

# The Tenerife Property & Business Guide

January 2026  
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Corstiaan Bos  
Sales Director  
INTERVIEW ON PAGE 2

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# Dr Strange and Partner – 40 years at your service!

In Germany the Dr Strange Estate Agency was founded in 1912. It was the first German estate agent with offices in Spain, a pioneer in real estate abroad!

The company Dr Strange International, known today as Dr Strange and Partner was founded in the south of Tenerife in 1986 by Mr Horstmann who, at that time already had an office in Puerto de La Cruz (He opened his office next to the Notary there in 1976).

In 1993 the shares of the company were transferred to Mr Bernd Bohnwagner and in 1998 Corstiaan John Bos took a 50% share of the company. Today, Corstiaan is still in charge, and we (The TPG) were given the opportunity of an exclusive interview with Corstiaan as the company's Sales Director.

**TPG: Good Morning Corstiaan, and Thank You! for speaking with us today. Can we please start by asking if you have always worked in the real estate business?**

**CJB:** No, not at all. Before I came to Tenerife in 1992 I had had many jobs. After I finished at The School of Commerce, I started to look around but eventually decided to work in my family's companies. My late father had an export nursery to Canada and my grandfather and 3 uncles owned a processed cheese business, exporting all over the world.

**TPG: Why did you not continue working for your family?**

**CJB:** I don't really want to go into any detail, but due to various family issues I decided to move on and find something different.

**TPG: When you are able to turn your hobby into your job, you are very lucky. Do you agree with that?**

**CJB:** My great passion is music and I was already doing some DJ work before I came to the island. Then, af-

ter a wedding in Amsterdam I had an accident with a van and for 3 weeks I couldn't walk. Lying in bed and thinking about the future I saw an advert in the *Telegraaf* that the Ten Bel Tf was looking for entertainers. It was the late Mrs Corine van Bavel who interviewed me - 3 weeks later she phoned and asked me when I could start! I went to see her much later in the Netherlands, just 3 weeks before she died.

**TPG: So, returning to the music – you finally turned your hobby into your job?**

**CJB:** Yes, and after my spell with Ten Bel Tf I started to work freelance as a DJ. My 'stage' name was DJ COCO and I regularly flew to London to buy the latest songs at Virgin Records. In the early nineties the UK and the Netherlands were far ahead of other countries when new songs appeared. For example, I introduced 'What is Love' from Haddaway - at that time nobody knew the song in Spain. As a matter of fact, I also introduced 'Step Aerobics' together with my English girlfriend, who did very well with her 'Deb Step' School in Coral Mar.

**TPG: Why and when did you start working in real estate?**

**CJB:** Being a DJ is hugely exciting, but also tough due to the long and unsociable hours. I couldn't see myself being a DJ for ever. Another reason was that I was not really using my talent as a sales person and being able to speak 5 languages. So I decided to try to find a job where I could combine these things - by selling something. Before I actually entered into the Real Estate world, I tried Timeshare (but straight, no lies!). Travel agencies did not always offer the best value for money and the Timeshare product was a far better one with immaculate apartments. When the whole circus started, I didn't want to know because I think we all want to be treated fairly and honestly and it was really getting out of hand. When I look back, I left the Timeshare business

at the right time. It was time for something more serious, and so I started to work in Real Estate for the Italian promoter of Rocas del Mar in Costa del Silencio, in December 1996.

**TPG: How was your first experience in Real Estate?**

**CJB:** I was not really successful at Rocas del Mar. There was a beautiful Italian lady working there and that does not help your sales if you are looking at her all the time! (Ha, Ha!). Then one promoter stole all the money and that is why people think the second phase was never completed.

**TPG: They say: starting anything is always difficult. Does that apply also to Real Estate?**

**CJB:** Yes, it certainly does. For more than my first 6 months I had 2 jobs, DJ'ing at night, real estate during the day. Most of us know that sales people work with the condition: no cure, no pay. After Rocas del Mar I worked for the ARCO organisation on the main street in Los Cristianos. Through ARCO I met German Invest S.L. which had just started to invest in the Flamingo complex in Palm Mar. Their Administrator Mr M.W. con-

tracted me to start selling apartments in Flamingo.

**TPG: That was a great step forward for you, wasn't it?**

**CJB:** Yes, it was. After struggling for 5 years my persistence finally paid off!

**TPG: Was the Flamingo Palm Mar project a real challenge?**

**CJB:** Well, yes, it was, because the building had a very bad image. For years it had been occupied, with no elevators, run down environment etc.

**TPG: What did you do finally to achieve the necessary sales?**

**CJB:** There was, at that time, a really professional approach. German Invest gave the exclusivity to Dr Strange International and that motivated us to do our utmost to complete the project successfully. I enjoy interior design and set up a show apartment ('piso piloto') to improve and increase the number of sales. I worked really hard and the show apartment was essential to compensate for the building's bad image.

**TPG: What 'tools' does a person need to be successful in real estate, from your point of view**

**CJB:** To be successful, you must first show a real interest in the person that walks into your office. I do not talk about real estate, I try to find out during a chat and cup of coffee if we have something in common. Probably that's also the reason why a lot of real estate clients become friends. In sales we call this the 'warming up' period. It's very im-

portant to listen to the client and ask the right questions. For the rest I think you need to be persistent, open minded and have a strong personality. You need to be able to cope with disappointments and in real estate there are lots of those!

**TPG: Did you ever become depressed when not selling for a certain period?**

**CJB:** I have an optimistic personality which helps a lot, especially during difficult times. Besides, Dr Strange also has a Rent-a-Car company 'BOWICO' with 34 cars, so that keeps me busy as well. I think the best way of dealing with disappointment is engage in some sport. I do sport in the evening, just to clear any frustrations out of your system and to start the next day fresh and positive.

**TPG: Do you have any particular cases worth a mention during your real estate career?**

**CJB:** Well, now you ask, there are many, but one case in particular I will never forget. A

Homeless man came into my office and told me that he had been thrown out of other real estate offices and they did not want to spend time on him. Frankly saying he didn't really smell very nice, but I thought to myself let's give him a chance to talk. He sat in front of me and told me that he had won 6,000,000 pesetas (approx. €36,000) which at that time was worth 72,000 Deutschmarks. I asked him if he could prove this and he took out his BBVA bankbook which proved he had what he said. I phoned a German seller straight away and sold a studio apartment in Paraiso del Sol the same day for DM55,000! After the signing he came to my office and said he'd taken a shower for the first time in ages and it felt like paradise to him. The key of this story is: NEVER pre judge because you just never know what might, or can, happen!

**TPG: How did you cope**

**with the real estate crises of 2007 and 2008 and the Covid crisis?**

**CJB:** In the history of our agency we survived 3 crises. The first one was during the Thatcher period (the Poll Tax), then came the big one in 2007 – more than 55,000 estate agents in Spain went bankrupt, but we survived. The Covid crisis was not as bad as the previous ones, I managed to survive by doing some construction work and maintenance of gardens.

**TPG: How do you see the future of real estate in Tenerife?**

**CJB:** In general I see it as positive. There will always be a demand for a second home, but nowadays fewer people can afford one. If you compare life now with 20 years ago it will be good for the market if even 'half way' price corrections start to occur. A lot of properties are overpriced but I think sellers will come to realise this.

