

The Tenerife Property & Business Guide



FREE / GRATIS
Every Month

June 2025
Issue 248

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Find Your DREAM HOME in Costa Adeje

See page 15 for more information on some of our available properties

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2024-2025

2 BEDROOM APARTMENT - LAS GALLETAS



Immerse yourself into the real Tenerife and become the proud new owner of this 2 bedroom apartment, situated within the vibrant town of Las Galletas. This light and bright property occupies a 3rd floor position and offers sea views from the lounge. The recently refurbished kitchen is spacious and well-equipped. The bathroom features a walk-in shower and both bedrooms offer wardrobes.

Ref: CDS00146 *Previously €210,000* Price: **€199,000** (approx. £168,500)

1 BEDROOM APARTMENT - GOLF DEL SUR



This third floor, one bedroom apartment, has been completely refurbished and is ready to move into. The property has a real home from home feeling and is situated within a quiet location, overlooking the communal pool and surrounding gardens, and is accessible via stairs or elevator. The development is in a superb location with lots of amenities close by, including restaurants, bars, shops, supermarkets, and the bustling San Miguel Marina.

Ref: GOLF01856 Price: **€225,000** (approx. £190,500)

2 BEDROOM APARTMENT - GOLF DEL SUR



A great opportunity to purchase a two bedroom, one bathroom apartment on a popular, established development, in the heart of Golf Del Sur. The apartment occupies the top floor position of a two-storey building, and faces South-East with distant sea views, and thus guarantees a sunny aspect all the year round. The property is sold furnished and we would recommend you take a look before it is too late.

Ref: GOLF01843 Price: **€299,950** (approx. £254,000)

2 BEDROOM DUPLEX APARTMENT - AMARILLA GOLF



Discover your dream home in this stunning two bedroom, one bathroom property, offering breath-taking golf course views and magnificent sea and marina vistas. With its prime location, this modern contemporary residence exudes an internal wow factor that is sure to impress, yet the exterior retains a Spanish vibe, featuring whitewashed walls and terracotta rooftops. Do not miss the opportunity to live in a place where every day feels like a vacation!

Ref: AMG00640 Price: **€320,000** (approx. £271,000)

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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

2 BEDROOM APARTMENT
- GOLF DEL SUR



A wonderful opportunity to be the proud new owner of a well presented two bedroom, two bathroom apartment, sold with underground parking space and a storeroom. From the moment you enter the property you are immediately struck by the open plan kitchen and lounge, that just seems to go on and on. The apartment is tastefully furnished and to be sold as seen, excluding some personal effects.

Ref: GOLF01855 Price: €370,000 (approx. £313,500)

4 BEDROOM APARTMENT
- PLAYA DE LAS AMERICAS



This spacious duplex apartment is located next to Las Americas golf course and opposite the popular shopping centre Parque Santiago 6. The property has been cleverly converted, and now consists of four bedrooms and two bathrooms. This property is sold furnished and also comes with an underground parking space and storage room. Fantastic location and an ideal holiday home for a family.

Ref: LA01971 Price: €385,000 (approx. £326,500)

★★★★★ SEE WHAT OUR CLIENTS SAY ABOUT US ★★★★★

When I was looking to buy a property everyone I spoke to directed me to the Tenerife Property Shop and I am so glad I took the advice. Buying a property abroad was made so easy and such an enjoyable ...

... the process was totally stress free.

Ann E - June 2025

★★★★★

Really helpful from start to finish highly recommend them for buying a property and were always on hand to help.

Andrew G...

Really helpful from start to finish ...

Andrew G - April 2025

★★★★★

I would just like to put pen to paper and extend our thanks to the team at Tenerife Property Shop. Going back to last summer we made the decision to purchase a property at Golf Del Sur. Having already been ...

They guided us through everything in a very professional manner ...

Norman and Kathleen - April 2025

★★★★★

It has been incredibly refreshing to have bought a property with such ease and flawless customer service. Lee Roberts went beyond the call of duty to ensure that we received an exceptional service, his non pushy sales stance and calm ...

... bought a property with such ease and flawless customer service.

Ian & Sarah - March 2025

★★★★★

They just know what they're doing

Steve S...

They just know what they're doing

Steve S - January 2025

★★★★★

★★★★★ VISIT OUR WEBSITE TO VIEW MORE TESTIMONIALS FROM OUR HAPPY VENDORS & PURCHASERS !



We don't make promises. We give GUARANTEES!

Find us on     





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.

It's 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 there's 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.

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Estrellas de Palm Mar



Stunningly presented house on small complex with pool. This immaculate, fully furnished house consists of a large lounge with a bright open feel, fully independent kitchen with built in appliances and patio doors to the garden. There are 2 double bedrooms, both with very nicely refurbished ensuite bathrooms, and there are 2 terraces.

If you are looking for a modern, fully equipped property, this is ideal and is within easy access to all local services.

€499,000

Palm Mar, Stunning villa



€P.O.A.



Amazing, fully furnished villa recently completely and lovingly renovated using the highest quality materials and furnishings throughout. The property enjoys spectacular views over the village and out to sea, and the owners have also installed a private, heated pool that can be enjoyed all year round. There is an added bonus of a very large roof terrace (which could be developed to enlarge the property).

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Calle Luis Alvarez Cruz,
nº6, Edf Bahia Azul, Local 8C
Las Galletas - Next to post office



Costa del Silencio, Amarilla Bay

Stunning, exclusive, fully furnished penthouse duplex in sought after sea front complex with its breathtaking sea views. The property has an open kitchen, spacious, bright living room, and a beautiful terrace with great sea and mountain views., plus an additional room, currently used a storeroom. Gated community parking area. Holiday rentals are permitted. Great investment!

€276,000

Ref: CDS-AB294

Los Abrigos, fabulous 2 bed penthouse

Located just a few metres from the sea front, this fabulous 2 bed, 2 bath recently completely renovated property offers undisturbed sea and mountain views from the apartment as well as its huge roof terrace. One of only 4 apartments in the building (1 per floor) each with a storeroom. Enjoy the peace and quiet of this coastal village, while being only a short stroll to a great selection of excellent restaurants, shops and other amenities.



€360,000

Ref: LA360-2



Costa del Silencio, Coral Mar

Great recently refurbished and tastefully furnished, centrally-located 2 bedroom, 2 bathroom investment property on 1st floor of this popular complex with pool and commercial centre. Currently, the property is registered as a Commercial unit which any potential purchaser can decide to change. The property has a semi-independent kitchen, a big and bright living room and a large double terrace. Close to all amenities and just 5 minutes' walk to the famous Yellow mountain with a natural bay area.

€223,000

Ref: CDS012-CM223

Guargacho, Lovely 1 bed apt

Lovely, fully furnished 1 bed, 1 bath ground floor apartment. Ideal investment or family home. The property features an open-plan living-dining area with a fitted kitchen, a spacious bedroom with a built-in wardrobe, and a full bathroom, it also has an additional room. Extras include electric shutters and a separate laundry room. Although there is no outdoor space, its ground floor location offers easy access. Close to amenities and public transport.



€160,000

Ref: G-A160

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Ref: TPP/eldes



**EL DESIERTO, 9 Bedroom house with 10,000sqm land
OFFERS IN THE REGION OF €360,000**



Substantial (400sqm) property in popular Canarian village, suitable for Bed and Breakfast, or small family hotel, sitting on a 10,000sqm plot with road access from the countryside as well as the village. Requiring full renovation/reforming, this large property has 9 bedrooms, 3/4 bathrooms. 2 kitchens, various lounge/sitting areas, numerous sunny terraces and 2 secure garages with direct street access.



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5 BEDROOM DETACHED VILLA



CALLAO SALVAJE - ADEJE
Ref: 86-392 €899,500,=

Property details

- Plot of land: 548 m2
- Surface: 190 m2
- Terrace: 49 m2
- Porch: 20 m2
- 4 bathrooms
- 1 guest toilet
- Separate 1 bed apt

Characteristics

- Huge sunbathing area
- Stunning panoramic views of Ocean
- Car parking on plot
- No through traffic
- Peaceful surroundings
- Sun all day
- Beautiful sunsets



VIEWING BY APPOINTMENT ONLY

SALES OFFICE

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CORSTIAAN JOHN BOS: +34 649 957 267



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Oroteanda Baja, Beautiful villa



€ P.O.A.



Stunning, fully furnished, 5 bed, 3 bath (master en suite) detached villa with heated pool on 2,000sqm plot. This spacious property has a huge terrace to the front which can accommodate up to 8 cars, and a private garden / terrace with lovely sea views to the rear with pool, BBQ/chill out area, jacuzzi and orchard (this significant area is eminently suitable for subdivision to create an excellent-sized plot

suitable for the construction of a separate independent villa with pool, parking and lovely sea views.) There is a large lounge/ dining area, a fully equipped fitted kitchen and garage for 4 cars with direct access. Extras include aircon and central heating throughout, and solar panel heating for hot water and the pool. Eminently suited as an investment property (sleeps 14!) or family home.



REF: SA03-010

Playa San Juan

Lovely fully furnished and equipped 3 bedroom apartment in popular seaside village a short drive from Los Cristianos and Las Americas.



REF: SA02-009

Torviscas Alto

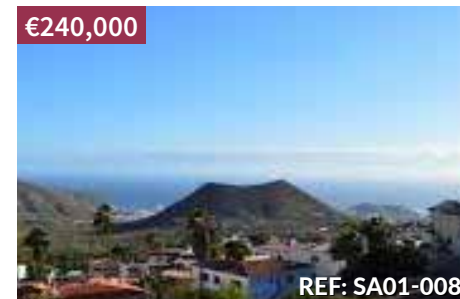
Very nice, fully furnished, 2 bedroom apartment with nice views from sunny terrace in complex with pool.



REF: SA02-009

Los Cristianos

Fully furnished and equipped 2 bedroom property in complex with pool. Close to sea front and all amenities.



REF: SA01-008

Chayofa

Well-located fully furnished and equipped 1 bedroom apartment in complex with pool. Sunny terrace.



Playa Paraiso, Res. Playa Paraiso V

Spacious, modern 1 bed, 1 bath apartment in complex with pool close to new shopping centre. The property has a lounge/dining room, open plan kitchen, sunny terrace and secure, private parking.



Parque de La Reina, Teneguia

Lovely 3.5 bed, 2 bath penthouse, fully furnished and recently refurbished. The property has a large lounge/dining area, brand new kitchen, utility room, office/3rd bed and huge 65sqm roof terrace with panoramic sea and mountain views. Community pool and parking.



Callao Salvaje, Sueno Azul

Amazing, fully furnished. 3 bed, 2 bath detached villa with pool in quiet residential area close to all amenities and the sea front. The property has a lounge/diner, semi-independent kitchen and lots of outside space.



La Caleta, Villa

Stunning 4 bed, 2 bath villa (master en suite) with the ocean-front walkway on your doorstep. The property has a large lounge, dining room plus private outside dining area, and an amazing roof terrace with panoramic sea and mountain views.



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Continued on page 10



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Olympia, San Eugenio Bajo



Brilliant opportunity to acquire this studio apartment in a centrally-located complex. The property needs a refurb and is competitively priced. The space is well divided with the living room/sleeping area towards the front of the property, it's bright and spacious, flowing directly onto the terrace and has a great deal of potential with a bit of work. The bathroom is of good size with a fitted shower. A large terrace, perfect for Al Fresco dining, that looks over the communal gardens.

€150,000

Ref: A514

Los Geranios, San Eugenio Bajo

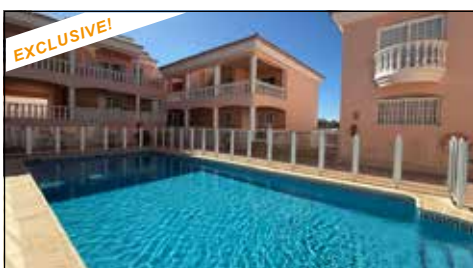


We are delighted to present this fantastic opportunity: a bright 2 bedroom, 1 bathroom apartment for sale. The living room is large and naturally lit with direct access onto the terrace. An open kitchen that's sleek and of American style overlooks the living room. This property is compiled of two spacious bedrooms; the master bedroom is well-presented with fitted wardrobes and opens onto the terrace. Towards the back of the apartment is the second bedroom which is of good size and bright.

