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Twelve years ago Pro-Shade was one of the first companies introducing shade sails onto the Spanish market. Today Pro-Shade is a standardbearer on the Costa del Sol when it comes to shade solutions such as luxury awnings, pergolas and parasols. For hospitality clients, they have a design department that can custom-design awnings and parasols to shade bigger areas.

Extremely popular at the moment are bioclimatic pergolas, thanks to their adjustable motorised panels, which guarantee absolute protection from the elements, regulating the sun's intensity and providing natural ventilation. There is also the option of closing the perimeter sides with vertical blinds or sliding glass curtains.

Bioclimatic pergolas are the ideal solution for experiencing and protecting outdoor spaces. The movement system of the panels that make up the roof is the key technical feature of these structures. Pro-Shade is based in Marbella but has completed projects all over southern Spain, from Cádiz to Nerja.

Tel. +34 644 892 533 (J. van Os) www.pro-shade.eu



Residencias Lujosas Vitalux Introducing Doris Kavcic's Healthy Vita-Hideout

There is a highly specific feeling with a "first time", whether it's a first journey or a first day at a new job. It's a combination of exhilaration and fear, notes Doris Kavcic. The Healthy Vita-Hideout is infused with the flavour of Doris' first "outing". She founded Vitalux Real Estate (Residencias Lujosas Vitalux, S.L.) in 2009 "with a lot of passion", and it has become her lifetime achievement.

Doris believes that getting what you want from your job and your life takes mental toughness which is why she began studying to become a "mental coach". She primarily did this for her own development but also to lead the company in the best possible way. "Purchasing a property has so much to do with emotions and there was, since the beginning, this one key reason why the company was called 'Vitalux', including the word 'Vitality', which has so much power in all ways." Ten years later, in 2019, the Healthy Vita-Hideout has been born.

Doris adds, "The posts are just a beginning of what I hope will be a thrilling ongoing motivation about mind set, life coaching and balance for some of you." She loves to mix the unusual, seeking homes for people who entrust this search to Vitalux and offering the passion to motivate others with her own life experience. "I am – as we all are – a work in progress. Life is best lived in forward motion, not in reverse!" **Residencias Lujosas Vitalux S.L. Doris Kavcic / info@vitalux.es**