**TPG: Have you any advice for young people wishing to start a career in real estate in Tenerife?**

**CJB:** In the nineties it was much easier for young people, still difficult, but rental prices were affordable and there was real growth in the market. I had the opportunity to be a part of that. Today there are, of course still opportunities but the market has changed so today you have to be better prepared. My advice to beginners is to take a really professional approach, study and get a degree. To sell real estate you don't need a Licence, but you will do better if you have one. Success does not happen straight away; be patient and take a second job until you start to make money. Most important: look in the mirror in the morning and believe in yourself. Be persistent and NEVER give up!

**TPG: Thank you for your time today, and may we at The TPG wish you and Dr Strange continued success in 2026 and beyond!**



The Tenerife Property and Business Guide

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- Property space: 47 sqm
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## 1 BEDROOM APARTMENT - LOS ABRIGOS



NEW!  
EXCLUSIVE

This residential property is situated in the heart of the popular town of Los Abrigos, in a pleasant building with lift access. It is within walking distance of all local amenities, and would be perfect as a starter home, a winter bolt hole, or even as a long term rental investment. The property also comes with an underground parking space and a further storage room.

Ref: OG00224

Price: €180,000 (approx. £158,000)

## STUDIO APARTMENT - GOLF DEL SUR



NEW!

This modern & stylish studio apartment, has been recently fully refurbished, and is an ideal opportunity to get yourself on the Tenerife property ladder! The property has been renovated in a design to give a great feeling of space, with a clever use of lighting throughout. The spacious, sunny terrace boasts a pool view, with the sea in the distance. This is a great chance to have a base in sunny Tenerife to enjoy for short holidays, or longer indulgences.

Ref: GOLF01872

Price: €189,000 (approx. £166,000)

## 1 BEDROOM APARTMENT - AMARILLA GOLF



EXCLUSIVE

This well presented one bedroom property has views that will not be bettered, perfect for enjoying dining al fresco, whilst watching the sun setting. This top floor apartment has been refurbished to a high standard, including new flooring throughout. The complex is well maintained, with a pool area surrounded by gardens, palm trees and an onsite bar/restaurant.

Ref: AMG00643

Price: €200,000 (approx. £175,500)

## 1 BEDROOM APARTMENT - AMARILLA GOLF



EXCLUSIVE

If you are on the lookout for a charming, spacious, one bedroom apartment, situated on a fabulous community, then look no further than this little gem. You can step out of your bed and into the pool for your morning swim, as the property is ideally located next to the complex pool, just a few steps from your sunny, south facing terrace. The property is to be sold furnished, and is ready to move into.

Ref: AMG00647

Price: €220,000 (approx. £193,000)

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### 2 BEDROOM BUNGALOW - GOLF DEL SUR



A wonderful opportunity to acquire a two bedroom, two bathroom bungalow in the heart of Golf del Sur, with private driveway outside the property. The bungalow offers a dining area which leads to a light lounge, with patio doors opening on to the ample garden terrace area, and the separate kitchen is fully equipped. Two spacious bedrooms have en-suite bathrooms, one of which has recently been refurbished in a modern style, complete with walk in shower.

Ref: GOLF01870

Price: €360,000 (approx. £316,000)

### 3 BEDROOM APARTMENT - GOLF DEL SUR



A great opportunity to become the new owner of a high quality three bedroom, two bathroom penthouse apartment, situated within an immaculate, secure development, complete with heated communal swimming pool. The property is on one level, with an open plan fully fitted kitchen leading to the lounge area, with access out to the south facing terrace with view of the pool. The property is sold furnished and comes with a private parking space.

Ref: GOLF01859

Price: €379,500 (approx. £333,000)

We had an amazing experience with Tenerife Property Shop!

Bogdan D - November 2025



I would have no hesitation in recommending them.

Pat C - November 2025



I can highly recommend Tenerife Property Shop ...

Jenny & David B - October 2025



Excellent service ... Thoroughly recommend.

Wendy B - September 2025



Buying the property went smoothly.

Agata D - September 2025



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## Palm Mar, Club de Mar

**NEW INSTRUCTION!**



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

**€509,000**

## Palm Mar, Paraiso del Palm Mar I



A fabulous opportunity to acquire a fully furnished 3 storey, 2 bed, 1 bath (+WC) apartment in this well run complex in the heart of Palm Mar. The property benefits from 4 terraces set on different levels with different aspects, and enjoys amazing views over the nature reserve, across Palm Mar and out to sea. The price includes secure, underground parking.

**€569,000**



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### Los Geranios, San Eugenio Bajo



NEW  
INSTRUCTION!



We are delighted to present this brilliant 1 bedroom, 1 bathroom in a centrally-located complex. The living room is bright and spacious with direct access onto the terrace. An open, fitted kitchen that overlooks the living space that's of American style with sleek cabinets. The bedroom is immense in size, has light pouring in with fitted wardrobes and a welcoming feel. The bathroom has been recently refurbished with a fitted bathtub/shower and a washing machine. The terrace is sunny and large enjoying views over the communal pool and to the sea.

€325,000

Ref: N1663

### Windsor Park, Torviscas Alto



Lovely spacious and bright studio with a sunny terrace.  
€230,000 Ref: A524

### Paraiso del Sur, Playa Paraiso



Well presented, refurbished studio with stunning sea views.  
€229,000 Ref: A525

### Garden City, San Eugenio Bajo



NEW  
INSTRUCTION!



Great opportunity to acquire this fantastic 2 bedroom, 1 bathroom bungalow apartment in a popular complex. This property is spacious with natural light flooding in; the living room is large, well-presented, flowing directly onto the terrace with the kitchen being open, fitted and situated on the back wall with modern finishes and a ceramic hob. Both of the two bedrooms are of good size: one with a double bed and wardrobes while the other is open, featuring a rain-sensitive skylight.. The terrace is large, sunny with outdoor furniture and views directly over to the gardens and communal pool.

€395,000

Ref: T1405

### Parque San Eugenio, San Eugenio Bajo



EXCLUSIVE!



Fantastic 3-bedroom, 3-bathroom duplex in sought after complex. The first floor is compiled of a large living room that is bright and welcoming. Progressing, you will find the separate kitchen that is modern and fitted with sleek, high gloss, cream cabinets and red countertops. The first bedroom is situated on the first floor: it is bright and spacious with a private en-suite bathroom. On the second floor you can find the second bedroom that is of good size with an en-suite bathroom and a private terrace that looks over the communal pool.

