

# designed for maximum comfort

At TEN Group and Fran Silvestre Arquitectos, we view well-being as an integral balance that encompasses physical, mental, and social health. Guided by this vision, the ONE SEVEN villas have been designed with a holistic approach, where every element is carefully considered to maximize comfort and enhance the quality of life for their residents.

Our purpose goes beyond building homes; we aim to deliver unique experiences that place health, personal fulfillment, and enjoyment at the heart of everything. We understand well-being as a multifaceted concept that includes essential aspects such as physical activity, restorative rest, connection with nature, and the opportunity to fully enjoy leisure and sports.

To achieve this, we have identified seven key pillars that, in perfect harmony, define wellness villas designed to elevate well-being to its fullest expression. Every detail reflects our commitment to creating spaces that are not only functional and aesthetically flawless but also foster a healthy, balanced lifestyle in line with the needs of those who call them home.



# seven elements

## **MIND**

Blurring the boundaries between indoor and outdoor spaces creates a seamless connection with nature, fostering a sense of peace and mental well-being. The optimal orientation of each villa further enhances this harmonious state, providing a tranquil and balanced living environment.

## **LIGHT**

High-end windows with hidden profiles maximize natural light, creating a sense of continuity and spaciousness throughout the home. Interior lighting has been thoughtfully designed to enhance well-being, featuring circadian lighting with a high color rendering index. This is complemented by motion-activated night lights to promote restful sleep.

## **AIR**

The air we breathe has a profound impact on our well-being. For this reason, the villas are equipped with an advanced air purification system that filters out pollutants to ensure a pure and healthy environment. Additionally, the large windows and strategic layout of the homes create cross-ventilation, enhancing interior comfort.

## **COMFORT**

The villas are designed to maintain a pleasant and consistent indoor climate, with real-time temperature and humidity control systems ensuring a perfectly balanced environment year-round.

## **WATER**

Water is purified through an osmosis system, eliminating unpleasant odors and tastes. The villas are self-sufficient in water consumption, thanks to a rainwater collection, filtration, and treatment system. This ensures an independent and sustainable water supply.

## **FITNESS**

Each villa features a private pool and open spaces ideal for exercise. The poolside terrace is perfect for sunrise yoga sessions or morning strength training outdoors. Residents can also enjoy nearby golf courses and the sea, just a 10-minute drive away, for a variety of fitness and recreational activities.

## **NUTRITION**

The kitchens in the villas are designed to support a diet rich in fresh and natural foods, promoting a healthy and balanced lifestyle.



# circadian lighting

Circadian lighting is a cutting-edge technology that accurately replicates the natural variations of sunlight throughout the day, aligning with the body's natural cycles. This innovative system helps regulate the internal biological clock, known as the circadian rhythm, promoting restorative sleep, a balanced metabolism, and optimal emotional well-being. Its positive impact on health makes this technology an essential component of a harmonious and healthy lifestyle.

At the ONE SEVEN villas, circadian lighting has been integrated as a core element of the design, achieving the perfect balance between comfort, functionality, and health. This approach allows residents to enjoy a luxury experience that goes beyond aesthetics, providing an environment that fosters holistic well-being. Every detail has been carefully considered to transform each villa into a home that nurtures both body and mind, reflecting a commitment to quality of life and innovation in residential design.

Indirect lighting on closets



Indirect lighting above washbasins



Indirect lighting in recessed ceilings



Indirect lighting in handrails

Direct lighting above the kitchen island



Direct lighting on mirrors



Direct lighting in closets and drawers



Direct lighting on headboard

# energy efficiency

Architecture has evolved beyond merely meeting the functional needs of its inhabitants. At Fran Silvestre Arquitectos, this discipline is understood as a comprehensive commitment to the environment, where sustainability and respect for the planet are fundamental pillars. Each project is developed with a holistic vision, ensuring that every aspect of the design works in harmony to create a positive impact, not only on people but also on the world around us.

Our approach is rooted in the concept of "innovated tradition," which combines respect for the existing with the ability to reinvent it through cutting-edge solutions. This results in architecture that ensures energy efficiency, airtightness, and self-sufficient energy generation, eliminating waste and achieving near-zero energy consumption.

Innovation lies at the heart of this process. We embrace the use of new materials, advanced technologies, and strategic decisions that not only transform construction methods but also enhance people's quality of life. This is a type of innovation that does not break with the past but uses it as a foundation to evolve, fostering a continuous dialogue between accumulated experience and the future of architectural design.