€495,000

Ref: T1338

Atlantic Palace, Callao Salvaje



We are delighted to present this fantastic 2 bedroom corner duplex. A spacious and well-presented property with a bright stylish living room of good size that opens onto the patio. The patio wraps around one corner of the property with space to relax and a small garden. The kitchen is separate and large, fitted with tasteful cabinets and plenty of storage/counterspace. A small terrace is located by the kitchen. Upstairs, you will find the two bedrooms, both of good size and well-presented. This property also has a sunny roof terrace which is perfect for enjoying the Tenerife sun and has views to the sea! Well-kept complex with a fabulous communal pool in the heart of Callao Salvaje.

€360,000

Ref: T1333

Ponderosa, Costa Adeje

PENTHOUSE



Fantastic studio. Well-divided, bright and stylish. Terrace overlooks the communal pool and sea.

€210,000

Ref: A502

Club Atlantis, Costa Adeje

EXCLUSIVE!



Fantastic 1 bed, 1 bath apartment In this exclusive, frontline complex.

€480,000

Ref: N1639

Ocean Park, Costa Adeje



Refurbished and spacious 1 bed, 1 bath apartment with a sunny terrace and sea views

€275,000

Ref: N1641

Los Geranios, Costa Adeje

FRONT LINE!



Lovely 1 bed, 1 bath apartment with 2 terraces enjoying sea views and a communal pool.

€310,000

Ref: N1634

Dinastia, Los Cristianos



Brilliant 2 bed apartment in centrally-located complex. Split terrace. Immense communal pool.

€299,000

Ref: T1336

Edf. Los Cristianos III, Los Cristianos

NEW INSTRUCTION!



Lovely 1 bed, 1 bath apartment with sea views, parking, and a pool.

€250,000

Ref: N1644

Montesol, Costa Adeje

OPPORTUNITY



Spacious 1 bed, 1 bath apartment with 2 terraces and sea views.

€225,000

Ref: N1642

Palo Blanco, Costa Adeje

LUXURY



Fantastic, refurbished 2 bed, 1 1/2 bath, double glazed duplex. Fully furnished with modern finishes.

€395,000

Ref: T1330

Edificio Vera I, Adeje



A great opportunity to acquire this immense 4 bed apartment with balcony in residential town.

€210,000

Ref: I1497

Los Geranios, Costa Adeje

NEW INSTRUCTION!



Immense studio apartment with sunny terrace and communal pool.

€259,000

Ref: A512



Translators available for any other languages.



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Residencial Paraiso 5 – PLAYA PARAISO - 225.000€

REDUCED!



Modern and spacious, one bedroom apartment located next to the new shopping center in a well located quiet residential community. This quality construction offers one large bedroom with private balcony, bathroom, open plan fitted kitchen and lounge / dining room with terrace. This apartment comes with private secure parking and the community facilities include elevator, gardens and swimming pool. Rare opportunity.

Los Cristianos, Port Royale 195.000€

OFFERS!



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

Sueño Azul – CALLAO SALVAJE - 595.000€

REDUCED!



Amazing three bedroom private villa with pool. With direct road access this bungalow offers three bedrooms, two bathrooms, semi separate kitchen, and lounge / dining room. Plenty of outside space and additional storeroom. Ample street parking, in this quiet secure, residential area. Close to bars and restaurants and easy walking distance to the beach. An excellent opportunity to own this detached property that also has great letting potential.

Private Villa, LA CALETA 1.595.000€



A truly unbeatable location. This stunning villa is located in the perfect spot, right in the heart of La Caleta, with the ocean front walkway just on your door step. This spacious property offers four double bedrooms, the master en-suite. Bathroom, independent kitchen, utility room, dining room, large lounge leading to a private outside dining area with sea views. Amazing roof terrace with panoramic sea and mountain views. Front and back garden and direct access to the beautiful community swimming pool.



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Calle Tagara,
Jardin Botanico
Local 8
ADEJE

OPPORTUNITIES OF THE MONTH!

PLAYA SAN JUAN	SANTIAGO DEL TEIDE	GUIA DE ISORA	ADEJE
			
Unique property with lots of potential. 13,000sqm plot with olive trees and gardens with a 120sqm 3 bed main house and a small (30sqm) charming cottage.	Exclusive holiday home in great location with stunning sea, mountain and La Gomera views. Plot of 411sqm with possibility of expanding by 200 m². Property with 12 rooms with bathrooms, accommodating up to 28 guests.	5,000sqm plot with 220sqm house on 2 floors (6 beds and 2 baths), private pool, cozy garden, stunning sea and mountain views, and garage.	6,000 sqm plot in Las Moraditas with panoramic sea views. Main house (183sqm with 3 beds, 1 bath + W/C), 2 independent houses, each 50sqm (1 bed, 1 bath), plus 75sqm garage, gardens, terraces, and a greenhouse..
Ref: 1310 €600,000	Ref: 1355 €990,000	Ref: 1339 €1,150,000	Ref: 1350 €1,150,000

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PROPERTIES WANTED FOR RENT
CLIENTS WAITING!

GUIA DE ISORA	GUIA DE ISORA	TIJOCO BAJO	SANTIAGO DE TEIDE
			
Canarian bungalow in Aripe on 3,000sqm plot. 3 beds, 2 baths, office, living room with open kitchen, bright patio, and fitness room.	Wonderful rustic farm (4,924sqm plot) with cozy, 100sqm 2 bed, 2 bath home, surrounded by a beautiful terrace and garden with fruit trees and garage. In addition, it has an avocado orchard suitable for an agri-food project.	Beautiful 3 bed, 2 bath family home with spacious garage and a sunny terrace enjoying breathtaking sea views. A fantastic opportunity!	3 bed, 3 bath home on 300sqm plot with lots of potential to develop. The garage ensures convenience, while the private pool, small garden, and terraces offer breathtaking views.
Ref: 1328 €546,000	Ref: 1329 €470,000	Ref: 1342 €415,000	Ref: 1317 €350,000
GUIA DE ISORA	GUIA DE ISORA	GUIA DE ISORA	GUIA DE ISORA
			
Rustic Property – 56sqm building on a 3,441sqm plot. Ideal for renovation or project. No car access, but road possible. Includes water tank for irrigation. South-facing, bright, and peaceful. A hidden gem!	Located in Playa San Juan surrounded by natural beauty. 11,000sqm plot suitable for development.	10,000sqm vineyard with 96sqm (1 bed, 1 bath, kitchen, living room, storage room), irrigation system, generator, 1,000-litre water tank, and fruit trees. Barbecue area with sea and mountain views.	Agricultural paradise! 6,831sqm plot growing avocados, mangoes, and passionfruit, plus an olive oil production business. The property has a 30sqm operations centre with bathroom and sitting room, 75,000 litre water tank + 3 additional tanks to ensure constant irrigation.
Ref: 1332 €76,000	Ref: 532 €298,000	Ref: 1185 €250,000	Ref: 1290 €300,000

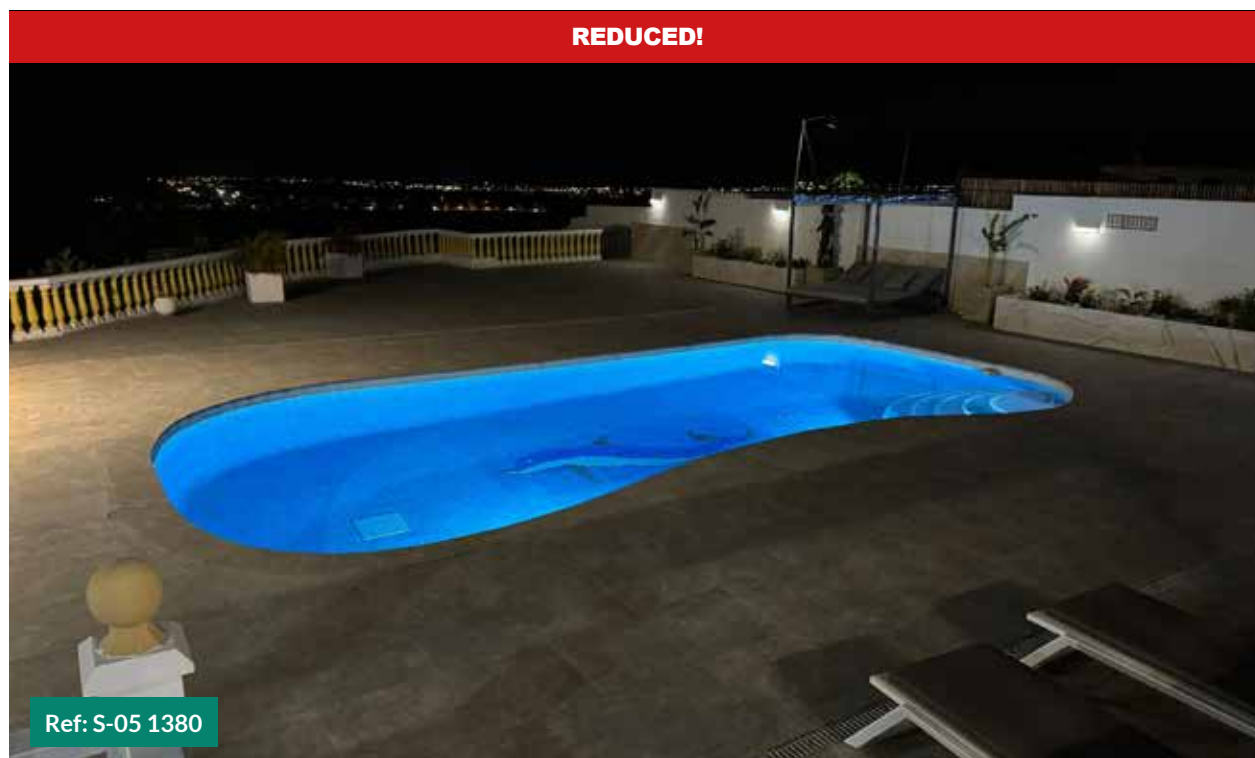
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REDUCED!



Ref: S-05 1380



Oroteanda Baja

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

€P.O.A.



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

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



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Service



Security

Here are a couple of examples of properties which could become your DREAM HOME in Costa Adeje!

2 BEDROOM APARTMENT - TORVISCAS BAJO



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Ref: LA01963

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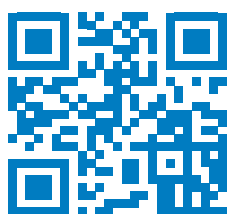
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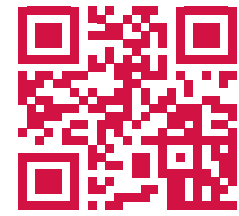
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A guide to buying land to build your dream home in Spain



More and more expats in Spain are ditching the search for a ready-made home and opting to build from the ground up. Whether it's the appeal of designing every detail yourself or simply a way to get better value for money, buying land and building your own property offers a unique opportunity. But it's not without its complications. If you're thinking about going down this route, it pays to understand the key steps and potential pitfalls before you break ground.

Choosing the right plot

Spain categorises land primarily into two types: *rústico* and *urbano*. *Rústico* land is typically rural and often lacks essential infrastructure,

making it unsuitable for residential construction. Conversely, *urbano* land is designated for development and usually has access to utilities like water, electricity, and sewage systems. However, even *urbano* plots may require additional investments to ensure full habitability.

