinting of lashes and eyebrows, facials and more. The premises are amazing and refurbished to hi... For full information see website or contact:

**Ref: 2564 | FRINA Tenerife SL - Business Sales | 922 085 191**



FOR SALE

## WELL-ESTABLISHED EXTERIOR FURNITURE AND SUNSHADE BUSINESS IN LOS ABRIGOS

TENERIFE  
PRIME PROPERTY



Contact +34 922 703 725 for more information

This is a fantastic opportunity to purchase a well-established business. On offer is the leasehold on this Exterior Furniture and Sunshade shop, situated in the popular village of Los Abrigos, including stock on the Showroom floor, supplier contacts and client database.

The Business, established 7 years ago, if marketed more aggressively, could be extremely successful. It would have the advantage of being fed clients from the Studio4Decor Interior Design and Furniture shop,

situated across the road which has been established on the Island for 20 years with an excellent customer service record.

There is little competition in the vicinity and these premises are in the perfect position - close to Golf del Sur and Amarilla Golf - with their large concentration of residents, not to mention that within 10 to 15 minutes lie Palm Mar, Los Cristianos and Las Americas with their huge numbers of international residents. There are literally 1,000's of potential clients

nearby and the Studio4Decor team are on hand to give all the help and guidance any new owner could need.

Accounts are available for inspection to any serious buyer. The Business is profitable and the only reason for sale is that it is too much for one person to run both and there are plans in place to grow the Interior Design & Furniture part. With the right person the Exterior Furniture & Sunshade Shop can be taken to the next level with fabulous earning potential.

### This Business is unique for 3 reasons:

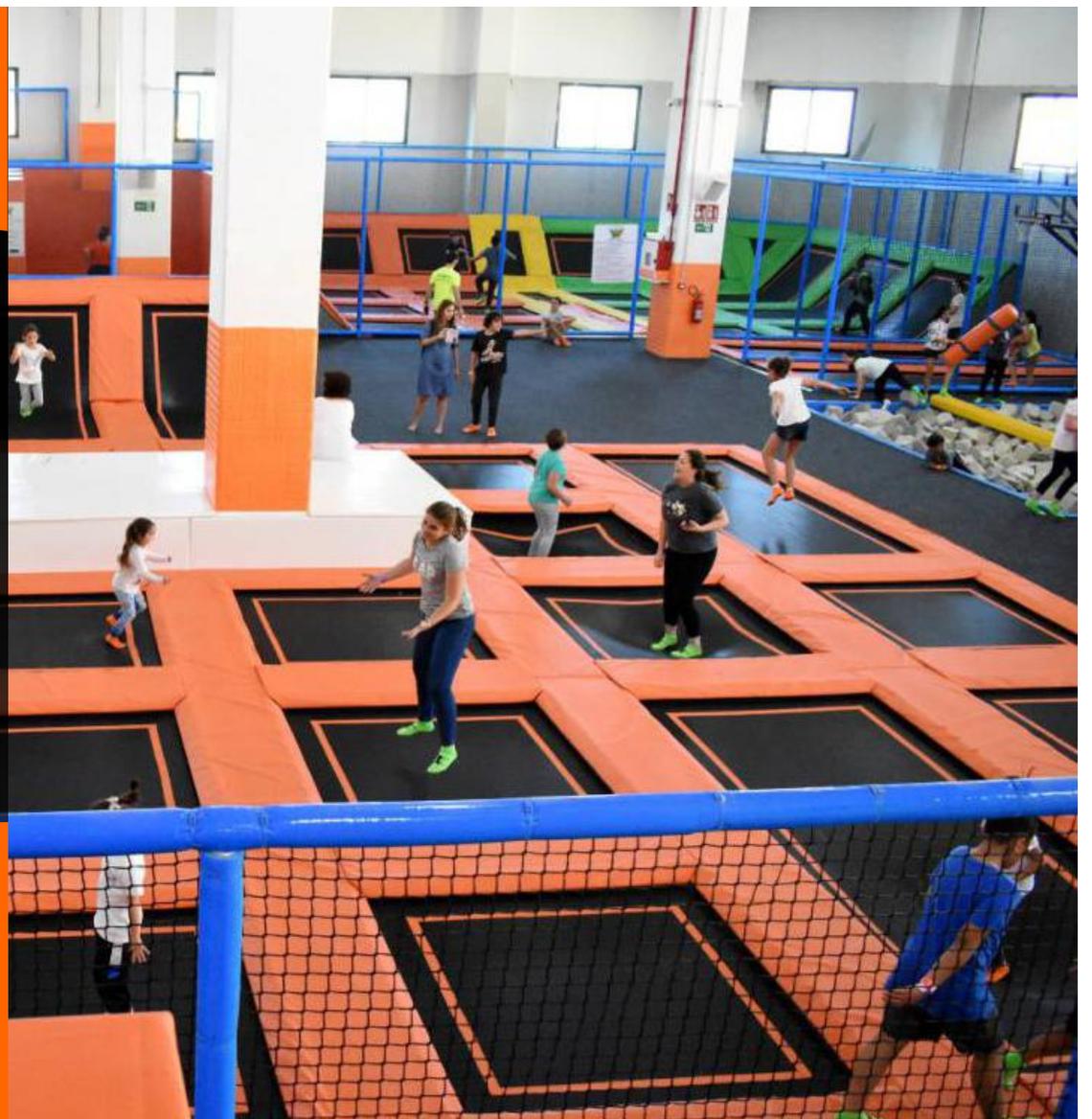
- There is nothing else for sale like this on the Island and it is situated in a very popular area, with ample parking.
- The Studio4Decor team is close by and on hand to give support and guidance during a transition period.
- The Business has an extensive and attractive product range with excellent suppliers from Mainland Spain, with transport logistics already in place.