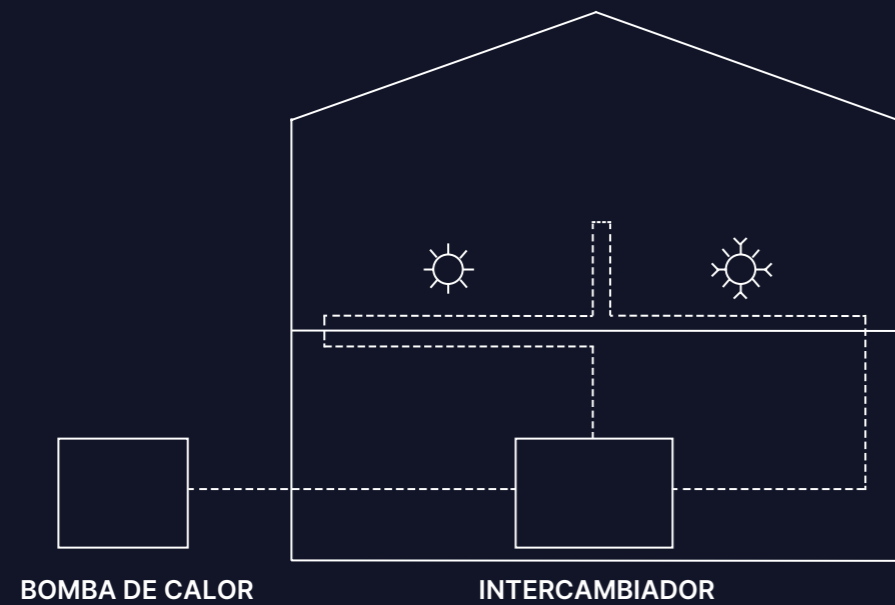


# aerothermal technology

The villas aim to achieve zero energy consumption without compromising maximum comfort. This is made possible by integrating nature and open spaces into a thoughtfully designed home, reducing environmental impact.

These villas rely on renewable energy to meet all their needs, making them fully energy self-sufficient. All these economic and environmental benefits are achieved without sacrificing the villas' aesthetic appeal or luxurious features.

To accomplish this, an aerothermal system is employed—a highly efficient solution for maximizing energy efficiency and minimizing the carbon footprint. This technology is ideal for heating, cooling, and hot water production, all while maintaining exceptional design, premium materials, and unmatched exclusivity.



#### **ENERGY CAPTURE**

The aerothermal heat pump draws air from outside, even at low temperatures, extracting the energy contained within it.

#### **COMPRESSION AND HEATING**

This energy is transferred to a refrigerant fluid within the system's internal circuit, which increases in temperature as it is compressed.

#### **HEAT EXCHANGE**

The heated fluid passes through a heat exchanger, transferring its warmth to either the heating water or domestic hot water, effectively warming radiators, underfloor heating systems, or water storage tanks.

#### **CONTINUOUS CYCLE**

The fluid cools down, and the cycle repeats, continuously extracting energy from the outside air.

# customize the interior

Aesthetic preferences are a unique reflection of each individual's personality, and we understand that transforming a space into a true home requires imbuing it with personal character and identity. This is why the ONE SEVEN villas offer a design proposal that allows our clients to personalize the interior atmosphere of their homes, tailoring it to their tastes and needs.

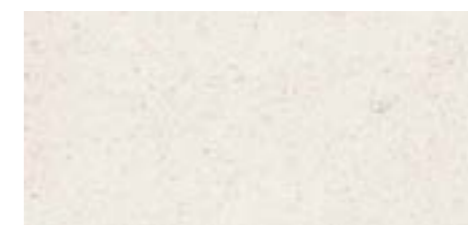
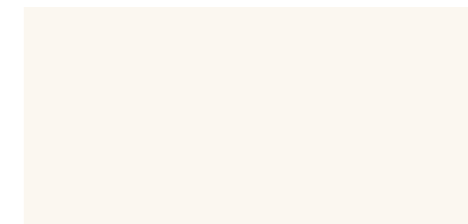
To achieve this, we provide four carefully curated interior design styles that strike a perfect balance between warm and cool tones. These options include: the elegant Ivory Option, evoking brightness and serenity; the cozy Sand Option, inspired by the natural warmth of organic materials; the sophisticated Platinum Option, which brings modernity and a touch of distinction; and the contemporary Aluminum Option, combining freshness and dynamism. Each style has been crafted to ensure that every detail aligns with the vision of a unique and special home, in harmony with the exceptional setting of Estepona and its prestigious golf course.

This flexibility in interior design ensures that each villa becomes an extension of its owners' identity, achieving the perfect balance between functionality, elegance, and comfort.



# ivory

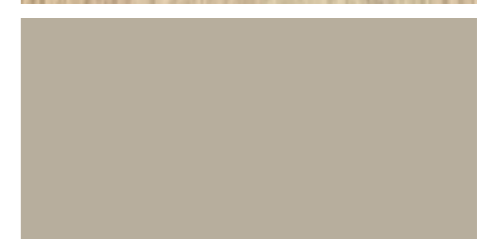
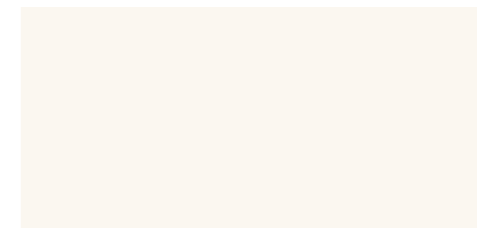
Open-pore bleached oak wood paneling. Honed Capri limestone flooring with a water-repellent treatment. Matte white lacquered furniture with a natural, colorless wax finish. Steam-bent ashwood furniture with leather or braided rope seating. Bathrooms clad in Solid Surface material with a white RAL 9016 finish. Walls coated with water-based enamel paint.





