



*Alejandra
Navarro Basanta's
Guide to*

Madrid



Where to Shop

AMÉN

Concept store in Madrid that mixes fashion with art. Every time you visit this place, it's a unique experience as they are constantly changing their artists and interior decoration.

This store combines aesthetic vibes with luxury items. I visit this place regularly to see what's new and to receive new inspiration.



Located in the neighborhood of Malasaña, the nearest metro is Noviciado from where you can walk in a few minutes.

ADDRESS

AMÉN
C/ SAN ANDRÉS, 3,
28004 MADRID
@AMENMADRID



Where to Stay

Bless Hotel

Exclusive hotel which offers a Basque cuisine restaurant, rooftop cocktail bar, spa, bowling alley as well as a space to enjoy a cup of tea or coffee. This hotel is an icon for Madrid since it's Hedonism in its purest form, perfect for a quiet coffee in the center of Madrid.

Bless Hotel is located on Velázquez street, in the middle of the Salamanca neighborhood. If you go by subway, jump off at the Velázquez station which is the closest one.



TIPS!

THEIR CROISSANTS IS A MUST, THEY'RE INSANELY GOOD!

ADDRESS

BLESS HOTEL
C. DE VELÁZQUEZ, 62,
28001 MADRID
@BLESSHOTELMADRID





Where to Get Cultural

Real Jardín Botánico de Madrid

This garden is located in the centre of Madrid and offers an opportunity of unique silence and calmness in the city center. Experience the most diverse collection of flowers, plants and trees since this is a home of both botanists and researchers.

ADDRESS

JARDÍN BOTÁNICO
PLAZA DE MURILLO, 2
28014 MADRID
@JARDINBOTANICORD

Entrance fee

The full entrance fee is 6€ including a visit to the garden and Villanueva Pavilion Exhibitions, or a single ticket for 4€ which includes a visit to the garden. Admission is free for children under 18 years old. It takes about one hour to complete the walk through the garden.

HOW TO GET THERE

It's placed next to Atocha station, which is the closest metro station. From there you can walk for 5 minutes.



Where to Eat

Run run run

Run Run Run is a café that offers healthy and un-processed food, made by seasonal ingredients produced from local suppliers. Since the café has changing rooms and showers, this is the perfect place to end your cycling or running tour through the city.



ADDRESS

CAFÉ RUN RUN RUN
PL. DE JUAN ZORRILLA, 1,
28003 MADRID
@CAFERUNRUNRUNRUN



TIPS!

ENJOY THEIR DELICIOUS
BREAKFAST, BRUNCH AND
LUNCH DISHES SUCH AS
BANANA BREAD, AVOCADO
BAGELS, CARNITAS TACO
OR PUMPKIN RISOTTO.





Where to Workout



Síclo

This spinning studio comes originally from Mexico and opened their first studio in Madrid about one year ago. Their sessions combines 45 minutes of exercise, including push ups and weights on the bike. Everything is done in the dark which actually makes is much more powerful and fun, almost like a disco.

Síclo comes from combining the 'cycle' of spinning with the 'yes' of being positive.

ADDRESS

sÍCLO
C. DE FERNANDO VI, 23,
28004 MADRID
@SICLO





I Choose Friendly

When developing new products, we always dig into the latest research to find the best possible ingredients for the hair, as well as for the animals and the environment. All of our products are animal friendly and since 2013, we have chosen to launch 100% vegan products only.

But we want to go that extra mile. Therefore, all of our packaging is climate compensated by planting trees through PLAN VIVO, an organisation that drives environmental and sustainability projects around the world. This way, we can support independent, local farmers as well as give our nature and environment a chance to recover.

#ICHOOSFRIENDLY



100% VEGAN & ANIMAL FRIENDLY
CLIMATE COMPENSATED
PRODUCED IN SWEDEN