€85,000

## SUCCESSFUL BUSINESS Trampoline Park FOR SALE



- ✓ **100.000 SALE TICKETS/YEAR**
- ✓ **1200 BIRTH PARTIES/YEAR**
- ✓ **GREAT INVESTMENT - ROI IN 24 MONTHS**
- ✓ **NO COMPETITION IN TENERIFE**
- ✓ **RECOGNIZED BRAND** (OVER 3000 SEARCHS PER MONTH IN GOOGLE)
- ✓ **TAXES ONLY 4%** (ZEC ZONE COMPANY)
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- ✓ **★ GREAT REPUTATION** (OVER 200 REVIEWS 4,4 RATING)



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paul@canaryjump.es

**Puerto Colon, Excursion Business****€75,000**

This Boat Hire Excursion for Sale offers zodiac boats to hire and go for private trips. The brilliant thing about zodiacs is you do not need a license to sail it so both residents and tourists come to rent and enjoy a private trip on the sea. This is an easy excursion business to run for one person since you only need to meet clients for the instructio... For full information see website or contact:

**Ref: 2426 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Torviscas Bajo, Sports Bar****€75,000**

FRINA Tenerife is happy to offer this Music & Sports Bar for Sale. The business is in Torviscas Bajo 5 minutes far from the famous Torvisca Beach and known for sports events and music entertainment. The Music & Sports Bar has a pool table used frequently in the evening by professional team and organise Karaoke and Bingo events for his clients. Wheth... For full information see website or contact:

**Ref: 2588 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Adeje Town, Bar/Cafe****€69,000**

FRINA Tenerife offers for sale this Spanish Traspaso Cafeteria located centrally in the old city center of Adeje. And it is the preferred place for breakfast and lunch for both locals and those who work in the area. The cafeteria has been established for 18 years, has many regular clients and is financially healthy. The cafeteria measures 75 m2 and ... For full information see website or contact:

**Ref: 2390 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Torviscas Bajo, Bar/Cafe****€65,000**

FRINA Tenerife offers this British Bar & Café in Torviscas Bajo in a full of tourists area. The Bar has a good reputation and great client base, it is operative and ready for work. This British Bar is easy to run and perfect for a couple, it has been recently renovated and the owner will support the buyer during the first month of activity. Premises... For full information see website or contact:

**Ref: 2579 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Las Americas, Bar/Cafe****€65,000**

FRINA Tenerife has brought to the market this Las Americas Lounge Bar for sale traspaso. This lounge bar is beautifully furnished and known for a large cocktail and shisha menu. It is located centrally in Las Americas facing a busy street among complexes and hotels. The premises are fully furnished and designed to high standards. The bar is 60 m2 and h... For full information see website or contact:

**Ref: 2488 | FRINA Tenerife SL - Business Sales | 922 085 191**

**El Medano, Bar/Cafe****€65,000**

FRINA Tenerife is happy to offer this Modern Café for Sale in El Medano which is a popular and lovely town in the South of Tenerife. The café is located in a modern commercial center close to many resident complexes. The café has been here for more than 6 years and has many regular guests. Even though tourism has been lower the last year this place still ... For full information see website or contact:

**Ref: 2500 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Golf del Sur, Bar/Cafe****€65,000**

Fantastic opportunity to purchase a

bar located in a popular commercial centre. The bar has been fully refurbished, had new bathrooms installed, fully rewired, new air-conditioning, and new glass washer. Included are 10 televisions which can show 3 different matches, and 2 WiFi routers (one for the TVs, one for customers).

**Ref: B-122 | Tenerife Prime Property | 922 703 725**

**Torviscas Alto, Bar/Cafe****€65,000**

Now we offer this Reputable Bar for Sale in Torviscas Alto. If you are looking for a well-established business with many loyal customers, you should have a look at this café that is a popular place to meet friends for a drink. The current owner had the business for 3 years and only look to sell since he also has other businesses. The premises of the... For full information see website or contact:

**Ref: 2444 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Torviscas Bajo, Bar/Cafe****€65,000**

FRINA Tenerife offers this Bar-Restaurant for sale in San Eugenio Bajo. It is a well-known business and enjoys many regulars and new guests due to its location in a large complex that enjoys residents and tourists year-round. The business is known for its great price/quality and live entertainment several nights a week. The premises are well-maintai... For full information see website or contact:

**Ref: 2463 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Adeje Town, Pizzeria****€60,000**

FRINA Tenerife is now offering this well know pizza restaurant traspaso in Adeje. The restaurant is centrally located, in the centre of the old Adeje town. Where it is in a residential complex. This is a

restaurant that is popular among the residents and families in the area. The premises are a spacious 92 m2 restaurant that has a large, covered terrac... For full information see website or contact:

**Ref: 2525 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Adeje Town, Bar/Restaurant****€59,000**

FRINA Tenerife is now offering this Long-Established Bar Restaurant in Adeje. The Restaurant is centrally located, in a busy main street of Adeje town. This is Bar Restaurant is very popular among the residents and families in the area and it has a loyal client base. Premises The premises are a spacious 58m2 inside where you can host up to 30 sea... For full information see website or contact:

**Ref: 2595 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Playa Paraiso, Bar/Restaurant****€59,000**

FRINA Tenerife offer for sale in Playa Paraiso this restaurant-café. It is known for quality meals inspired by the Italian kitchen and especially their fish and pizzas are delicious and popular. This location has few direct competitors and attracts both regulars and tourists. The premises are spacious 70 m2 and newly refurbished with an open kitchen... For full information see website or contact:

**Ref: 2474 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Adeje Town, Pizzeria****€55,000**

Now FRINA Tenerife offers this Adeje Pizzeria for Sale that has been established for several years and is known for delicious pizzas. If you wish to keep running this business as a pizzeria, this location is perfect to establish yourself as a takeaway and delivery business for all the surrounding complexes. This is the area for you that gives loyal cus... For full information see website or contact:

**Ref: 2416 | FRINA Tenerife SL - Business Sales | 922 085 191**

**San Eugenio Alto, Bar/Cafe****€53,000**

FRINA Tenerife brings to the market this Traspaso Cafe for sale in San Eugenio. This café is known for homemade Italian food and has been established for years hence, it has a good reputation and many regulars. It is a perfect size for a couple who wishes to work together and as a first-time buy. Today the owner does not offer delivery, but the café... For full information see website or contact:

**Ref: 2565 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Los Cristianos, Bar/Cafe****€52,000**

FRINA Tenerife offers this Bar & Café Traspaso in Los Cristianos in a long-term tourists and residents' area. The Bar has a good reputation and great client base, it is operative and ready for work. This Bar Traspaso is easy to run and perfect for a couple, the Menu is rich and diversified and the waitress can support the new owner in the first month. ... For full information see website or contact:

**Ref: 2577 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Los Cristianos, Minimarket****€51,000**

FRINA Tenerife offers this unique opportunity to buy a Traspaso Minimarket and Fast Food Shop in Los Cristianos. This business sales both fast food like kebab, fries and burgers. Moreover, is the store installed with shelves and fridges to sell everyday goods like alcohol, chips, sweets, ice cream, sun cream etc. The premises are 60 m2 inside and has a... For full information see website or contact:

**Ref: 2431 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Torviscas Bajo, Fast food restaurant****€50,000**

FRINA Tenerife offers this Fast-Food Restaurant in Torviscas Bajo in a full of tourists area. It is only 5 minutes far on foot from the famous Torviscas Beach. This Fast-Food Restaurant is easy to run and perfect for a couple, it has a good reputation and great client base, it has a lot of 5 Star reviews on TripAdvisor. Premises The Fast-Food R... For full information see website or contact:

**Ref: 2586 | FRINA Tenerife SL - Business Sales | 922 085 191**

**UNDER €50,000****Los Cristianos, Bar/Cafe****€49,500**

FRINA Tenerife now offers this amazing French Café in Los Cristianos. 2 Years ago the owners refurbished this Cafe. Where they also installed a wine boutique. This café serves French healthy food and it does tapas and wine tasting. And has done so for more than 8 years, and has a good reputation. Furthermore, with the addition of the boutique, the new own... For full information see website or contact:

**Ref: 2539 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Las Galletas, Bar/Cafe****€49,000**

FRINA Tenerife is now offering this café in Las Galletas for sale. It is newly refurbished. With a fully equipped kitchen. The café is in a residential. This is perfect if you are looking for a bar/café in the south. And prefer a less touristic area. The café has been closed but is ready to open. This location would be great as a pizzeria, take away re... For full information see website or contact:

**Ref: 2532 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Las Americas, Bar/Cafe****€45,000**

FRINA Tenerife offers for sale this Juice Bar & Café in Las Americas that has been established for several years and has many fixed clients. The menu is juices, smoothies, breakfast, salads, sandwiches, and typical Spanish lunches. The guests are a mix of local Spanish and tourists. The premises were refurbished in 2018 and therefore in good condition... For full information see website or contact:

**Ref: 2440 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Amarilla Golf, Bistro****€45,000**

For sale traspaso is this well established bistro-café in Golf del Sur, situated at the entrance of a resort in the best-known golf area

of Tenerife. The reputation of the business is great both locally by word-of-mouth and high TripAdvisor score. Note, the cafe is located in 2 combined locals where 1 of the locals are for sale freehold, hence you can ... For full information see website or contact:

**Ref: 2569 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Playa Fanabe, Bar/Cafe****€39,000**

FRINA Tenerife offers this Modern Cocktail Bar in Playa Fañabé, close to the Bus Station and at 5 minutes from the beach on foot. The Bar has a good reputation and great client base, it is operative and ready for work. This Modern Cocktail Bar is easy to run and perfect for a couple or for a group of friends, it has been recently renovated and the owne... For full information see website or contact:

**Ref: 2600 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Tenerife South, Bar/Cafe****€37,000**

FRINA Tenerife offers this traspaso Bar & Café for sale in Abades a cozy little village in Tenerife South. The business has been established for 3 years and is next to the beach and the Leprosoria sight that attracts many tourists year-round. Furthermore, this is a popular area for hikers and divers. The premises are 60 m2 with a bar, storage, and full... For full information see website or contact:

**Ref: 2506 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Las Galletas, Bar/Cafe****€35,000**

FRINA Tenerife is happy to offer this modern Bar-Café for Sale in Las Galletas that is known for its lovely tapas. The bar is in a cozy and busy street and has a lovely terrace. The menu is breakfasts, cakes, snacks, and classic Spanish tapas with meat and fresh fish from the locals. The premises are recently refurbished and in great condition, so the ... For full information see website or contact:

**Ref: 2442 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Torviscas Bajo, Pub****€35,000**

FRINA Tenerife offers this Pub for Sale in Torviscas that is very popular among especially the British residents and tourists. The pub has a well-equipped kitchen for snacks, nevertheless, most sales are beverages. It is a smaller and easy to run business for another British couple who wishes to work together without the responsibility for many employe... For full information see website or contact:

**Ref: 2404 | FRINA Tenerife SL - Business Sales | 922 085 191**

**Adeje Town, Pizzeria****€35,000**

New on the market is this large Pizzeria & Restaurant for sale in Adeje that opened in 2007. The many years with the same owner made this a genuinely successful business. However, today the place is closed, hence the low price. The restaurant was known for delicious pizzas, local fish, great wines, and Italian homemade desserts. It is located centra... For full information see website or contact:

**Ref: 2448 | FRINA Tenerife SL - Business Sales | 922 085 191**

**DIRECT FROM OWNER****Popular bar in busy commercial centre****MASSIVELY REDUCED DOWN TO €65,000 €115,000**

Fantastic opportunity to purchase a bar located in a popular commercial centre. The bar has been fully refurbished, had new bathrooms installed, fully rewired, new air-conditioning, and new glass washer.

Included are 10 televisions which can show 3 different matches, and 2 WiFi routers (one for the TVs, one for customers).

- Seating for 50 outside, 30 inside
- 6 year lease which can be extended
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# FRINA Tenerife

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# 2023

Happy New Year From Team FRINA

## Busy Snack Bar / Cafe



**NEW**  
Located in Puerto Colon is this smaller bar that serves breakfast and lunch for the locals and is busy every day of the week. The terrace has tables for 25 guests and is perfect for 1-2 persons. The monthly rent is 1,000€

Ref.: 2636

Price: 49,000€

## Bakery & Cafe in El Medano



This Bakery is centrally in El Medano and known for its prime quality pastry and snacks. It is popular among residents and tourists too. It is 110 m2 and can host 22 seated people. The monthly rent is: 1,900€

Ref.: 2623

Price: 89,900€

## Freehold in Las Americas



This freehold local is in a commercial centre that faces the sea of Las Americas. It is 40m2 and need a full renovation, but would be perfect for an office, shop, excursion business etc. Contact FRINA for more pictures of the freehold.

Ref.: 2618

Price: 75,000€

## Fast Food Restaurant in Fanabe



This restaurant is in a busy commercial centre next to the beach. It offers burgers, kebab, pizza and more. The customers are mostly tourists. It is spacious 70m2 and the terrace can host 15 people. The monthly rent is: 1,500€

Ref.: 2622

Price: 60,000€

## Cocktail Bar in Fanabe



If you are looking for a modern bar where you do not need to refurbish anything you cannot miss this bar renovated to high standards. The bar is 80 m2 and has 2 terraces of 30 m2 each. The place has the music-bar license.