Before purchasing, you'll want to obtain a *nota simple* from the Land Registry to check for any existing debts or legal issues associated with the land. Additionally, consulting the local Plan General de Ordenación Urbana and obtaining a *certificado urbanístico* will provide insights into zoning regulations, building restrictions, and permissible land use.

Understanding the timeline

Building a home in Spain is a marathon, not a sprint. The design phase can span several months, followed by a 4-6 week period to prepare the building licence application. Approval for this licence may take additional months or even years, depending on the municipality. Once construction commences, expect a timeline of up to two years before completion.

Financial planning and currency considerations

Financing a self-build project involves more than just the cost of the land and construction. Additional expenses include surveys, legal fees, permits, and utility connections. It's essential to create a comprehensive

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The Tenerife Property and Business Guide

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What does spending a long time in space do to the human body?

By Richard Gray, Editor, BBC Future



The record for a single trip into space currently stands at 437 days, but prolonged periods in orbit can alter an astronaut's body in some surprising ways, changing their muscles, brains and even their gut bacteria.

Astronauts Suni Williams and Butch Wilmore never expected to stay in orbit for nine months. Their initial trip to the International Space Station onboard the Boeing Starliner spacecraft was scheduled to last just eight days in June 2024. But after technical problems with the spacecraft meant it had to return to Earth without them, their stay in space has been longer than expected. Now they are finally making a return to Earth, the pair will have to acclimatise to the full tug of our planet's gravity on their bodies after so long away from home.

Of course, neither are new to the rigours of space travel. They are both experienced astronauts. But any extended time in the strange, low gravity envi-

ronment of space is likely to have affected their bodies. To understand how, we need to look at those who have stays in space have been longer.

The longest single spaceflight by an American to date was by Nasa astronaut Frank Rubio after he spent 371 days living aboard the American-football-field-sized collection of modules and solar panels that make up the ISS.

His time in orbit – which surpassed the previous US record of 355 consecutive days – was extended in March 2023 after the spacecraft he and his crewmates had been due to fly home in developed a coolant leak. He eventually came home in October 2023. The extra months in space allowed Rubio to clock up a total of 5,963 orbits around the Earth, travelling 157.4 million miles (253.3 million km).

Even so, he was still around two months short of the record for the longest ever spaceflight by a human – Russian cosmonaut Valeri Polyakov spent 437 days onboard the Mir Space Station in the mid 1990s.

And in September 2024, two Russian cosmonauts – Oleg Kononenko and Nikolai Chub – broke the record for the longest stay

on the ISS after spending 374 days in orbit. The pair departed the ISS in the Soyuz MS-25 spacecraft along with US astronaut Tracy Dyson, who had spent six months onboard. With a huge grin on his face, Kononenko gave a double thumbs up as he was helped from the re-entry capsule after it bumped back to Earth in a cloud of dust near the remote town of Dzhezkazgan on the Kazakhstan Steppe. He now also holds the record for the longest cumulative time in space – a total of 1,111 days in orbit. Kononenko and Chub travelled more than 158 million miles during their 5,984 orbits of the Earth in the latest mission to the ISS. But spending so much time in the low gravity environment of the space station took a toll on their bodies, so they had to be lifted out of the capsule by the recovery teams.

Rubio's own extended trip in space provided valuable insights into how humans can cope with long-duration spaceflight and how best to counteract the problems it can present. He is the first astronaut to participate in a study examining how exercising with limited gym equipment can affect the human body.

While the results have

yet to be published, it is information that will prove vital as humans set their sights on sending crews on missions to explore deeper into the Solar System. A return journey to Mars, for example, is expected to take around 1,100 days (just over three years) under current plans. The spacecraft they will travel in will be far smaller than the ISS, meaning smaller lightweight exercise devices will be needed.

But problems keeping fit aside, just what does spaceflight do to the human body?

Muscles and bones

Without the constant tug of gravity on our limbs, muscle and bone mass quickly begins to diminish in space. The most affected are those muscles that help to maintain our posture in our back, neck, calves and quadriceps – in microgravity they no longer have to work nearly as hard and begin to atrophy. After just two weeks muscle mass can fall by as much as 20% and on longer missions of three-to-six months it can fall by 30%.

Similarly, because astronauts are not putting their skeletons through as much mechanical strain as they do when subject to Earth's gravity, their bones also start to demineralise and lose strength. Astronauts can lose 1-2% of their bone mass every month they spend in space and up to 10% over a six-month period (on Earth, older men and women lose bone mass at a rate of 0.5%-1% every year). This can increase their risk of suffering fractures and increase the amount of time it takes to heal. It can take up to four years for their bone mass to return to normal after returning to Earth.

To combat this, astronauts undertake 2.5 hours a day of exercise and intense training while in orbit on the ISS. This includes a series of squats, deadlifts, rows and bench presses using a resistive exercise device installed in the ISS's "gym", alongside regular bouts tethered to a treadmill and on an exercise bike. They also take diet supplements to help keep their bones as healthy as possible.

A recent study, howev-



The journey back to Earth from the ISS can be pretty rough, despite boosters and parachutes slowing the descent

er, highlighted that even this exercise regime was not enough to prevent losses in muscle function and size. It recommended testing whether higher loads in resistance exercises and high intensity interval training might help to counteract this muscle loss.

The lack of gravity pulling down on their bodies can also mean that astronauts find they grow a little taller during their stay on the ISS as their spines elongate slightly. This can lead to issues such as back pain while in space and slipped disks once back on Earth. During a briefing onboard the ISS ahead of his return to Earth, Rubio himself said his spine was growing and said it might help him to avoid a common neck injury that astronauts can suffer when their spacecraft hit the ground if they try to crane out of their seats to see what is happening. "I think my spine has extended just enough that I'm kind of wedged into my seat liner, so I shouldn't move much at all," he said.

Weight loss

Although weight means very little while in orbit – the microgravity environment means anything not tethered down can float around the ISS habitat freely, including human bodies – maintaining a healthy weight is a challenge while in orbit. Although Nasa tries to ensure its astronauts have a diverse range of nutritious foods, including most recently a few salad leaves grown on board the space station, it can still affect an astronaut's body. Scott Kelly, a Nasa astronaut who took part in the most extensive study of the effects of long-term spaceflight after staying onboard the ISS for 340 days while his twin brother stayed back on Earth, lost 7% of his body mass while

in orbit.

Researchers examining Scott Kelly after his trip to the ISS found that the bacteria and fungi living in his gut had altered profoundly compared to before he flew into space

Eyesight

On Earth, gravity helps to force the blood in our bodies downward while the heart pumps it up again. In space, however, this process becomes messed up (although the body does adapt somewhat), and blood can accumulate in the head more than it normally would. Some of this fluid can pool at the back of the eye and around the optic nerve, leading to oedema. This can lead to changes in vision such as decreased sharpness and structural changes in the eye itself. These changes can start to occur after just two weeks in space but as that time goes on, the risk increases. Some of the vision changes reverse within about a year of astronauts returning to Earth, but others can be permanent.

Exposure to galactic cosmic rays and energetic solar particles can also lead to other eye problems. The Earth's atmosphere helps to protect us from these but once in orbit on the ISS, this protection disappears. While spacecraft can carry shielding to help keep out excess radiation, astronauts onboard the ISS have reported seeing flashes of light in their eyes as cosmic rays and solar particles hit their

Continued on page 28



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Continued from page 26

retina and optical nerves.

Neural shuffling

After his long stay on the ISS, however, Kelly's cognitive performance was found to have changed little and had remained relatively the same as his brother's on the ground. However, researchers did notice that the speed and accuracy of Kelly's cognitive performance did decrease for around six months after he landed, possibly as his brain readjusted to the Earth's gravity and his very different lifestyle back home.

A study on a Russian cosmonaut who spent 169 days on the ISS in 2014 also revealed some changes to the brain itself seem to occur while in orbit. It found there were changes in the levels of neural connectivity in parts of the brain relating to motor function – in other words, movement – and also in the vestibular cortex, which plays an im-



The microgravity environment of the ISS can have significant effects on the human body that will be a challenge as humans explore farther into the Solar System

nutrients to the brain and disposing of waste) can swell and take up to three years to shrink back to normal size.

Friendly bacteria

It is apparent from research in recent years that a significant key to good health is the make up and diversity of the microorganisms that live in and on our bodies. This microbiota can influence how we digest food, affect the lev-

activity could all also have played a role. (Find out more about how exercise affects your gut microbes.)

Skin

Although there have now been five Nasa astronauts who have spent more than 300 days in orbit, we have Kelly to thank again for insights into how his skin fared while in orbit. His skin was found to have heightened sensitivity and a rash for around

seems to alter the length of these telomeres.

"Most striking, however, was the finding of significantly longer telomeres during spaceflight," says Susan Bailey, a professor of environmental and radiological health at Colorado State University who was part of the team studying Kelly and his brother. She has done separate studies with another 10 unrelated astronauts who have taken part in shorter missions of around six months. "Also unexpected was that telomere length shortened rapidly on return to Earth for all crewmembers. Of particular relevance to long-term health and ageing trajectories, astronauts in general had many more short telomeres after spaceflight than they did before."

Exactly why this happens is still being unravelled, she says. "We have some clues, but additional long-duration crewmembers – like Rubio, who spent one year in space – will be critical to really characterising and understanding this response and its potential health outcomes."

One possible cause

could be exposure to the complex mix of radiation while in space. Astronauts who experience long-term exposure while in orbit show signs of DNA damage, she says.

There were also some changes in gene expression – the mechanism that reads the DNA to produce proteins in cells – seen in Kelly that may have been related to his journey into space. Some of these related to the body's response to DNA damage, bone formation and the immune system's response to stress. Most of these changes, however, had returned to normal within six months of his return to Earth.

In June 2024, a new study highlighted some potential differences between the way the immune systems of male and female astronauts respond to spaceflight. Using gene expression data from samples obtained from the crew of the SpaceX Inspiration 4 mission, who spent just under three days in orbit in the autumn of 2021, it identified changes in 18 proteins related to the immune system, ageing and muscle growth.

Comparing their gene activity to those of 64 other astronauts on previous missions, the study found in the expression of three proteins that play a role in inflammation compared to before the flight. The men tended to be more sensitive to spaceflight, with more disruption to their gene activity and they took longer to return to a normal state after returning to Earth. In particular, the researchers found the gene activity of two proteins known as interleukin-6, which helps to control lev-

els of inflammation in the body, and interleukin-8, which is produced to guide immune cells to sites of infection, were more affected in the men compared to the women. Another protein, called fibrinogen, which is involved in blood clotting, was also affected more in male astronauts.

But the researchers say they still need to unravel why women appear to be less sensitive to these particular effects of spaceflight, but it could be related to their response to stress.

You can hear Nasa astronaut Peggy Whitson describe how her own time in space has changed her body in the video below. With an accumulated 675 days in space, she has spent more time in orbit than any other American, although the world record is currently held by Russian cosmonaut Oleg Kononenko, who has clocked up 878 days in space.

Immune system

Kelly received a series of vaccines before, during and after his trip into space and his immune system was found to react normally. But Bailey's research has found that astronauts do suffer some decreases in white blood cell counts that fall in line with the doses of radiation they receive while in orbit.

There are still many questions to be answered, however, about what impact space travel can have on a bipedal, big-brained species that evolved to live on Earth. As researchers pour over Rubio's medical tests, blood samples and scans following his 371 days in space, they will doubtless be hoping they will learn more.



Scott Kelly's 340 day trip to the ISS allowed researchers to study how space affected him compared to his twin brother back on Earth

portant role in orientation, balance and perception of our own motion. This is perhaps unsurprising given the peculiar nature of weightlessness while in space; astronauts often have to learn how to move efficiently without gravity to anchor them to anything and adjust to a world where there is no up or down.

A more recent study has raised concerns about other changes in brain structure that can occur during long-term space missions. Cavities in the brain known as the right lateral and third ventricles (responsible for storing cerebrospinal fluid, providing

els of inflammation in our bodies and even alter the way our brains work.