€750,000

Ref: I1510

### Santa Maria, Torviscas Bajo



A bright studio with a sunny terrace. Views to both the pool and sea.  
€239,950 Ref: A521

### Los Geranios, San Eugenio Alto



Fantastic studio. bright with a large terrace.  
€240,000 Ref: A519

### Los Diamantes, Los Cristianos



Spacious 1 bed apartment with terrace. Pool views.  
€279,500 Ref: N1662

### Los Brezos Fañabe, Fañabe



Fantastic 1 bed apartment with 2 terraces, Communal pool. In heart of Costa Adeje.  
€299,950 Ref: N1661

### Santa Maria, San Eugenio Bajo



Stunning 1 bed apartment. Bright, fully refurbished. Terrace with pool views.  
€275,000 Ref: N1657

### Dinastia, Los Cristianos



Brilliant centrally-located 2 bed apartment with split terrace and immense communal pool.  
€285,000 Ref: T1336

### Holiday Valley, San Eugenio Alto



Fantastic 2 bed bungalow with immense terrace. Brilliant communal pool!  
€395,000 Ref: T1400

### Riviera Verde, San Eugenio Alto



Various 3 bed luxury villas for sale. All with modern finishes and stunning sea views.  
From €2,590,000 Ref: I1492



Translators available for any other languages.



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Ref: S-05 1380

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



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GOLF DEL SUR



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AMARILLA GOLF



Top floor, 2 bed, 2 bath spacious apartment with 2 terraces offering sea, pool and mountain views.

€255,000

PALM MAR



Spacious and bright, 3 bed, 2 bath terraced house with various terraces, on small complex.

€499,000

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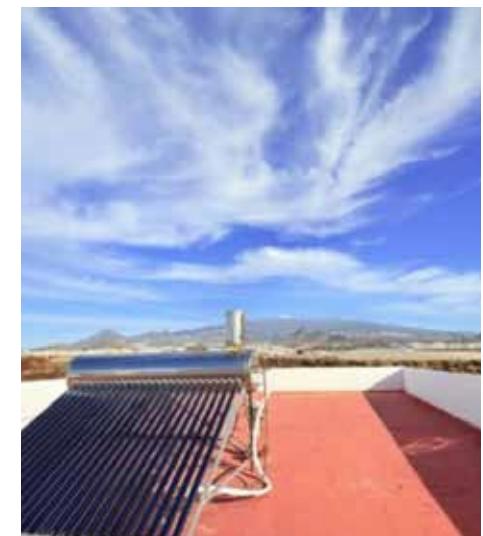


REF: S-03 2603



A unique detached, fully furnished family home in a quiet area of Costa del Silencio, set away from main foot and vehicle traffic. This well-maintained 3-bedroom, 3-bathroom property offers attractive indoor and outdoor features. The entrance leads to a spacious living room and a double bedroom with en-suite. The open-plan kitchen is fully equipped, with a double fridge freezer, separate

laundry room and direct terrace access. Two further full-size bedrooms, both en suite, are also on the ground floor. The large garage fits two cars and includes a whole-house water purifier and central vacuum system. Outside, mature gardens provide excellent privacy, while the private roof terrace offers mountain views and a solar-powered water heating system. Ready to move into and highly recommended.



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6,000 sqm plot in Las Moraditas with panoramic sea views. Main house (183sqm with 3 beds, 1 bath + WC), 2 independent houses, each 50sqm (1 bed, 1 bath), plus 75sqm garage, gardens, terraces, and a greenhouse..

Ref: 1350

€1,150,000

SANTIAGO DEL TEIDE



Exclusive 12 bed (all en suite) holiday home (can accommodate 28 people) in privileged location with stunning sea, mountain and La Gomera views. Urban plot of 411sqm with potential to extend by 200sqm.

Ref: 1355

€990,000

PIEDRA HINCADA



Finca with spacious (150sqm) 3 bed, 2 bath main house on plot of 5,000sqm (2,314sqm urban). In addition, there are 2 bungalow-style units (60sqm and 32sqm) perfect for guest accommodation. Lots of potential!

Ref: 1365

€1,050,000

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Ref: 1307

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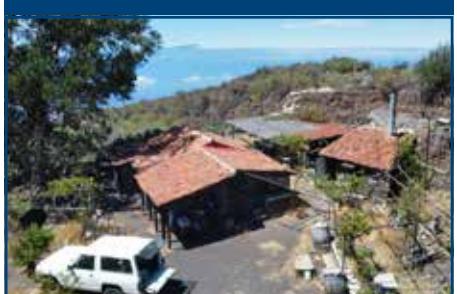


3 bed, 2 bath house with stunning sea views. This beautiful home features a sunny terrace perfect for relaxing while enjoying the breathtaking sea views. Spacious garage included.

Ref: 1342

€415,000

GUIA DE ISORA



Charming rustic estate in Chio with vineyard on plot of more than 79,000sqm. Main property 71sqm. Needs some renovation, but ideal for creating a cozy home or an agricultural project. Great opportunity!

Ref: 1375

€250,000

ROQUE DE SAN MIGUEL



Renovated Canarian house with 2 homes in one: Main 3-bed with kitchen, living, dining and storage. Separate ground floor 2-bed with own entrance, kitchen, living/dining and shower room.

Ref: 1340

€370,000

GUIA DE ISORA



Hugely impressive 7 bed, 3 bath villa in the heart of town (370sqm built, 350sqm usable). Ideal for conversion to a guest house or hostel. Large garage. Rooftop terrace with sea and mountain views.

Ref: 1371

€475,000

GUIA DE ISORA



Unique opportunity! Rustic plot of 6,900sqm ideal for those seeking to develop agricultural projects. Located just a few minutes from the nearest urban center. The land has a tool shed, plus a minor building permit and possibilities for planting.

Ref: 1374

€75,000

SANTIAGO DEL TEIDE



This 3 bed, 3 bath property with small garden, garage and pool on an urban plot of 300sqm<sup>2</sup>, is much more than a house; it's a blank canvas for your dreams, with the potential to expand construction in common areas and even add a 2nd floor! Breathtaking views!

Ref: 1317

€350,000

TIJOCO BAJO



Beautiful 4 bed, 2 bath house in great location. This spacious family home offers comfortable and versatile space with an internal patio that creates a cozy, relaxing atmosphere.

Ref: 1285

€330,000

GUIA DE ISORA



Magnificent, mostly flat rustic estate of 4,200sqm with spectacular views. Large toolshed with potential to convert to a nice home. No water or electricity, but both services are easily contracted.

Ref: 1364

€160,000



C.C. El Trebol, Local 37,  
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Est. 2007

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

€495,000

Ref: 317-1125

Los Cristianos



Magnificent 2-bed, 3-bath duplex penthouse (master en suite) in the sought-after Parque Tropical II complex, with pool and sunbathing areas. Approx. 114 sqm + 13 sqm terrace, featuring a spacious lounge/dining area, independent kitchen, and a stunning 43.8 sqm solarium with sea views. An exclusive penthouse in an unbeatable location.

€685,000

Ref: 313-1125

Costa del Silencio, Maravilla



Studio (44sqm) converted into a comfortable 1 bed, 1 bath apartment residential complex with heated pool. The property is in very good condition and offers lovely open views of the ocean and the village of Las Galletas from its 10sqm sunny terrace. Extras include air con.

