

## Outdoor Living

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Spanish Tit-Bits



The early months of Summer in southern Spain mean only one thing: the return of outdoor living. From evening dining with friends under the stars to impromptu poolside barbecues, or just enjoying a perfect shaded area to unwind with a cool drink, the options are almost endless.

Rather than just drag out the same old sun loungers, however, now is the perfect time to rethink how to get the most from outdoor living this summer.

### Stay cool by the pool

If you are fortunate enough to have a private pool, then it might be time to consider updating. A quick dip in your swimming pool provides a welcome respite from the heat of high summer, but with a little imagination it can become a focal point as well. It is well known that swimming has huge benefits - it doesn't put the pressure on your joints in the same way that other exercises do, and so is ideal for the over 40s as well as those who are recovering from injury. Even small plunge pools can be used by more active swimmers with the installation of water jets to swim against.

If you want your pool to be a place that you can relax in, then you can opt for: massage jets, update your pool lighting and even install a current generating machine, lagoon or glamour style- ProMas know exactly what to do to get what you'd like out of your pool. Upgrade your sunbathing area and perhaps add a freshwater shower and you have pool

perfection!

### **Get cooking!**

There is something very special about outdoor eating in the summer – food always seems to taste better! But rather than having the hassle of cooking inside and then having to bring out the food, consider an outdoor kitchen.

A simple set up with a preparation area, fridge, sink and cupboard space takes the stress out of summer dining. Add a dedicated barbecue or even wood burning oven, as well as a bar area, and you are good to go. Another benefit of living here is that you won't be restricted to using the outdoor kitchen solely in summer. If the sun is shining (which it normally is) you can enjoy al fresco eating year round – even Christmas lunch!

### **Summer chilling**

Let's face it – summer on the coast can be hectic as the maddening crowds descend to enjoy our little slice of paradise. If you have had a busy morning getting provisions for your evening poolside dinner, or just want to kick back and relax, then a book with a cool drink in the shade is just the thing. A poolside pergola is always a great option and provides another level to luxury to your day.

### **Inside out**

You can also make a fresh new use of your terrace, by treating it as an extension of your main interior space. Installing glass curtains rather than sliding doors, and restyling a tired terrace with new flooring, mood lighting and new furniture will complete a seamless transition from inside to outdoor living.

With just a little imagination you will be able to enjoy the best of summer living, all year round!