Researchers examining Kelly after his trip to the ISS found that the bacteria and fungi living in his gut had altered profoundly compared to before he flew into space. This is perhaps not entirely surprising, given the very different food he was eating with (we obtain a horrifying amount of gut and oral microorganisms from the people we live alongside). But exposure to radiation and the use of recycled water, along with changes to his physical

six days after he returned from the space station. Researchers speculated that a lack of skin stimulation during the mission may have contributed to his skin complaint.

Genes

One of the most significant findings from Kelly's prolonged journey into space were the effects it had on his DNA. At the end of each strand of DNA are structures known as telomeres, which are thought to help protect our genes from damage. As we age, these get shorter, but research on Kelly and other astronauts has revealed that space travel



Astronauts can spend up to 2.5 hours a day working out on the ISS in an effort to maintain their muscle mass and bone density



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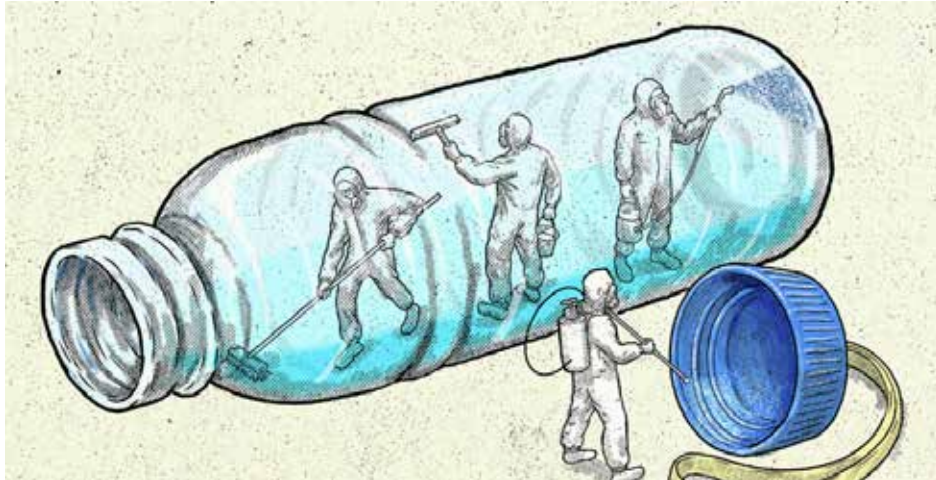
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Are you cleaning your water bottle enough?

By Jessica Brown, a freelance journalist and writer



Every time you take a sip from your water bottle, you are depositing bacteria inside and over the course of a day these can multiply by the millions.

Here's what scientists say you can do about it.

Carl Behnke had always wondered how clean his reusable water bottle was. When he stuffed some paper towels inside and smeared them around, he was in for a shock.

"The towels were white – until I pulled them out," says Behnke, an expert in food safety at Purdue University in Indiana, US. "I realised that the slippery sensation I felt in the interior of the bottle was not because of the material but rather because of a bacterial build-up."

His next step was to design a study. Behnke and colleagues stopped passers-by in a corridor at Purdue and asked if they would be happy to loan their water bottles to them as part of their research – to see how clean they were.

"One thing that stood out from the project was the number of people who didn't want to know the results," recalls Behnke. "Basically, they knew that their cleaning habits were poor to non-existent – something the data later confirmed." The results confirmed that those bottles were brim-

ming with bacteria.

The global reusable water bottle market was worth around \$10bn (£7.7bn) in 2024. One study on Italian healthcare workers suggested that half of them used reusable bottles, while research involving university students suggests somewhere between 50% and 81% of participants used these drinking vessels.

But while they help people to stay hydrated, drinking from water bottles regularly, and taking them with us everywhere we go, may also pose health risks. So, should we ditch them, or can those risks be managed?

What exactly is inside reusable water bottles?

While it's usually safe to drink, water from our kitchen taps is not devoid of microbial life. This is why leaving water in your bottle for a few days will encourage bacteria to grow, says Primrose Freestone, associate professor in clinical microbiology at the University of Leicester, in the UK. Bacteria that can cause human infections thrive at around 37C (98F) Freestone says, but can also multiply at room temperature, around 20C (68F).

"The longer water in a bottle is stored at room temperature, the more bacteria will grow," she says. One study conducted in Singapore using boiled tap water – which should have killed most bacteria in it – found that bacteria populations

can grow rapidly inside water bottles as they are used throughout the day. On average they found that water inside bottles used by adults went from having around 75,000 bacteria per millilitre in mid-morning to more than 1-2 million per millilitre over the course of 24 hours.

One way to slow bacterial growth down is to store your bottle in the fridge between sips, Freestone says, though this doesn't stop it from growing altogether.

But while some of a water bottle's bacterial activity comes from the water itself, most contamination is actually introduced by the drinker. Whether you take your bottle to work, the gym, or even just keep it in the house, the outside of your bottle will carry many microbes. And these microbes are easily transferred into the contents of the bottle, along with bacteria from your mouth every time you take a sip, Freestone says.

Water bottle users who don't wash their hands regularly will also find that their bottles can harbour bacteria such as *E. coli*, Freestone says.

"Poo-associated bacteria, such as *E. coli*, can come from our hands and end up on our lips if we're not good at toilet hygiene," she says.

And we can pass on, or catch, viruses by sharing water bottles with others. Diseases such as norovirus could easily be passed on

in this way.

People generally have between 500 and 600 different species of bacteria living in their mouths says Freestone. "What isn't necessarily disease-causing for you isn't always the case for others. You can carry an infection and not realise it, because our immune systems are so good at protecting us," she adds.

Another way you can encourage bacterial growth in your bottle is by putting anything other than fresh water in them. Drinks that nourish you also feed microbes – so any drinks containing sugar, for example, can stimulate the growth of any bacteria or mould present in your bottle, Freestone says.

"Anything other than water is heaven for bacteria and fungi, especially protein shakes," she says. If you've ever left milk in a glass for a few hours, you may have noticed that it leaves behind a thin film on the glass when you pour it away. Bacteria happen to adore this film, Freestone says.

How can this bacteria affect us?

We are all surrounded by bacteria in the soil, air and on our bodies, but it's worth remembering that most bacteria are harmless or even beneficial.

Water that's been contaminated with bacteria such as *E. coli* can cause diarrhoea and vomiting but not all the time. *E. coli* are a large group of bacteria found naturally in the environment but also are common natural inhabitants of the human gut. It is only when the bacteria turn pathogenic – in other words they pick up certain traits that make them harmful – that they make people ill.

Behnke and his colleagues also suggest using a dishwasher with a sanitisation cycle could be the most effective approach.

Most microbes aren't harmful to humans, but people whose immune systems are impaired can be more prone to infections, Freestone says.

Also, getting sick with a stomach bug can, in some cases, lead to long-term changes in the gut. "Our guts are changing all the time, but there are over 1,000 species present in the gut so it's hard to shift in terms of composition," says Freestone. "There are too



Every sip you take from a water bottle or even a glass can leave microbes behind that mingle with those already in the liquid

many variables to say, but getting food poisoning from the bacteria in a water bottle will never lead to a positive change. "People who've recently taken antibiotics that can affect their gut microbiome can also experience changes that leave them more vulnerable to other infections. One swab of a reusable water bottle taken at a newspaper office in the UK also revealed that these bottles can be a breeding ground for emerging strains of antibiotic-resistant bacteria. Researchers discovered a species of bacteria called *Klebsiella grimontii* – which is capable of forming biofilms on otherwise sterile surface – in the sample taken from the water bottle. While it can be found as part of the normal microflora of the gastrointestinal tract, it can also cause severe diarrhoea in people who have recently taken antibiotics.

If mould or fungi grows in your bottle, this can trigger symptoms in anyone with allergies.

It's worth noting, however, there are no examples of severe illness that have been traced back to reusable water bottles in the scientific literature. This doesn't mean they don't happen, of course, as identifying single point sources of infection is notoriously difficult.

How should we clean reusable bottles?

For Behnke, it was the creeping sense that he should perhaps be cleaning his own water bottle more thoroughly that made him look closer at what could be inside it. He'd been using a filtered water bottle and had started to no-

tice that the water he was drinking from it tasted bad. "Every now and then I would flush it with hot water, but never really did anything more than that," he says. After his paper towel-based investigations revealed how manky his water bottle was, the study he and colleagues carried out went on to look at people's water bottle habits in greater detail. Behnke found that just over half of the 90 participants surveyed during the research said they share their bottle with others, and 15% said they never cleaned their bottles. Unsurprisingly, whether or not people rinsed or washed their water bottles affected the contamination level. However, Behnke found that how often they cleaned the bottles, or how they cleaned them, didn't enormously affect how contaminated the containers were.

People who washed their bottle with tools such as a brush or used a dishwasher tended to have the lowest counts of bacteria inside. Behnke and his colleagues also suggest using a dishwasher with a sanitisation cycle could be the most effective approach. However, the study's conclusion states that these findings may have been skewed by the fact the researchers were relying on participants self-reporting their cleaning behaviours, and they may have changed their answers to appear more socially acceptable.

The study also found that bottles containing tea, coffee or juice were more contaminated than bottles that only contained water. Storing your water bottle in the fridge between sips can be

Continued on page 32

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one way to slow down microbial growth. Cleaning our water bottles regularly and properly is the only way to be confident you are not consuming harmful bacteria alongside your water. Even if the water inside it is sterile, Freestone says, your saliva will end up in the bottle, along with trace levels of nutrients, which bacteria happily feed on.

Rinsing your bottle out with cold water isn't sufficient, Freestone says, because this won't get rid of biofilms – the slimy layer of bacteria that can build up on the inner surface of your bottle, which provides the perfect environment in

which bacteria can thrive.

Freestone recommends cleaning reusable bottles with hot water (over 60C (140F) as this temperature kills most pathogens), and using washing-up liquid – swirling it around, and leaving the bottle for 10 minutes before rinsing well with hot water.

Then, allowing the bottle to air-dry is the best way to avoid a build-up of bacteria in your bottle, because microorganisms prefer moist environments. You should clean your bottle this way after each use – or at the very least, several times a week, Freestone says. And never wait until it starts to

smell, she warns.

"If your bottle starts to smell, you've reached a point where you should chuck it away," she says.

Once you have a nice, clean bottle, Freestone adds, remember to wash your hands before touching it.

The most hygienic bottles are simply those that are the easiest to clean

Behnke, for one, is now a reformed water bottle-user. He washes and air dries his bottle every week us-

ing a bleach spray and bottle brush, which he uses to clean the spout or nozzles and other small surfaces.

Is there any type of water bottle we should avoid?

Although some studies have found that the bacterial load of plastic bottles can be higher than those of stainless steel bottles, the cleaning strategy used tends to make a far bigger difference. The most hygienic bottles are simply those that are the easiest to clean, Freestone says. It's important, she adds, to ensure you clean every part of the water bottle, including the outside, the lid and

straw, if it has one. However, there may be another reason to opt for metal over plastic. "Plastics usually have chemical additives that lend them their advantages: their flexibility, durability, heat-resistance and how lightweight they are," says Amit Abraham, assistant professor of clinical population health sciences at Weill Cornell Medicine in Qatar.

"These additives are physically bound to plastics, which means they can leach into the water," Abraham says,

Some research suggests that these additives, such as BPA, can interfere with our hormone func-

tion, and may be linked to increased risk of heart disease, stroke, diabetes and other chronic diseases.

They also appear to leach into water, Abraham says, regardless of whether the bottle is made of disposable or reusable plastic. Also, the plastic material itself can break down, increasing the concentration of microplastics in bottled water. Bottles made of glass or stainless steel may be safer alternatives.

Whatever water bottle you opt for, it seems that good hygiene habits are fundamental to ensuring that the water you end up drinking isn't overflowing with harmful bacteria.