€309,000

321-0126

Costa del Silencio, Garanana



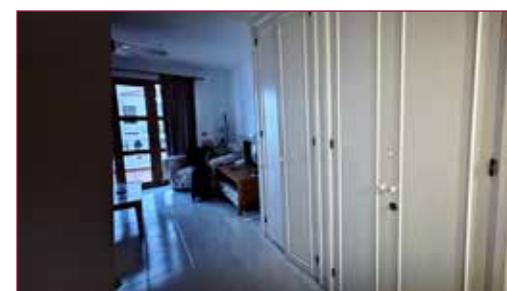
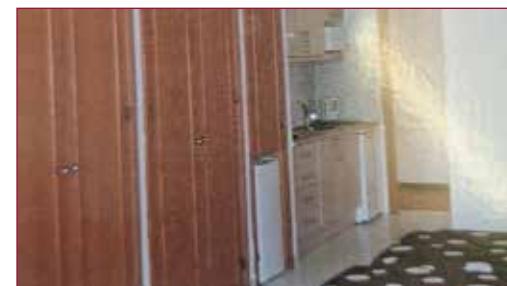
Meticulously maintained 3 bed, 4 bath (3 en suite) property (230sqm on 340sqm plot) with open-plan living/dining area, fully equipped open plan kitchen, a lovely terrace with mountain views, a large garden and a rooftop terrace with solar panels. The garage, with direct access from the street, includes ample storage space.

€494,000

322-0126

## DIRECT FROM OWNER

### Los Cristianos, Port Royale



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€195,000

Owner (UK)  
0044 7539 261601

Local Contact  
(Cheryl): 659 363 701

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€231,000

Ref: LR-C249

**Buzanada, Lovely refurbished apartment**

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€235,000

Ref: B-CR235



**Beautiful apartment in Las Rosas**

Great apartment on three levels, offering two spacious, bright bedrooms, plus an additional room that can be adapted to suit each family's needs (eg an office, dressing room, or a guest bedroom). All rooms are equipped with air conditioning. The property also has a private terrace on the top floor, a perfect place to enjoy the sun, host outdoor gatherings, or simply relax in complete privacy. Private parking space included. Sold unfurnished. Prime location, with all amenities close by.

€289,000

Ref: LR-LR298



**Los Abrigos, 2 bed penthouse**

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€345,000

Ref: LA345-2



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Ref.: 2928

Price: 8,700,000€

## Freehold Pool Bar for Sale



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

Ref.: 2905

Price: 180,000€

## Freehold Club in Los Cristianos



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

Ref.: 2936

Price: 2,500,000€

## Freehold including Business



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

Ref.: 2895

Price: 150,000€

## Freehold Pool Bar Investment



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

Ref.: 2941

Price: 350,000€

## Freehold Hair Salon



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

Ref.: 2909

Price: 80,000€

## Freehold Dry-Cleaning



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

Ref.: 2961

Price: 260,000€

## Freehold Disco Bar



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

Ref.: 2804

Price: 690,000€

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Palm Mar, Parking Space



€21,000

40.34sqm parking space on Level 1 In Res. El Mocan. Community Fees €10 per month

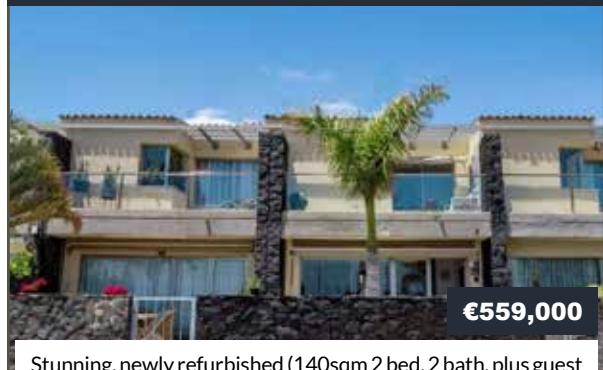
Valle San Lorenzo, Apartment



€240,000

3 bed, 2 bath apartment perfectly located in this charming village. Situated on the first floor with lift access of a well-maintained residential block, and has a spacious balcony.

Amarilla Golf, Terraced house



€559,000

Stunning, newly refurbished (140sqm 2 bed, 2 bath, plus guest toilet) house in sea front complex (and close to golf courses) with beautifully landscaped gardens and 2 communal pools.

Palm Mar, Apartment



€350,000

Bright and airy, part-furnished 2 bed, 2 bath corner apartment (114sqm with 12sqm terrace) located on sought after residential complex with 2 pools (plus a children's pool) and a padel court.

Amarilla Golf, apartment



€279,900

Lovely, fully furnished 2 bed, 2 bath (master en suite) top floor apartment (73sqm) in sought after complex with 3 community pools and close to 2 excellent golf courses and a bowling green.

Puerto Colon, Restaurant for Traspaso



€100,000

Fully equipped beachfront restaurant in Puerto Colón with sea views and high foot traffic. Over €60,000 in equipment included. Rent €1,100/month secured until 2031, with two years paid. Single floor, two bathrooms, modern systems. Turnkey opportunity.

Torviscas Alto



€345,000

Bright and cosy, recently renovated 2 bed 1 bath apartment in popular Villas Canarias complex with its nice communal swimming pool. An ideal property for comfortable living or as a secure investment.

Palm Mar



€350,000

Lovely, fully furnished 1 bed, 1 bath south-facing apartment (65sqm + terrace) in popular complex with very nice communal pool. The property has a living/dining room, fully equipped open plan kitchen and a large sunny balcony.

Palm Mar



€650,000

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# MOTORWORLD

## New Emergency Lights required from 01/01/2026 in Spain

Let's have a look at what is changing and why;

From 01/01/2026 new Emergency Lights will become mandatory. This is a major change that Spain is introducing to road safety equipment rules. Traditional reflective warning triangles will no longer be valid as the primary roadside emergency signal. Instead, all vehicles must carry and use a DGT-approved V-16 emergency light (a luminous beacon) that is connected to the DGT 3.0 traffic platform.

This is being introduced in an effort to increase safety for drivers and passengers during breakdowns and accidents, by reducing the need to leave your vehicle to place roadside

warning devices and by improving visibility for other drivers and traffic management systems. It is less likely to assist during daylight/sunny conditions, but time will tell.

V-16 emergency beacons are a small, yellow/amber flashing light designed to be placed on the vehicle in case of a breakdown or emergency. Unlike reflective triangles, the V-16 emits a 360° amber flashing light visible from afar, and do not require the driver to leave his/her vehicle to deploy it. The V-16 also includes Geolocation technology that, when activated, will transmit the vehicle's exact position to the DGT's traffic system (and hopefully will assist in prioritizing vehicles

in extremely dangerous positions). The new lights can be attached magnetically to the roof or other high points of the vehicle without stepping into traffic

### Why are these changes necessary?

The main purpose of these new emergency lights is roadside safety improvement. Traditional triangles require drivers to walk onto the road, often when traffic is fast-moving. The V-16 beacon allows hazard signalling without leaving the vehicle, greatly reducing risk. Real-time geolocation will help DGT and emergency services quickly identify and respond to incidents. Traffic officials estimate this will help reduce roadside

accidents and deaths caused when drivers place traditional markers.