Ref.: 2600

Price: 39,000€

## Cannabis Club in Las Americas



This cannabis club is fully licensed to both grow and sell cannabis. It is 72m2 and furnished for clients to sit here and enjoy their buy. This is a convenient way to enter a market that just keeps growing. Monthly rent: 1,250€

Ref.: 2634

Price: 50,000€

## Famous Bistro in La Caleta



This famous bistro is renovated to high standards and consist of 2 licensed and fully equipped locals. You can keep running it as 1 business or split it into 2. There are tables for 85 guests altogether. The monthly rent for both locales are: 2,400€

Ref.: 2626

Price: 229,000€

## Prime Location Bar-Cafe



**Reduced**  
If you are looking for an extraordinary business, you cannot miss this bar-cafe overlooking Playa las Vistas in Los Cristianos. It is a must-see, over 200m2 and newly renovated. The monthly rent is: 4,000€

Ref.: 2602

Price: 119,000€

## Pub For Sale



**NEW**  
This pub and snack bar is in Torviscas Bajo and close to the beach. It is small but well-equipped and the perfect size for 1-2 persons. There are tables for 20 guests and a proper kitchen. The monthly rent: 900€

Ref.: 2404

Price: 25,000€

## Big Restaurant in San Miguel



This is a Spanish restaurant serving seafood and meat specialties, it has very good reviews on SoMe and offers to host large parties too. It is 300m2 and can host up to 120 people inside and 25 on the terrace. Monthly rent: 1,500€

Ref.: 2635

Price: 65,000€

## Freehold in San Eugenio



**NEW**  
This freehold in Terrenova in San Eugenio is 30 m2 and has a terrace of 10 m2, moreover it is a storage of 14 m2. And finally are 2 parking spots included. A great location for a bar, office, salon.

Ref.: 2639

Price: 135,000€

## Successful Restaurant



**NEW**  
Through the last 10 years the owners have built a strong name for themselves and with that a profitable business centrally in Los Cristianos. It is fully equipped with an open kitchen and terrace for 34 guests. The monthly rent is 2,200€

Ref.: 2538

Price: 99,000€

## 24H Supermarket



This supermarket is in Torviscas Bajo - less than 5 minutes from the beach. It is licensed to be open 24H and 7 days a week. Today the business is open from 10:00 to 23:00. It is spacious 170m2 and the monthly rent is only: 1,070€.

Ref.: 2620

Price: 55,000€

## Successful cafe for Sale



**NEW**  
Whether you are looking for a business to run yourself or for an investment you cannot miss this! This cafe has been established for years and has a VERY good reputation online and among the fixed clients.

Ref.: 2640

Price: 220,000€

## Sea View Restaurant



This restaurant is in Los Cristianos and offers a lovely sea and beach view from the terrace. Today it is a popular burger restaurant that has been established for years. It has tables for 30 people. Monthly rent: 2,400€

Ref.: 2612

Price: 105,000€

## Restaurant in Los Abrigos



This restaurant works mostly with residents and offers homemade Italian specialties from lunch to dinner time. It is spacious 90m2 and can host 30 guests inside and 20 guests on the terrace. The monthly rent is only: 950€

Ref.: 2632

Price: 59,000€

## Luxurious Bed & Breakfast



This luxurious B&B is for sale freehold and includes a large villa with both rooms and apartments to rent, pool and jacuzzi. Moreover, is a private wing for the owners that has kitchen, bathrooms, living room and 4 bedrooms.

Ref.: 2614

Price on request

## Popular Bar & Restaurant



This bar-restaurant is centrally in Adeje town and known for lovely brunch and lunches. The premises are modern and impeccable and measures 100m2. If you are looking for a success this is a must see. Monthly rent: 1,000€

Ref.: 2616

Price: 130,000€

## Healthy Snack Bar for Sale



**NEW**  
If you are looking for a snack bar with stunning views and a large terrace you cannot miss this. It is totally refurbished and is spacious 40m2 inside. It has a big terrace of spacious 120m2. The monthly rent is 1,200€

Ref.: 2641

Price: 34,000€

## Large Pool Bar & Restaurant



This is in a large and busy complex in Los Cristianos and open to public. The place has a bar and terrace facing the pool and a large restaurant and terrace facing the street. You can seat over 150 guests here. Monthly rent: 3,000€

Ref.: 2633

Price: 275,000€

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we are here too

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