Autism diagnoses are on the rise – but autism itself may not be

By Christine Ro, independent journalist covering science, international development, and the environment



Autism is better known and diagnosed than ever before, leading to misconceptions that cases are skyrocketing.

When it came to her son's autism diagnosis, in some ways Shannon Des Roches Rosa feels she was lucky. What autism spectrum disorder (ASD) looks like can vary greatly between individuals, as well as between groups of people – girls' symptoms often differ from boys', for example. But as a young, white boy, her son, Leo, was part of a group with especially

well-established diagnostic criteria.

And some of these criteria had been noticed by other people. As a toddler, Leo rarely made eye contact. In nursery school, he didn't respond to speech like the other kids. He frequently showed compulsive behaviours, like flapping his hands and chewing his clothes. He was easily stressed or overwhelmed. As a result, his diagnosis in 2003, at age two, was relatively straightforward.

But Rosa wasn't given much guidance about next steps. "I felt very lost," says Rosa, an editor and mother of three who lives in California. "I was really angry."

Like so many other parents, what she wanted to know, above all, was why her child had autism. Online, she found other parents seeking the same answers.

Some believed their children had been injured by vaccines. Numerous studies on hundreds of thousands of children have consistently found no link between vaccinations and autism, and vaccinated children don't have higher autism rates than non-vaccinated children. But without a clearer understanding of why Leo was autistic, Rosa chose not to vaccinate her other children.

Over the years, Rosa re-

alised she had been mistaken. Not only did Rosa eventually renounce her opposition to vaccination, she started a website, Thinking Person's Guide to Autism, to help others. "I have sympathy for people who believe this stuff because I've been there," she says. "But now I know that that was misinformation."

Rosa's story is an example of how, following an autism diagnosis, some families just want clear answers. Earlier this year, the US Health Secretary Robert F Kennedy Jr promised a "massive" research effort involving hundreds of scientists, to get to the bottom of what he has called an autism "epidemic" before September 2025.

But decades of research into autism have shown that its causes are complex – and mostly genetic. (Read more from the BBC about the genetic mystery of why some people develop autism.) Experts say the biggest reason for the rise in autism diagnoses, though, likely isn't these causes at all – it's a shift in how we screen for and diagnose the condition.

Autism is a neurodevelopmental disorder which often involves differences in thinking patterns, sensory processing, communication and social interactions. Autism prevalence is estimated at roughly 1% to 3% across the countries where it has been studied, although data is lacking in many low- and middle-income nations.

In places that have been tracking this data over decades, there has been a steady rise in autism diagnoses since the mid-20th Century. Based on health



Even today, some places have much higher rates of autism diagnoses than others

and education records, from 2000 to 2022, autism prevalence in the US increased from 1-in-150 to 1-in-31. Prevalence has also grown in Australia, Taiwan, and other countries. "That can look alarming to people who don't know [the context of the statistics]", says Zoe Gross, the director of advocacy at the Autistic Self Advocacy Network (ASAN), a US nonprofit run by autistic people. It's not necessarily that autism cases are increasing, Gross emphasises: rather, diagnoses are on the rise

Screenings for autism have become more sensitive, and many children are getting screened and identified earlier than in past years.

As a recognised separate condition, autism is relatively new. It wasn't included in the Diagnostic and Statistical Manual of Mental Disorders (DSM) – a book with details on the symptoms and recommended treatment of hundreds of mental conditions – until 1980. This means

that before then, children with ASD often got misdiagnosed with a condition like schizophrenia, or were never diagnosed at all, Gross says. But even this recognition proved narrow. The 1980 criteria included, for example, an onset before 30 months of age, lack of responsiveness to other people, and language delays – and all of the criteria listed had to be met to receive a diagnosis.

In the 45 years since, the diagnostic criteria for autism have broadened. An especially big shift came in 2013, when, for the first time, the DSM brought sub-categories including Asperger's syndrome under the umbrella of autism spectrum disorder (ASD). People who wouldn't previously have received an autism diagnosis now are more likely to meet the criteria.

Diagnostic disparities have also narrowed in groups that were historically overlooked, such as racial minorities in the US. Even today, diagnosis rates can differ greatly depending on the area a person lives in. For instance, autism spectrum disorder (ASD) was identified in fewer than 1% of 8-year-olds in Texas in April 2025, but

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(iii) You should also ensure that your vehicle has a spare wheel or a puncture repair kit and the necessary tools.

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Autism is highly heritable, but even among identical twins both may not develop it

more than 5% in California – likely reflecting differences in access to evaluation.

Autism diagnoses also can help with obtaining support such as government benefits, or more time to complete exams – potential reasons to seek out a diagnosis that wouldn't have necessarily been available in decades past. Meanwhile, screenings for autism have become more sensitive, and many children are getting screened and identified earlier than in past years.

The gradual lessening of stigma is also thought to have led to more autism evaluation in children and adults, while both members of the public and health professionals have become far more aware of ASD's many manifestations.

In particular, people have a better understanding of the varied ways that autism may be visible – including in "people who might not have been caught in previous years, who may have less intense support needs", Gross says. This is true in many parts of the world. Yun-Joo Koh, the principal investigator at

the Korea Institute for Children's Social Development, says that in this country, many parents are learning about ASD through social media and coming to her clinic earlier than they used to.

All of this means fewer hidden cases of autism. "Autistic people have always been here," says Rosa. "But we have never really had a good sense of how many there are."

In the genes

Autism is very heritable – meaning attributable to genetic factors – but very complex, says Sven Sandin, a statistician and psychiatric epidemiologist at the Karolinska Institute in Stockholm and the Icahn School of Medicine at Mount Sinai in New York.

Sandin's research across five high-income countries has found that ASD is about 80% heritable. That means that, across a population, roughly 80% of the differences in ASD risk are due to genetic variation. In other words, genetics are behind most ASD cases. His research in Sweden has found that it's especially heritable among boys:

87% for boys and 75.7% for girls. As with so many aspects of autism epidemiology, it's not clear why, Sandin says.

But what does seem clear from his work, including one of his Swedish studies, is that autism runs in families. Children whose full sibling had autism were 10 times as likely to have autism themselves, compared to children whose siblings did not have autism. If a half-sibling had autism, children were three times as likely to have the condition.

Studies of identical twins have found that if one individual has ASD, 65 to 90% of their twins also have it.

But knowing that autism is heritable does not mean any one gene is responsible in everyone who has it. In fact, more than 100 genes have been identified as having some connection to autism diagnosis – although these are not necessarily specific to autism, and there are often links to other conditions. In some people, it's thought that there might be thousands

of genes involved.

The role of environment

But genetics aren't the whole story. "The general belief is... that there is a huge variety of different genes and very complex genetic architecture, and probably with the environmental influences as well, to trigger [autism]", Sandin says.

To try to pinpoint the missing pieces, researchers have explored an array of behavioural and environmental risk factors. Some explanations have been debunked, such as the "refrigerator mother" theory that emotionally cold mothers contributed to autism in their children. Sandin is also sceptical of the idea that certain antidepressants used by parents are linked to autism risk in children, although there does appear to be an association with psychiatric disorders in parents.

There appears to be strong, though mixed, evidence that elevated autism likelihood is linked to higher parental age – possibly due to a higher likelihood of de novo (spontaneous) mutations in older fathers' sperm. An increased risk of mutations may also help explain the correlation between preterm births and autism, as spontaneous mutations may contribute to the chances of preterm births.

Preterm births are also related to social factors like low income and food insecurity, which may partly explain the steeper rise of autism diagnoses in minority children in the US.

In addition, there are sug-



There are some environmental factors involved in the development of autism, but these do not include vaccines

gestions that environmental exposures, including from pesticides and air pollution, may play a role.

Some studies also have found correlations with birth spacing and mothers' health conditions, including diabetes, smoking and obesity. But these have proven difficult to untangle – it's not clear whether maternal BMI directly contributes to autism, for example, or if it's just that older mothers tend to have higher BMIs, Sandin says – and may be related to shared environmental conditions rather than a direct link.

It is possible that at least some of these risk factors, while probably minor players individually, could be more substantial when added together. But overall, experts agree that most environmental factors need to be researched further before reaching conclusions. What has been conclusively ruled out is any link between vaccines – including certain ingredients some contain – and ASD.

This is unsatisfying to many, Gross points out. "A lot of people are looking for a simple explanation, especially when autism is stigmatised, when they have been told many negative things about for maybe their own child's disability,

and they want not only an explanation but something to blame."

The resulting vacuum has created space for simplistic ideas to spread – even those that lack evidence and have been repeatedly debunked. In the US, for example, where the current measles outbreak has claimed multiple lives, children whose older siblings have ASD are less likely to be vaccinated themselves against measles, mumps and rubella – likely due in part to the long-debunked link between autism and vaccination.

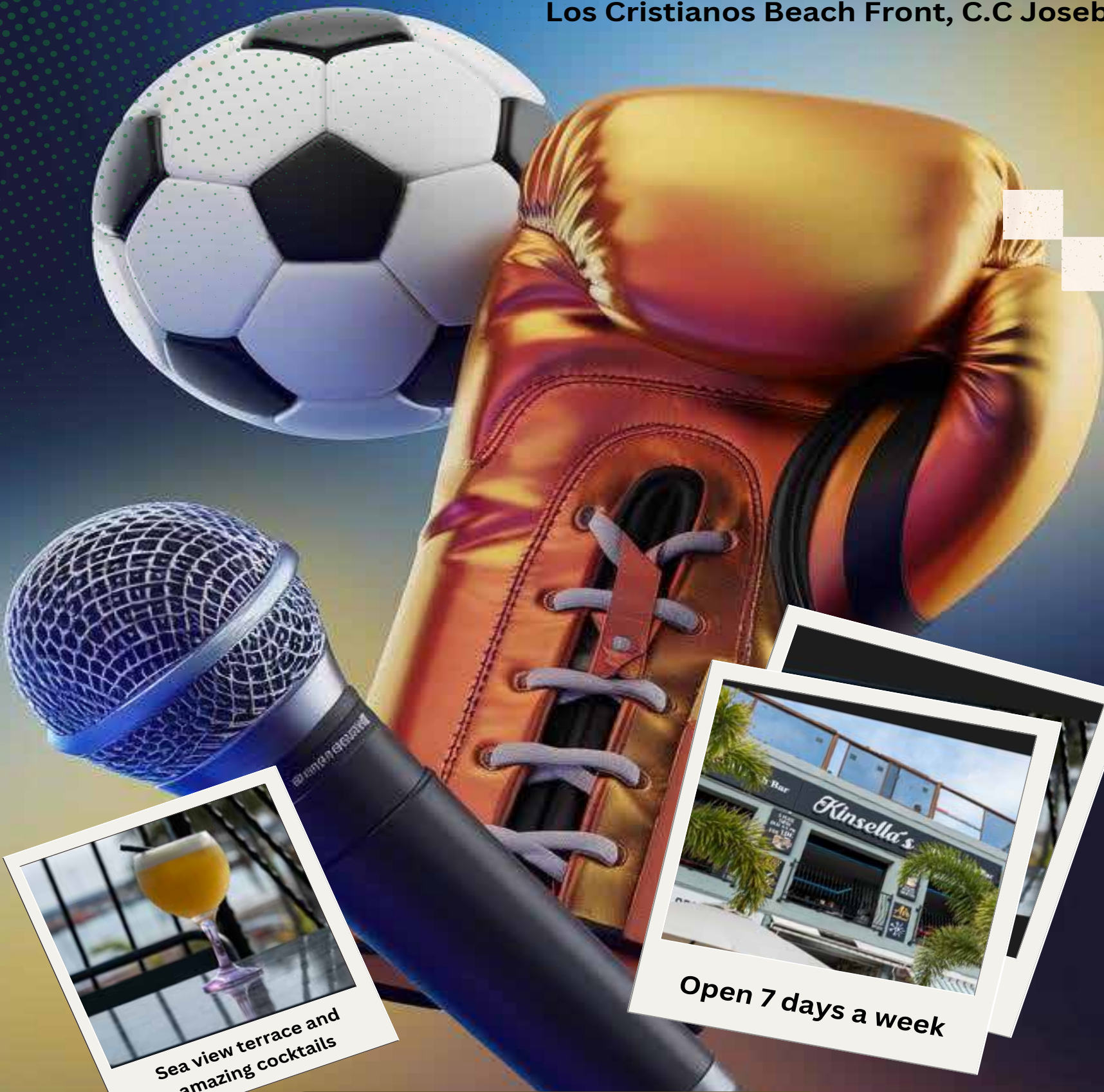
One reason it's common to be alarmed about increasing autism diagnoses, says Gross, is that societies generally haven't built sufficient support systems to accompany a diagnosis. A way to make an autism diagnosis less scary would be to improve the support, she says.