### Who must comply?

The rule applies to most road vehicles, including:

- Cars
- Light commercial vehicles
- Buses
- Goods transport vehicles
- Non-special vehicle combinations
- Motorcycles and mopeds are exempt from carrying a V-16, though their use is still recommended
- Technical requirements for the V-16
- Only DGT-approved, connected V-16 lights will be legal from 1st January 2026.
- Required fea-

tures include:

- Geolocation (GPS) integration that links to the DGT 3.0 platform
- Automatic connectivity to send location when activated
- Visible 360° amber flashing light
- Sufficient battery life (often at least 30 minutes of light and months in standby)
- Resistance to adverse weather
- Long service life Official homologation/certification mark on the device and packaging
- Devices without approved connectivity or lacking DGT certification will no longer be legal — even if they flash (ie the old style ones).

### Fines and Enforcement

While official enforcement is expected to begin in 2026, authorities have indicated there may be a grace period initially where police focus on informing drivers rather than issuing fines.

**However, fines will eventually apply for non-compliance.**

- Drivers without a legally approved V-16 beacon may face fines (e.g. €80/€200)
- Heavier penalties may apply if improper signalling endangers others .

**Important!** — traditional warning triangles will no longer be accepted as lawful emergency signals after the deadline.



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dog, and once you gain his confidence, we truly believe he would be a loyal and amazing companion.

He is only 19 months old and the perfect age to find his forever home. He is not a large dog and would do fine in an apartment with regular walks. Do you think YOU could offer him a chance?

You can meet Shaggy at the Tierra Blanca Refuge, located near the Fasnia turn off from the TF1, just above the motorway. Call 606 500 171 or email [cpa.tierrablanca@tragsa.es](mailto:cpa.tierrablanca@tragsa.es). For English call Rachel on 629 031 273.



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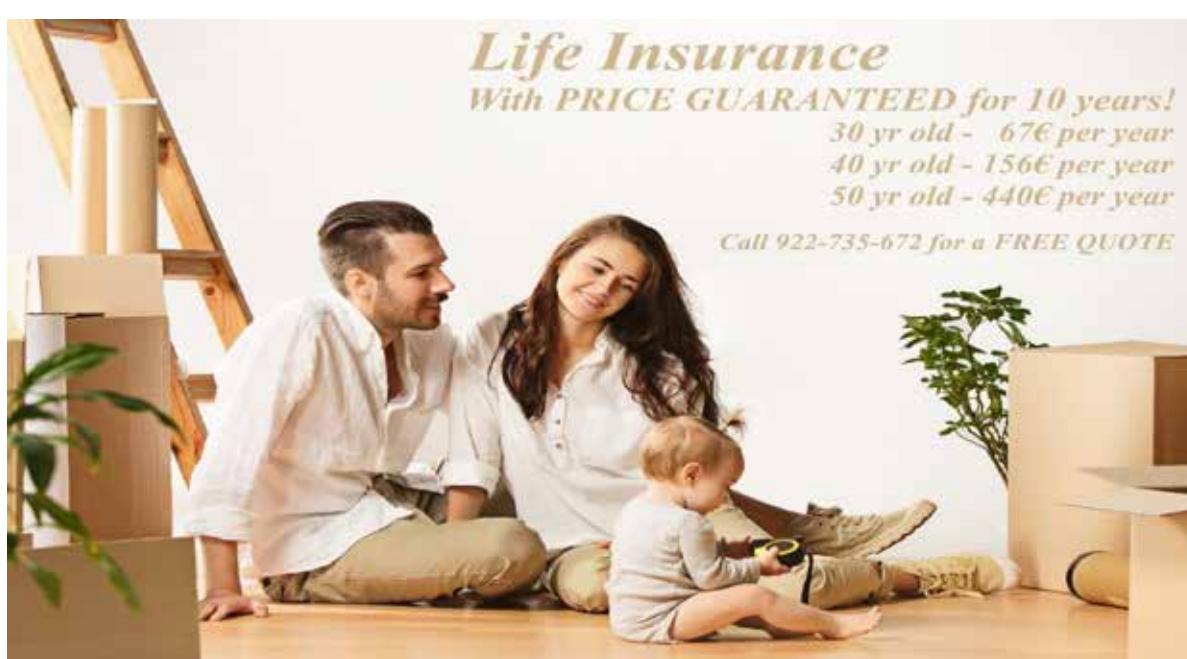
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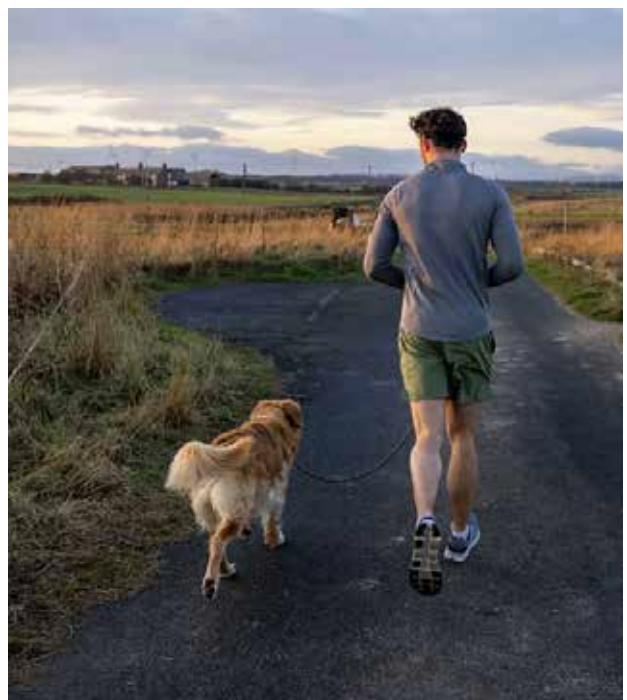
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# How to help your body detox itself

By Jocelyn Timperley, Martha Henriques, Isabelle Gerretsen, Richard Gray



Your body has plenty of ways to cleanse itself. Here's how to help it along.

If you've been taking part in the usual excesses of the festive period, you may now be considering a detoxification (or "detox") diet for a few weeks to try to cleanse your body. But from juice fasts to the many other energy or protein restricted detox diets, there's often little evidence that they actually work to eliminate toxins or to control people's weight.

Even the word "toxins", which generally refers to substances poisonous to organisms, is frequently used in a hazy, undefined way when these diets are promoted. And while there are certainly substances in our environment that

may harm us that, our bodies have a whole host of incredibly effective ways to get rid of them naturally.

Here's some of the ways you can help these processes along.

## Eat more fibre

The vast majority of us eat far too little fibre. In the US, some 97% of men and 90% of women do not reach the suggested intake. In fact, most Americans eat less than half of what's recommended.

Fibre has a major impact on our health. It helps lower inflammation, strengthens the immune system and can impact brain functioning, mood and cognition. It has also been shown to reduce the risk of many chronic diseases including cardiovascular diseases, type 2 diabetes, colon can-

cer and inflammation. The way fibre helps us cleanse our bodies is one reason for all these beneficial impacts.

For starters, fibre increases the size and weight of stools, making them softer and easier to pass and limiting the time harmful substances are in contact with the bowel.

Research also shows fibre can act as a kind of magnet, binding to toxins and other substances and helping to remove them from the body. A 2015 study, for example, found that fibre binds toxic ions such as lead, arsenic and copper, aiding in their excretion. Fibre also appears to help the body get rid of bile acids, lowering cholesterol and thus decreasing the risk of cardiovascular disease. Studies also show that some fibres may actually directly enhance the detoxification of carcinogens and inhibit the growth of cancer cells, although this is an early area of research.

Fibre may even help us cleanse out "forever chemicals", a set of long-lasting and potentially harmful human-made substances. Small scale studies in mice and humans have found that taking a fibre supplement with meals appears to reduce their levels in the body, although this is still an early area of research.

Fibre also helps protect the kidneys and liver – both crucial for removing toxins from the body – by protecting them from harmful bacteria and helping beneficial bacteria to grow.

To increase your fibre in-



Apples are an excellent healthy and high fibre snack – as are avocados

take, plant-based foods are your best bet. Dried fruits like apricots, leafy vegetables like spinach and legumes like chickpeas, lentils and beans are all high in fibre, as are porridge oats and wholewheat bread and pasta. Snack on apples, berries, nuts, seeds, popcorn or roasted pulses. Lots of variety is key, since there are lots of different fibres with different properties.

## Drink more water

Water helps to remove toxins from the body by helping the kidneys and liver to excrete waste.

The kidneys, for instance, use water to flush out toxins such as sodium and urea. Dehydration can cause waste to build up. Over time, even mild dehydration can increase the risk of kidney damage and make their waste clearance less effective. Drinking enough water can also help protect your kidneys in the long run – one review of 18 randomised controlled trials found that drinking more water could help reduce the risk of kidney stones, among other benefits.

So how much water is enough to help your body perform these essential functions? The widespread advice of eight glasses of water (around two litres) is outdated, stemming from advice in 1945 which included food as a source of water. Instead, around 1.5 to 1.8 litres per day (six to seven-and-a-half glasses) is enough for most people.

Water, lower-fat milk and sugar-free drinks, including tea and coffee all count towards this fluid intake.

## Help your lungs

There's been a proliferation of products claiming to cleanse your lungs, sometimes within days. The American Lung Association (ALA) warns against trusting such "quick fixes", noting some of these detox remedies can be dangerous.

There is something you can do to help promote your lungs' natural, self-cleaning capacity though: avoid pollutants in the first place. If you smoke or vape, quitting is the most important step you can take – as well as making sure to avoid second hand smoke.

The ALA also advises keeping your indoor air as clean as possible: includ-



Drinking enough water – around seven glasses a day – helps our kidneys and liver to excrete waste

surges of cerebrospinal fluid to flow across multiple brain regions.

Some scientists think that the sleep-hormone melatonin in the cerebrospinal fluid also acts like a detergent that helps to mop up some of the more pernicious waste. There is no evidence that taking supplements will improve this process, however.

Sleep loss, meanwhile, has been shown to impair the function of the blood-brain barrier, which can affect our brains' ability to clear itself of potentially neurotoxic byproducts. Even getting slightly less sleep than our bodies need – typically around seven hours, although this does vary from person to person – can affect our brain's ability to clear itself of waste material. All of this can have an impact on our brains the next day. Without this nightly tune up, our cognitive capabilities can slow down and our judgement can become impaired.

Some researchers have been exploring whether it might be possible to recreate the waste-removal processes of sleep while we are awake, including experimenting with a technology known as transcranial radiofrequency treatment, which delivers radio waves to the entire brain.

Others, however, believe it is better to focus on lifestyle choices to enhance sleep's natural toxin removal system. Some studies have suggested that sleeping on your right side can enhance the clearance of toxins by cerebrospinal fluid (although it is worth noting that the average person changes sleeping position around 11 times per night). Drinking large amounts of alcohol has also been found to have adverse effects on sleep, while regular

Continued on page 26



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EL PARADERO 1, BLOQUE 7, COSTA ADEJE

Continued from page 24

exercise seems to improve it. Much of this research, however, is still emerging and has been performed in studies with animals, so needs to be properly validated in humans before any firm recommendations can be made.

#### Keep fit

You can help rid your body of toxins through exercise. But not through sweating. Hot yoga sessions, sitting in saunas and working out in heated studios are increasingly popular activities, but scientists are sceptical about claims that you can "sweat out toxins". Davide Filingeri, a physiology professor at the University of Southampton,



*Sleep loss has been shown to impair the function of the blood-brain barrier*

told the BBC in October 2025 that he wasn't aware of "any strong empirical evidence" this is true, while Sarah Everts, a chemist and author of *The Joy of Sweat*, described the claim

as "completely bananas".

Sweat is mostly water and its primary function is to regulate our body temperature and cool us down. The liver and kidneys are the main pathways for re-

moving toxins from the body and research shows that exercise boosts blood flow to these organs and enables them to filter waste more effectively.

Excess fat impairs the liv-

er's ability to filter toxins, and research shows exercise can help reduce it. In one study of patients with non-alcoholic fatty liver disease, which can cause long-term liver damage and scarring, resistance training and aerobic exercise were found to reduce the liver's fat content. Another study found long-term high-intensity interval training reduces the decline of kidney function in older adults. Kidney Research UK recommends brisk walking, swimming and cycling, as among of the best exercises for kidney health. Even gardening, housework or taking the stairs rather than the lift can help.

Of course, for all these processes as well as most other changes in behav-

ior for health, it's the long term that counts. Experts also point out, for example, that while taking part in Dry January may have some short-term health benefits, drinking within alcohol guidelines for the whole year is far more important for our health. Permanent-ly adopting a Mediterranean diet, meanwhile, is often cited by scientists as the healthiest change you can make to your eating habits. (Read more about some of the best lifestyle tweaks for living well for longer).

So by all means make a push for a science-backed change in this month – but if you want to see real health benefits, you may need to stick with it far longer than just a few weeks.

# The pleasure of not knowing

By Douglas Murray, Deputy Editor, *The Spectator Magazine*



Reading and learning spills out endlessly. Perhaps because of that it can be off-putting: there is so much to know.

A few years ago the podcaster Lex Fridman published a list of books that he was hoping to read in the year ahead. It included works by George Orwell, Fyodor Dostoyevsky, Hermann Hesse and others. If he had published this in the world of print media he might have got back some encouraging noises. But because he put the list online – worse, on the platform then still known as Twitter – he received mostly mockery.

'Who hasn't read *Animal Farm*?' was the general tenor of the blowback, as though a man who had been a researcher at MIT was next to being a neanderthal.

I watched that passing storm with interest because one of the things that often strikes me about people who presume themselves to be well-educated is how often they feel the need to give off the impression that they have read, heard and know everything. As if at some stage between the cradle and the end of their formal education the whole canon was downloaded into their heads.

Several things result from that, not least that it probably puts some people off trying at all. So reading, listening and looking closely at art become cordoned-off areas, available only to those who already know almost everything. Tell somebody that you have just listened to Beethoven's Symphony No. 4 and that it's really, really good, and you're likely to be greeted as either a pseud, a fraud or a gibbering idiot. Who hasn't heard it already? Besides, who expresses

enthusiasm about something we all know – or are meant to pretend to know?

I think about this because one habit of mine is going back and reading things I know I've missed, and listening to things I haven't heard before. It's partly because, for instance, I noticed how many people have a favourite piece by a composer and just stick with that, leaving behind all the other works from the same pen that are waiting for them.