Rosa agrees. The real crisis, she says, is not of autism, but care and support – which she's found lacking for Leo, who is today a 24-year-old who loves hiking and pizza. As Rosa continues seeking the best ways to support her son, researchers will continue unravelling the science of autism.



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'I have witnessed people's lives change': How to find the colours that are perfect for you

By Megan Lawton, Presenter, journalist and event / podcast host, covering red carpets, culture and current affairs



Are you warm, cool or neutral? How the retro trend of "getting your colours done" made a comeback with personalised colour analysis on social media – and how your perfect colours can "spark careers, conversations and connections".

Do you have cool or medium undertones? Does red brighten your skin or dull you down? Questions like these, that may not have crossed your mind before, are now prominent on social media, as users try to define their colour palettes. Colour analysis, once considered niche, has seen a surge in popularity, with appointments booked months in advance and apps including TikTok and Instagram flooded with tutorials on how to determine which colours suit you. "Before I started offering online consultations, I had people fly in from around the world to see me," says Canadian image consultant and col-

our analyst Carol Brailey.

Since Brailey launched her business back in 2012, and has done thousands of consultations. "It appeals to people from all walks of life," she tells the BBC. "There's everyone from 17-year-olds to those in their 70s – I find people are tired of gravitating towards black clothing."

People cry because they've never seen themselves look so vibrant – I have witnessed people's lives change – Carol Brailey

On TikTok, Brailey's client transformations have gained millions of views, as has the hashtag #ColorAnalysis, which is often accompanied by filters allowing users to find their palette. But although this technology is new, the practice has been around for decades.

Colour analysis enjoyed a spell of popularity in the 1980s and early-90s, when "getting your colours done" meant visiting a profession-

al colour consultant in person, and being assigned a particular set of hues – often based on a system of seasons – that suited you. Broadly speaking, spring



Tabitha Lofts learnt that she is "cool toned", and that cobalt blue suits her pale skin

meant bright and fresh colours, summer cool and light, autumn was burnt oranges and mossy greens, and winter was deep jewel tones. This surge in interest was largely thanks to the bestselling books *Color Me Beautiful* by Carole Jackson (which sold more than 13 million copies worldwide) and *Color Me a Season* by Bernice Kentner.

However, it was in the early-1900s that seasonal colour theory was born in the studio of Johannes Itten, a Swiss painter and art professor. Itten noticed that some of his students' portraits looked more vibrant than others, a difference he attributed to colour. By analysing colours that "harmonised" well together, he developed the seasonal analysis tool still used today, grouping people into summer, autumn, winter or spring.

Brailey puts the modern-day revival down to how visual we have become. "Whether it's uploading Instagram pictures, recording TikTok content, or even Zoom meetings, we have become a very visual society."

After her consultations, it's not unusual to see tears, she says. "People cry because they've never seen themselves look so vibrant. In my years of being in the industry, I have witnessed people's lives change, with promotions and new jobs,



Colour analyst Carol Brailey says that clothing in neutrals and black are becoming less popular with her clients

because it starts a confidence boost."

Tabitha Lofts didn't cry after her colour consultation, but she did opt to have a total makeover, dyeing her hair, switching up her make-up routine, and introducing colours to her wardrobe that she hadn't previously worn. "I did the whole shebang", she laughs, adding, "I liked it, and I felt so different." Before her consultation, Tabitha thought she had a warm spring or summer palette, explaining, "I was so sure that I was warm toned, because I burn in the Sun, but it was the complete opposite. I learnt I'm cool toned, suit silver jewellery, and my favourite colours weren't my colours at all. Now I wear lots of cobalt blue, a shade I'd never worn before."

For Lofts, who is a nutritionist and content creator, colour analysis was a way of building confidence. "I was quitting fake tan, as I was addicted, and relied on it to bring my outfits together," she says. "It was confidence in a bottle, but I need to find it elsewhere." She described getting dressed and not "understanding" her skin tone, which is where she got the idea for the image consultation. "The results really changed my mind about my pale skin. I used to think about it with negative connotations and assumed it made me look icy, but now I know I can be warm, even without warm visuals."

To those who are dismissive of colour analysis, Lofts admits it is not the be all and end all. "Although I got a lot from it, I still wear colours that aren't in my palette. It's not a prescrip-

tion."

Flying colours

Growing up in Costa Rica, fashion designer and stylist Micah Lumsden has always gravitated towards bright colours, as she finds that wearing them lifts her mood. But it was an experience while at fashion school that made her want to better understand colour theory. "We were studying colour analysis, and my skin tone wasn't understood by my teachers. I got several back-up consultations from other students, but there were so many misconceptions about dark skin," she tells the BBC. "Comments like, 'Every black person looks good in red,' as well as the idea that 'those with darker skin look good in every colour'."

It was this lack of awareness that prompted Lumsden to launch styling consultancy Cocoa Styling. "I started working with painters and make-up artists, the people who really understand colour theory." She now has clients around the world, and has noticed more male clients on her books. "Guys do care about fashion," she says. "I used to see one man per 10 clients, but now it's one per five."

As a stylist, she approaches wardrobes with colour at the forefront, rather than design. "Most people will look good in a tailored blazer and T-shirt, but the personalisation of colour gives an outfit a special touch." Colour analysis is often expensive, but Lumsden doesn't want that to be a deterrent. She's also sceptical of online colour-analysis filters being

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Continued from page 36

the answer. "It's hard to give an unbiased reading of filters, and screens also reflect light."

Instead, she suggests holding up items from around the home against your face, or going to a local craft store to buy felt patches. "You can use blankets, cushions... whatever. Hold them up against your face in the mirror, and take a selfie. Once you've got a collection of selfies, place them next to each other and ask, do I look better with blue and purples? Or yellows and oranges? If it's the latter, you have a warm palette, if it's the former, you're probably cool."

There is
a science to
clothes changing
your mood,
your behaviour
and people's
perception of you
- Ellie Richards

We know fashion runs in cycles, but many believe that knowing your personal palette could be a way to break up with fast fashion. "Trends rotate so quickly, so knowing your best colours is a great way of harnessing what suits you



Ellie Richards approaches fashion through psychology, and says that colour is a "powerful tool"

and eliminating everything else," Ellie Richards tells the BBC. She's the founder of Nuude Studio in Queenstown, New Zealand, and approaches fashion through psychology. Colour, in her opinion, is the most important tool.

"There is a science to clothes changing your mood, your behaviour and

people's perception of you," she says. "When you put on a colour that suits you, it's a powerful tool, because we're instantly more confident and aligned in personal identity." The easiest way to see colour psychology in action, she says, is in films and TV series. "If we look at Euphoria, for example, Cassie (played by

Sydney Sweeney) is often dressed in light blue to show an angel-like innocence, whereas Maddy (played by Alexa Demie) dresses in more dark maroon tones to signify her influence."

Look at some of the trending colours of 2025, and black doesn't feature. Instead, we're seeing bold cardinal reds, striking marigolds and dusty-rose pinks. According to Richards, we've entered an era of being "bold". "The pandemic days of wearing grey sweats are over, and instead we've emerged seeking fun, playful looks." She cites social media as influencing our style, too. "It's had a massive effect. On TikTok, creators need to stand out and they can

do so by wearing bright, eye-catching colours. Those videos are seen by millions of people, and so it's normalised these bold looks."

Richards is passionate about the benefits of colour analysis. "A deep understanding of personal style and colour can spark careers, conversations and connections," she says, acknowledging that it can be a little daunting at first, but advising the curious to start by adding colour little by little. "One option is to wear muted shades of a colour, or accessories." Despite a colour consultation confirming that cobalt blue suits her best, Lofts still

gravitates towards black. "It's easy to wear," she says with a smile. "But I'm trying to be more adventurous."

As a personal trainer, she sees plenty of online content pushing "optimisation" and "being the best version of yourself". She views colour analysis as part of that trend, but believes the most important thing is feeling comfortable in your own skin. "Everyone is focused on self-improvement, and there's a vanity to it," she says. "But it doesn't have to be serious. Experimenting with colour should be fun, playful, and free from judgement." She laughs. "Even if you don't stick to your assigned palette."



Colour analysts claim that finding your perfect colour palette for your clothes can help increase self confidence and improve mood



Stylist Micah Lumsden says that colour is the most important factor when choosing what to wear

Your feet are home to billions of bacteria. How often should you wash them?

By Jasmin Fox-Skelly, freelance science journalist

Some people scrub them every day while others say letting water run over them in the shower is enough. So are you cleaning these important appendages enough?

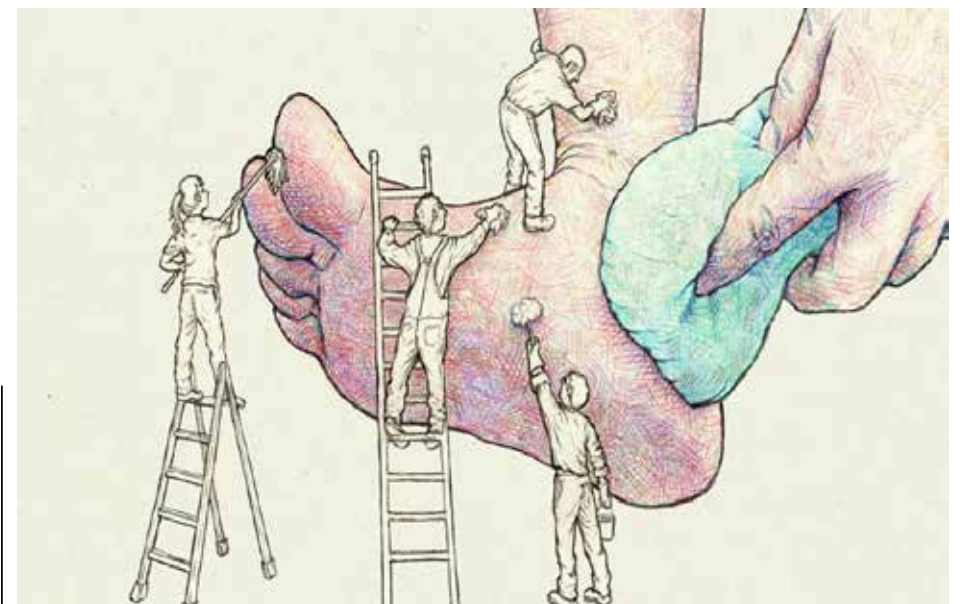
When you jump into the shower and reach for the soap and loofah, it's fair to say that certain body parts proba-

bly receive more attention than others. The underarm region no doubt gets the full lather, rinse, repeat treatment. Your feet, by virtue of being located at the end of your body, can be easy to overlook. However, according to some experts, your feet are just as, if not more, deserving of attention.

Both the UK's National Health Service (NHS) and US Centre for Disease Control (CDC), for example, advise washing feet daily with soap

and water. One reason for this meticulous care is to prevent odour. The soles of the foot contain 600 sweat glands per square centimetre of skin, more than any other region of the body. Although sweat itself doesn't smell, it contains a nutritious broth of salts, glucose, vitamins and amino acids, which serves as an all-you-can-eat buffet for bacteria that live there. And there a lot of bacteria.

"The foot – especially between the toes –



is quite a moist, humid, and warm environment, so it can be a breeding ground for microbes," says Holly Wilkinson, a lecturer in wound healing at the University of Hull in the UK. This is exacerbated by the fact that most people encase their feet in socks and shoes, trapping the

moisture inside.

If you zoom in on any square centimetre of human skin you will find between 10,000 to one million bacteria living there. Warm and moist areas of the skin, such as the feet, are considered prime real estate and are home to the greatest numbers of

species. Feet are idyllic havens for *Corynebacterium* and *Staphylococcus* bacteria, for example. When it comes to fungi, your sweaty feet are considered a utopia to genera including *Aspergillus* (a pathogen often found

Continued on page 40

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Louise has been teaching piano on the island to children and adults for over 15 years and also teaches singing and music theory.

The price for the Learn piano with Magical Middle C book is €16.00. If you would like to buy a copy, pop in to Las Chafiras Book Shop, 5 Calle Luciano Bello Alfonso, Las Chafiras (call 609 714 276 to check opening times), or call Louise on 686 014 355 to reserve your copy.

Continued from page 38



Our feet are home to a surprisingly diverse array of fungi that make their home in the many microscopic folds and creases of these appendages

in soil), *Cryptococcus*, *Epicoccum*, *Rhodotorula*, *Candida* (a kind of yeast which naturally lives on the body but can become an opportunistic pathogen), *Trichosporon* and others. In fact, the human foot contains a greater biodiversity of fungal species than any other body region.

This is probably a good reason to clean your feet. In one study, researchers swabbed the soles of 40 volunteers. They found that foot washing had a significant impact on bacteria numbers. People who washed their feet twice a day had around 8,800 bacteria living in each square centimetre of skin. Those who reported washing every other day had over one million bacteria per square centimetre. However just because the soles of your feet are brimming with microbial life, that doesn't mean that they are necessarily smelly or that there is anything to worry about. As always, it's not just the number, but the type of bacteria that's important.

The human foot contains a greater biodiversity of fungal species than any other body region

Staphylococcus are the key players when it comes to producing the volatile fatty acids (VFAs) responsible for foot odour. Sweat glands on the skin of the feet release a heady mix of electrolytes, amino acids, urea and lactic acid. The *Staphy-*

lococcus bacteria consider this a veritable feast and, in the process of feeding, convert amino acids into VFAs. The main chemical culprit is isovaleric acid, which has an unpleasant odour which has been described as having a "distinct cheesy/acidic note". The comparison is apt, as many cheeses contain a similar mix of volatile chemicals.

In one 2014 study, researchers swabbed the feet of 16 subjects and found that 98.6% of the bacteria present on the soles of the feet were *Staphylococci*. The levels of VFAs, including the key foot odour compound isovaleric acid, were also significantly increased on the sole of the foot compared to the bridge (top) of the foot. Overall, the study concluded that the intensity of foot malodour was correlated to the total number of *Staphylococcus* present – another reason to reach for the soap.

However, washing your feet isn't just about preventing cheesy foot odour. Many diseases and foot problems can be prevented through good foot hygiene.

"Because of the small space between the toes, these areas are particularly at risk for microbial infections," says Joshua Zeichner, associate professor of dermatology at the Mount Sinai Hospital in New York. "This can lead to itching, swelling, and a foul smell. As the skin barrier becomes disrupted,

this can also increase the risk of microorganisms invading the skin and causing more significant soft tissue infections known as cellulitis," he says.

According to Zeichner, the most common problem is the development of athlete's foot, which is a superficial fungal infection of the skin on the feet. The fungi that cause athlete's foot thrive in warm, dark, and moist environments – hence why this condition most commonly affects the spaces in-between the toes. Keep this area clean and dry and you deprive the fungi of their perfect home. This is a good thing, as athlete's foot can cause a series of unpleasant symptoms such as itchiness, a scaly rash, flaky skin and cracking on the soles of your feet and between your toes.

Keeping your feet clean could also prevent skin infections, such as those caused by *Staphylococcus* or *Pseudomonas* bacteria. While these bacteria exist naturally on your skin, if they get into your bloodstream via a cut then it can lead to a serious infection. Even a minor staph infection can lead to boils – bumps of pus that form under the skin around hair follicles or oil glands.

"The feet are more prone to infections because there's quite a lot of biomass of bacteria there, and also if you do have cracks or injuries to your feet, it tends to

heal much more slowly than other areas of the body," says Wilkinson. "In a situation like that, there's a greater chance that if you have an injury, pathogens could get into that wound, populate and overgrow."

While skin infections can still occur if you have good foot hygiene, regularly washing your feet reduces the number of bacteria present. So, if you happen to get a cut, there will be less microbes around to get into the bloodstream.

Frequent foot washing is especially important if you suffer from diabetes, a condition that makes people prone to ulcers and skin infections. Research has shown the feet of diabetic patients contains a higher proportion of pathogenic bacteria residing on the skin.

"They are there waiting for an opportunity to cause an infection. So, it's really important that people with diabetes are keeping on top of their foot hygiene, because they're at more risk of developing infection because of that," says Wilkinson.

To make matters worse, people with diabetes also have an impaired immune response, so if they do get an infection, their body can't fight it off. Diabetes patients are also prone to cuts, wounds, and sores in the feet that don't heal. If these aren't caught early, then toes, feet, or even limbs may need to be amputated. "If you have uncontrolled diabetes, you may have damage to

the nerves in your feet, so you can't feel your feet properly," says Wilkinson. "Just the act of washing allows you to properly check your feet for any minor abrasions or dryness that might contribute to having an infection."

A lot of people think that if you have a shower and you kind of just let the water trickle, that that's washing feet, but it isn't – Holly Wilkinson

For that reason, Wilkinson – and charities such as Diabetes UK – recommend that diabetes patients wash their feet every day.

But what about everyone else? Some experts argue that for most people, washing the feet every day has little health benefit, and can even raise the risk of skin problems.

After all, the skin relies on its community of helpful microbes to perform essential functions. They repel harmful bacteria, produce lipids that keep the skin hydrated and supple, and even help repair wounds. Intensive washing and scrubbing can remove these beneficial species, especially if the water is hot. As a result, skin can become dry, irritated, or itchy. Cracked skin may allow bacteria to breach the usually impenetrable skin barrier, increasing the likelihood of in-

fections.

"Overwashing the skin can disrupt the skin barrier, stripping the skin of natural oils, contributing to dryness and inflammation," says Zeichner. This leads to itchy, dry skin and can exacerbate conditions like eczema.

"It is also important not to overly scrub or exfoliate the skin on the feet," says Zeichner. "Calluses develop because of daily trauma. But they actually protect the feet from the environment. Removing calluses takes away that protection."

There is also a concern that antibacterial soaps could upset the delicate balance of microorganisms on the skin, killing the beneficial species and allowing the emergence of harder, pathogenic strains that are resistant to antibiotics. Finally, our immune system needs to be challenged to a certain extent by microbes in order to do its job. If we don't come into contact with a steady stream of bacteria and viruses in childhood, then our bodies don't learn how to properly respond to attack. Some experts believe that bathing or showering too frequently could actually be counterproductive for you for this very reason.

So that leaves us with the perennial question, how often should we wash our feet? The answer depends to some extent on the individual.

"For people with di-

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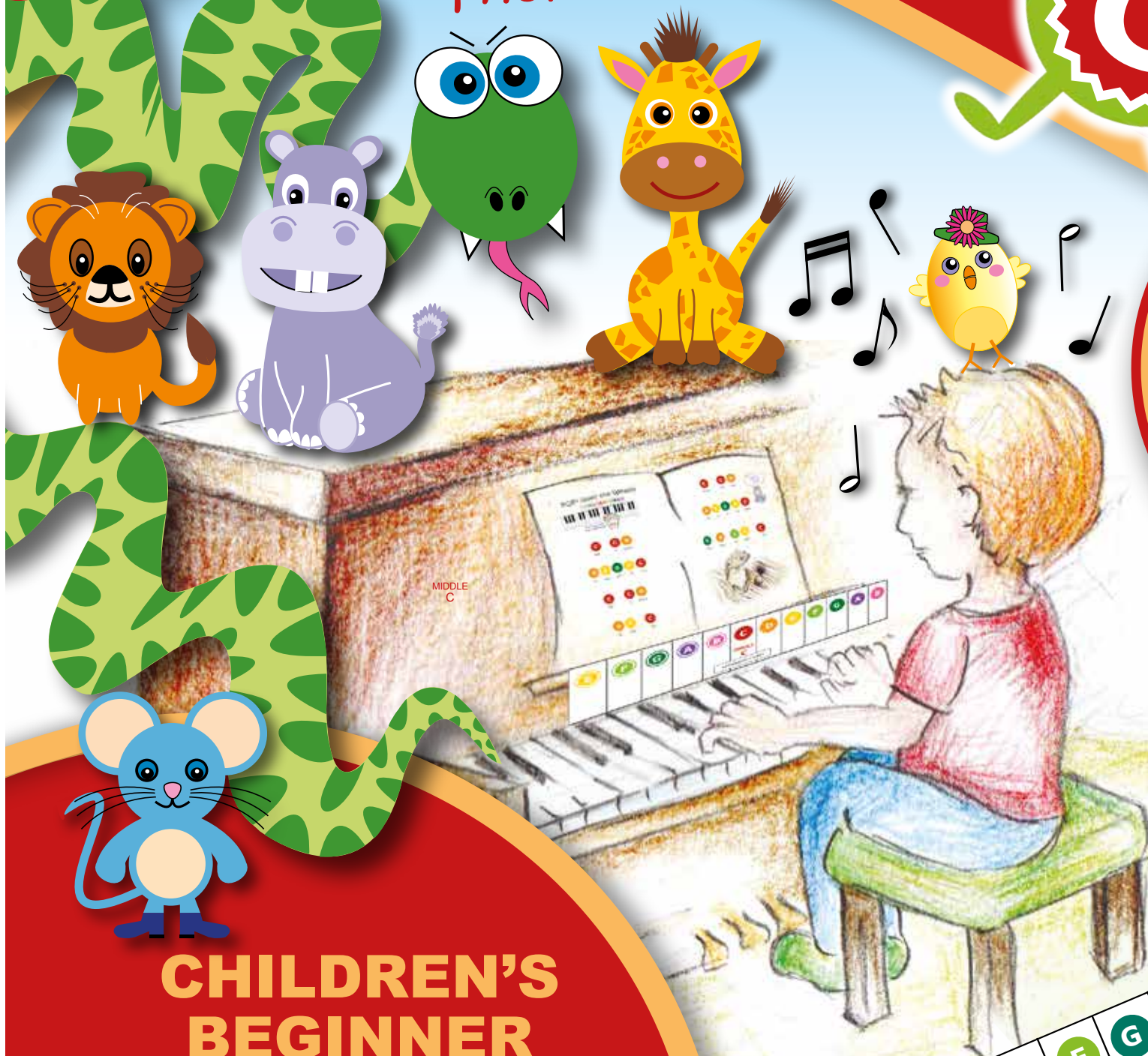
The microbes that live on our feet are actually serve an important purpose, helping to repel harmful bacteria

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abetes, it is 100% advised that you wash your feet every day," says Wilkinson. "But if you don't have any underlying conditions, then dermatologists tend to advise that every couple of days

is more than enough to maintain good hygiene, without stripping too much of the natural oils on your skin."

However, Wilkinson points out that if you're somebody likes to run or work out at the gym, then you will obvious-

ly need to wash your feet more regularly than somebody who is less active. It's also not just the frequency of washing that's important either. How you wash and dry your feet also has health implications.

"A lot of people think

that if you have a shower and you kind of just let the water trickle, that that's washing feet, but it isn't – you need to actually physically wash your feet with soapy water," says Wilkinson.