When Nicky Haslam started performing cabaret (mainly songs from the first half of the 20th century) he noted that people would often come up afterwards and say some variant of: 'Why don't they write them like that any more?' To which his reply went something along the lines of: 'They don't have to – there's thousands of them no one knows.' Which is completely right. Take the American songbook – surely America's greatest contribution to world culture. Most people will recognise a couple of Cole Porter or Rodgers and Hart songs, but veer away from the standard

tunes and it's blank faces all round. Which is ridiculous, because there's gold all over the place – even before you venture into the lesser-known songwriters of the period.

One of the joys in my life is to keep digging while trying not to be abashed about doing so. If I look back over the past year, one of the greatest things in it was reading Daniel Mendelsohn's new translation of the *Odyssey*. I picked it up because Mendelsohn is one of those authors whom I read everything by the minute it comes out.

But some way in I had a strange sensation; I was sure I knew the *Odyssey*. I must do? Yet except for some of the big set-pieces (the Cyclopes, the Sirens and so on) much of it seemed completely new territory. I realised that, like one of those academics in a David Lodge novel, I had never actually sat down and read the *Odyssey* all the way through before. Doing so changed my life.

Since reading it I've been seeing it everywhere, not just in other works of literature and art, but in everyday encounters. I can't stop thinking about parts of it, or thinking we should all be talking about it most of the time. When I got to the part where Odysseus, on his ten-year voyage home, lands on the island

where Helen is living, re-united with her husband Menelaus, I didn't stop talking about it for days. It is so appalling, unexpected and real: that the woman who started all this is back home, when Odysseus still is not, and that the men he set out with and fought with at Troy for a decade – because of her – are all dead.

As a result of discoveries like this I realise that I have become a lot better at just saying: 'I don't know that. Tell me about it.' A friend recently told me about a beautiful, fairly recent, choral piece by Bob Chilcott called 'High Flight'. It sets the opening of a poem by Henry Vaughan ('I saw Eternity the other night') and a sonnet that it turns out all American schoolchildren used to know and which I had never heard of.

**Reading, listening and looking at art become cordoned-off areas, available to those who already know everything**

The poem, by John Gillespie Magee Jnr, begins: 'Oh! I have slipped the surly bonds of Earth/ And danced the skies on laughter-silvered wings.' The poem gained fame in part because Magee was

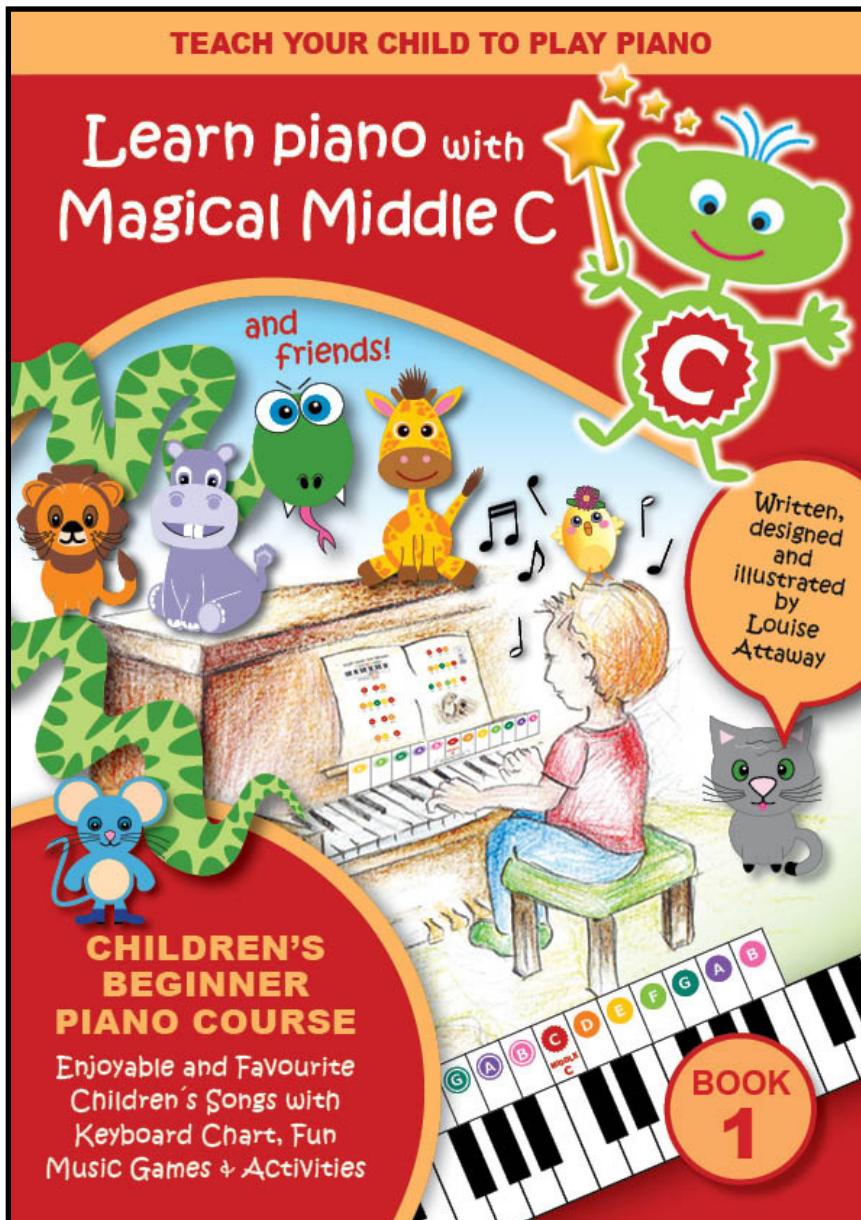
a second world war pilot who died in a crash over England in 1941 at the age of just 19. Then I realised that this was the poem that Ronald Reagan referred to in January 1986 on the evening that the Space Shuttle Challenger exploded. It was the genius of his speech-writer, Peggy Noonan, to have the US president refer to Magee's poem at the end of his remarks to the nation – remarks in which he specifically addressed the children who had watched the disaster live. 'We will never forget them, nor the last time we saw them this morning as they prepared for their journey and waved goodbye, and slipped the surly bonds of Earth to touch the face of God.'

So what started with a discussion about a piece of music ended up going out in all of these directions. And it seems to me that reading and learning is always like that – it spills out endlessly. Perhaps because of that it can be off-putting: there is so much to know.

Some people might say: 'I admit my ignorance.' But I'd like to suggest a slight alteration to that phrase. Perhaps something like: 'I'd like to admit my curiosity.' Because it's only when we accept what we don't know that the whole world really opens up.

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**Las Chafiras, Commercial  
Property**

**€750,000**

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

**Palm Mar, Bar/Restaurant**

**€700,000**

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

**San Eugenio Bajo, Commercial  
Property**

**€625,000**

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

**Los Cristianos, Empty Local**

**€500,000**

This local would be perfect if you

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

**Las Rosas, Restaurant**

**€495,000**

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

**El Medano, Commercial Property**

**€475,000**

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

**Playa de la Arena, Empty Local**

**€395,000**

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

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

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

**Tenerife South, Manufacturing  
business**

**€390,000**

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

Ref: 2410 | FRINA Tenerife SL - Business Sales | 922 085 191

**Los Cristianos, Pizzeria**

**€380,000**

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

Ref: 2576 | FRINA Tenerife SL - Business Sales | 922 085 191

**Puerto Colon, Sports Bar**

**€350,000**

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

Ref: 2591 | FRINA Tenerife SL - Business Sales | 922 085 191

**€349,999 - €250,000**

**Golf del Sur, Investment Property**

**€329,175**

1 bed · air conditioning, modern.