However, according to Dan Baumgardt, a

GP and lecturer in neuroscience and physiology at the University of Bristol in the UK, the most important thing he stresses to patients is to make sure you dry your feet properly. "When you've got wetness or dampness in between

the toes that's allowed to just remain there in a warm environment, that's when you're prone to developing things like athlete's foot and other fungal infections," says Baumgardt.

What's the difference between a Physiotherapist, a Chiropractor and an Osteopath?

To the average person, an osteopath, a physiotherapist, and a chiropractor may seem like more or less the same job. All deal with musculoskeletal pain, require a university degree, and certification from an accredited course.

While they may seem similar at a glance, the three professions take very different approaches to health, so it is important to understand what sets each one apart from the others before deciding which of these professionals is best for you.

Physiotherapist

Probably the most well-known of the three job titles, it is worth starting off by drawing a distinction between a physiotherapist and the similar-but-distinct title of physical therapist. While both can be

legitimate careers, it is important to know that only physiotherapists require a university degree, while physical therapists receive a narrower range of training over a shorter period of time.

In comparison to osteopaths and chiropractors, one of the primary distinctions of physiotherapy is its use of an all-encompassing approach that looks beyond the purely physical elements of an issue, also taking both psychological and social factors into account when treating patients. This means that if a patient were to present themselves to a physiotherapist complaining of back pain, rather than simply identifying the problem area and treating the symptoms, a physiotherapist will attempt to identify why the problem manifested in the

first place, and prevent it from recurring in the future. This means looking at the physical side of things, such as posture and movement patterns, as well as psychological aspects such as stress or anxiety, and social factors such as work habits and hobbies.

Chiropractor

Of the three job titles, chiropractors are definitely the most commonly associated with back problems, although some claim it can help with issues such as asthma or sexual dysfunction. But at the same time, chiropractors are also among the most controversial in medical circles. The main feature of chiropractic treatment that sets it apart from physiotherapy and osteopathy is its focus on manipulation, which is when joints are pushed and

pulled to their farthest possible range of motion. The belief is that physical pain can be resolved by getting a chiropractor to manually put everything "back in the right place".

Chiropractors are somewhat controversial for a number of reasons. Firstly, their techniques are seen as unnecessarily risky, with chiropractors having some of the highest instances of adverse patient reactions. They are also looked down upon from a scientific per-

lems is viewed by many as not only ineffective, but meaningless and irresponsible.

Osteopath

Osteopaths are quite similar to chiropractors in that they also place a lot of importance on manual manipulation, although they tend to be a lot more gentle. The prevailing theory of osteopathy is that the body is at its best when all of its tissues are moving how they are supposed to. Os-

ter medical treatment. However, some studies have shown osteopathy to be ineffective in achieving its claims, while others show evidence to support it. The general consensus is that while osteopathy may have science to back up some of its claims, other claims are simply not true, and further research is needed to separate fact from fiction.

Although these jobs may seem similar, and usually have similar goals, it is clear to see that there is a distinct difference between physiotherapists, chiropractors, and osteopaths. To the average person, these titles may appear interchangeable, but many people will make a different choice when presented with the facts.

While there is a clear frontrunner from a scientific perspective, the key takeaway here should not be to learn the technical difference between these roles, but to realise the importance of researching medical professionals before seeing them. Only then can you make a truly informed decision.


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spective, with one of their main theories having no evidence to even support its existence. "Chiropractic subluxation" is claimed to cause organ problems by disrupting the nerves along the spine, but this has never been shown to actually exist, meaning their attempts to treat it for both back pain and organ prob-

leopaths therefore assess a patient's health by feeling their tissues, and attempting to stimulate movement where they believe it is lacking.

As osteopathic manipulation is so much more gentle than chiropractic manipulation. Many see it as harmless, or even beneficial when combined with oth-

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Tenerife South, Manufacturing business

€390,000

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

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

Los Cristianos, Pizzeria

€380,000

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

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

Puerto Colon, Sports Bar

€350,000

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

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



€349,999 - €250,000

Golf del Sur, Investment Property

€329,175

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

San Eugenio Bajo, Bar/Cafe

€325,000

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

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

Los Cristianos, Freehold Pub

€320,000

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

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

Los Olivos, Empty Local

€280,000

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

Playa San Juan, Restaurant

€250,000

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

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

San Eugenio Bajo, Bar/Cafe

€250,000

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

Ref: 2505 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Excursion Business

€250,000

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

cannot miss this! It has been established for many years and has no direct competition. The diving experience is offered on underwater scooters making it possible for everyone to par... For full information see website or contact:

Ref: 2409 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Restaurant

€250,000

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

Ref: 2459 | FRINA Tenerife SL - Business Sales | 922 085 191

€249,999 - €150,000

Costa del Silencio, Bar/Cafe

€230,000

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

Ref: 2538 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Commercial Property

€220,000

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

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

Los Gigantes, Freehold Property

€219,000

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

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

Torviscas Bajo, Bar/Cafe

€210,000

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

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

Ref: 2567 | FRINA Tenerife SL - Business Sales | 922 085 191

La Caleta, Italian Restaurant

€190,000

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

Ref: 2403 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Restaurant

€190,000

FRINA Tenerife now offers this Famous and Successful Asian Restaurant for Sale. This restaurant is located centrally in Los Cristianos and is very busy. An amazing reputation secures many gusts 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

KENDEL DEVELOPMENTS S.L.

Providers of Guaranteed* Damp Solutions throughout the Canary Islands since 1985



'Kendel receive further MAJOR Order from Arehucas Rum factory on Gran Canaria.'

Following the successful treatment of 230 linear meters of rising damp in the walls of their factory (restored in 2013), Kendel Developments S.L. were delighted to receive an additional order from Arehucas Rum to treat a further 250 linear meters of walls on another section of the firm's old buildings due to

be restored shortly.

Damp in properties has long been a scourge of the construction industry in the Canary Islands – due in no small part to constructors' poor building practices. When the Savills came to Tenerife in 1985, they weren't sure what to focus on, but Derek Savill quickly decided to use his many years in construction in the

UK to specialise in Damp Proofing, Stair Lifts, Wheelchair Lifts and Small Home lifts where experienced firms were noticeably hard to find.

Damp Proofing

After several years of carrying out tests with various products from the UK Derek (Dell) discovered that the only guaranteed

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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FRINA Tenerife

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Rural B&B for Sale

NEW



Turnkey rural B&B with rental 10 units, sea views, pool, and 14,000 m² of tranquil grounds with potential for growth through a café, retreat, or campsite. Fully licensed, strong reviews, 15 years lease and just 2,100€ monthly rent.

Ref.: 2894

Price: 210,000€

Restaurant In Las Galletas



Cozy restaurant for sale in the heart of Las Galletas with 70m² modern interior, a large, well-equipped kitchen, and seating for 30 guests including a terrace. Located in a busy area with loyal clientele. Monthly rent: 1,200€

Ref.: 2883

Price: 42,000€

Well Established Workshop



Established for over 25 years, this fully equipped 180 m² car garage offers high visibility, space for 10 cars, and a loyal client base. Located just minutes from the TF-1, it includes 3 lifts, essential tools, and low rent of: 1,200€

Ref.: 2887

Price: 80,000€

Takeaway Bar In Los Cristianos

open 2 offers



Charming takeaway bar for sale in central Los Cristianos, just steps from the beach, known for healthy food, and wellness events. Includes 59m² interior, shared 25m² terrace, and cold kitchen setup. Monthly rent: 740€

Ref.: 2885

Price from: 30,000€

Unique Virtual Game Room

REDUCED



Unique virtual game room in central Las Americas – the first of its kind in Europe. Players run freely in immersive VR worlds, safely harnessed for full-motion fun. Easy to run with low overhead. Monthly rent: 700€ incl. parking.

Ref.: 2892

Price: 29,000€

Freehold Printing Business

NEW



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

Ref.: 2895

Price: 150,000€

Prime Bar At Playa Las Vistas



Successful bar in Los Cristianos directly on Playa Las Vistas with stunning sea views. The 150m² indoor space and 200m² terrace offer seating for 80 guests, featuring a fully equipped kitchen and ample storage. Monthly rent: 9,500€

Ref.: 2878

Price: 440,000€

Kitchen Store for Sale



A turnkey opportunity - kitchen store with 8 years of solid reputation, known for quality and competitive prices. Spacious 525 m² premises include showroom, storage, and office in busy Las Chafiras. Monthly rent: 2,300€

Ref.: 2891

Price: 290,000€

Modern Cafe In Las Americas



Beautifully refurbished café in the heart of Las Americas, just steps from the beach with indoor seating, a 25 m² terrace, and partial sea views. Known for homemade meals and a prime location. Monthly rent: 1,805€

Ref.: 2879

Price: 130,000€

Bar-Cafe in San Telmo



Fully refurbished modern bar-café in prime San Telmo location with two terraces, sea views, and restaurant license - ideal for dine-in or takeaway concepts. Currently closed but all ready to reopen. Monthly rent: 2,500€

Ref.: 2882

Price: 75,000€

Prime Bar/Restaurant Space



This property in Aqua Mall includes two combined units with a 200m² terrace. Fully pre-installed for a bar, café, or restaurant, it features renovated restrooms, a kitchen extraction, and new electricity. Monthly rent: 5,500€

Ref.: 2876

Price: 20,000€

Prestigious Freehold Restaurant



Rare opportunity to acquire the freehold of a top-rated and successful restaurant in Costa Adeje. Comprised of three combined locals, with a stylish interior, a 60m² terrace with seating for 50 guests, and a fully equipped kitchen.

Ref.: 2877

Price: 720,000€

Large Local In Las Americas



Spacious 130 m² premises in the heart of Las Americas is ideal for a shop, bar, or restaurant. It also features a 20 m² terrace and a 100 m² storage area. Perfectly situated on a busy street surrounded by hotels. Monthly rent: 12,000€.

Ref.: 2873

Price: 5,000€

Car Mechanic Garage



Well-established car mechanic with 20+ years of success, a loyal client base, and strong reputation. The 300 m² premises are fully refurbished and staffed by 3 experienced employees. The monthly rent is: 1,000€

Ref.: 2890

Price: 120,000€

Unique Finca & Businesses



This unique traspaso offers two successful businesses - a renowned restaurant and a busy dog kennel - on a 5,000m² finca. The property also includes a 2-bedroom private house. A perfect home-business setup. Monthly rent ONLY: 1,580€.

Ref.: 2871

Price: 185,000€

Busy Live Music Bar



Thriving live music bar in central Los Cristianos with seating for 110 guests, prime location near the market and beach promenade. Fully staffed, high turnover, and open daily with a vibrant atmosphere. Monthly rent: 2,500€

Ref.: 2889

Price: 320,000€

Tacos Bar In Los Cristianos

REDUCED



Well-located tacos bar for sale in central Los Cristianos with a 50m² space, fully equipped kitchen, and strong takeaway potential on a busy street. Ideal for 1-2 people and ready to operate immediately. Monthly rent: 1,100€

Ref.: 2884

Price: 45,000€

Freehold Investment Opportunity



This freehold of 150m2 in Puerto Santiago is just minutes from the frontline. It is located in a complex and commercial centre. It can be used commercially or even converted into 1 or 2 residential properties to rent.

Ref.: 2825

Price: 190,000€

Turn Key Quad Excursion



Well-established quad excursion business with 12 new quads, service vehicles, and a fully equipped garage. Popular year-round, especially for sunset tours to Teide, with strong reviews and online presence. Monthly rent: 1,370€

Ref.: 2888

Price: 330,000€

Music Bar & Restaurant



This iconic bar-restaurant in Las Americas offers a fully renovated, well-established venue with live entertainment. It has a loyal customer base, seats up to 200 guests and operates seven days a week. Monthly rent: 3,000€.

Ref.: 2880

Price: 330,000€

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Calle Colón, 1st Floor, local 213, Puerto Colón, 38660 Adeje English, Spanish, Italian, Dutch, German, French, Danish

we are here too