Ref: VS5424D | Vym  
Canarias | 922 787 210

**San Eugenio Bajo, Bar/Cafe**

**€325,000**

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

Ref: 2489 | FRINA Tenerife SL - Business Sales | 922 085 191

**Los Cristianos, Freehold Pub**

**€320,000**

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

Ref: 2422 | FRINA Tenerife SL - Business Sales | 922 085 191

**Los Olivos, Empty Local**

**€280,000**

2 bed · 2 bed, 5 bath commercial, local for sale.

Ref: IPPDOAL01 | Island Prime  
Property | +34 922 09 69 75

**Playa San Juan, Restaurant**

**€250,000**

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

Ref: 2504 | FRINA Tenerife SL - Business Sales | 922 085 191

**Los Gigantes, Freehold Property**

**€219,000**

Clear Blue Skies Group SL are delighted to offer this freehold business premises to the open market, located in Los Gigantes on the sunny west coast of Tenerife. Los Gigantes is the biggest resort town on the west coast of Tenerife, situated just along the coast from the delightful towns of Puerto Santiago and Playa de la Arena.

Los Gigantes is named aft... For full information see website or contact:

Ref: 2523 | FRINA Tenerife SL - Business Sales | 922 085 191

**San Eugenio Bajo, Bar/Cafe**

**€250,000**

FRINA Tenerife offers this famous

Tenerife café for sale. The café is in

San Eugenio and is known for its

international menu and live music.

It has been open for years and has

a good reputation among residents,

tourists, and on social media. And

whether you are looking for an

investment or a well-established

business to run yourself, you

cannot miss th... For full information

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Ref: 8344 | Clear Blue Skies SL | 922 714 772

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:

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successful business. Moreover, the owner only works limited hours hence, this is a g... For full information see website or contact:

Ref: 2409 | 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



# FRINA Tenerife

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

## Busy Pool Bar & Cafe



NEW

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

Ref.: 2968

Price: 110,000€

## Dry Cleaning & Laundry Business



Long-established laundry and dry-cleaning business for sale in prime Costa Adeje. Over 20 years of success, loyal clientele - a fully equipped, easy-to-run turnkey opportunity in a high-footfall area. **Monthly rent: 1,400€**

Ref.: 2958

Price: 60,000€

## Elegant Restaurant in Palm Mar



NEW

An elegant, high-standard refurbished, well-established restaurant in Palm Mar, offering a refined dining concept, loyal international clientele that values innovation and quality. A proven turnkey business. **Monthly rent: 1,168€**

Ref.: 2965

Price: 295,000€

## Charming Specialty Shop



REDUCED

Speciality shop in Palm Mar of 45 m<sup>2</sup> with a 50 m<sup>2</sup> terrace and minimarket license, known for high-quality products, fresh dishes and deli items, attracting locals and expats - a turn-key business with growth potential. **Monthly rent: 700€**

Ref.: 2924

Price: 20,000€

## Busy Restaurant in Los Cristianos



NEW

Well-established restaurant in a busy central area of Los Cristianos, known for its strong reputation and loyal international clientele, featuring a fully equipped open kitchen and a cozy terrace. **Monthly rent: 2,200€**

Ref.: 2967

Price: 85,000€

## Bar & Arcade Lounge



Bar and Arcade lounge in Torviscas, combining an equipped bar with many arcade games and steady footfall from locals and tourists. Easy to run with minimal staff and low overheads. **Monthly rent: 1,000€**

Ref.: 2957

Price: 99,000€

## Adult Bar in Las Americas



Beautifully refurbished restaurant and cocktail bar in central El Médano, featuring an 80 m<sup>2</sup> interior, a 150 m<sup>2</sup> terrace, a fully equipped professional kitchen, and a restaurant license - turnkey and stylish business. **Monthly rent only: 1,700€**

Ref.: 2960

Price: 69,000€

## Turnkey Diving Company



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

Ref.: 2956

Price: 450,000€

## Spanish Bar in Adeje Town

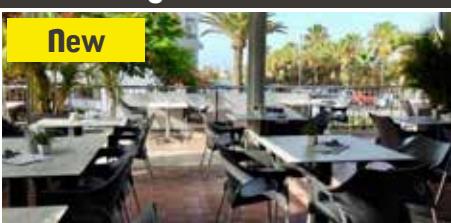


Long-established 110 m<sup>2</sup> local bar in the heart of Old Adeje with decades of loyal Spanish clientele, low overheads, drinks-only service, however the local has a simple kitchen. Perfect for a single person or couple. **Monthly rent: 1,500€**

Ref.: 2945

Price: 45,000€

## Bargain Bar & Cafe



New

Bar-café traspaso in a busy commercial area of Los Cristianos, closed and therefore priced as a bargain, fully licensed, well sized - 50 seatings. Closed but equipped, and ready to open immediately. **Monthly rent only: 1,600€**

Ref.: 2964

Price: 25,000€

## Large Restaurant in San Eugenio



REDUCED

Well-established restaurant with a 100 m<sup>2</sup> sea-view terrace, 50 m<sup>2</sup> interior and fully equipped kitchen - strong reputation, evenings-only operation, and big potential to add daytime service in a high-demand area. **Monthly rent: 1,750€**

Ref.: 2950

Price: 59,000€

## Successful Italian Restaurant



REDUCED

Long-established, reputed Italian restaurant in central Los Cristianos with 215 m<sup>2</sup> interior, 77-seat terrace. Currently closed due to personal matters, but ready to reopen in days. Open to offers! **Monthly rent: 1,250€**

Ref.: 2937

Price: 165,000€

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

### 2-bedrooms in Buzanada



Newly refurbished 78 m<sup>2</sup> 2-bed apartment with high-quality materials: new floors, windows, doors, and updated electricity. Ground-floor with street access, ideal for reduced mobility. Includes a private garage with internal access.

Ref.: D1398

Price: 235,000€

### 1-Bedroom Las Americas



You find this 1-bedroom apartment on the 7th-floor in the quiet Los Tajinastes complex, centrally in Las Américas. Large L-shaped private terrace extending the living space with stunning panoramic sea, sunset, and mountain views.

Ref.: D1400

Price: 269,000€

### 1-bedroom in Mareverde



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

Ref.: D1399

Price: 325,000€

### 1-bedrooms in Parque Albatros



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

Ref.: D1396

Price: 270,000€

### Modern 2-bedroom House



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

Ref.: D1380

Price: 320,000€

### Plot of Land in Adeje



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

Ref.: D1387

Price: 260,000€

### Modern 2-bedroom House



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

Ref.: D1395

Price: 430,000€

### Large Finca in El Tanque



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

Ref.: D1397

Price: 650,000€

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