# sand

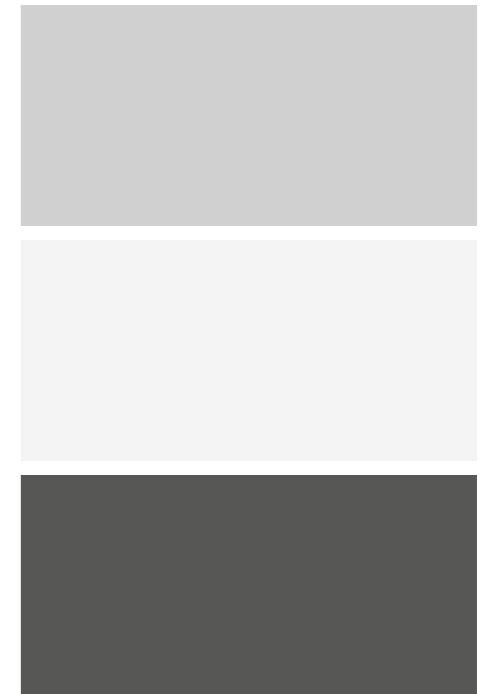
Lacquered MDF paneling in RAL 9016 tone. Natural French oak wood flooring with a specific treatment. Matte taupe lacquered furniture with a natural, colorless wax finish. Steam-bent ashwood furniture with leather or braided rope seating. Bathrooms clad in Solid Surface material in a cream tone, RAL 9016. Walls coated with water-based enamel paint.





# platinum

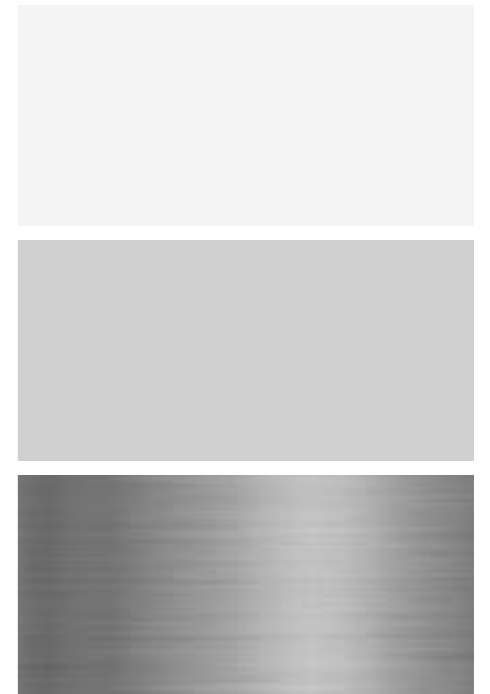
Deep matte white lacquered wood paneling. Continuous white laminate flooring. High-gloss silver-gray lacquered wood furniture. Matte white lacquered wood furniture with brushed aluminum and black finishes. Bathrooms clad in Solid Surface material with a snow-white finish. Walls coated with water-based enamel paint.





# aluminum

Deep matte silver-gray lacquered wood paneling. Continuous gray laminate flooring. High-gloss off-white lacquered wood furniture. Matte white or gray lacquered wood furniture with brushed aluminum finishes. Bathrooms clad in Solid Surface material with a white finish. Walls coated with water-based enamel paint.



# solar protection

Given that personal and family needs are different, One Seven offers the possibility to customize and choose the design of each home's rooftop, adapting it to the needs and lifestyle of each owner.

We offer three distinct options. The first consists of a fully walkable uncovered rooftop, an open space that invites you to enjoy the sun, the views, and the spaciousness of the surroundings, bordered perimetrically by a transparent railing that maximizes visual connection and provides safety without interrupting the landscape.

The second alternative features an equally walkable rooftop but protected by a permeable volume of vertical slats arranged in the form of a pergola, a solution that provides shade, comfort, and a contemporary design. It allows natural light and the necessary ventilation to flow through without losing the minimalist aesthetic that characterizes the project.

The third option combines the best of both proposals with a mixed rooftop. Part of the space is shaded by a pergola of vertical slats, creating a shaded area ideal for relaxation, while the other part remains uncovered, bordered perimetrically by a transparent railing that ensures visual continuity with the landscape and enhances the luminosity of the space.

# technical specifications

The homes have been designed to provide exceptional comfort and convenience, combining elegant and sophisticated design with a strong commitment to sustainability and respect for the environment. Every detail has been meticulously crafted to optimize energy efficiency, reduce environmental impact, and ensure a superior living environment that meets the highest expectations.

This section provides a detailed description of the homes' standout features, along with their main technical specifications. The materials, finishes, and construction solutions have been carefully selected not only for their aesthetics and functionality but also for their contribution to energy savings and the overall well-being of the residents.

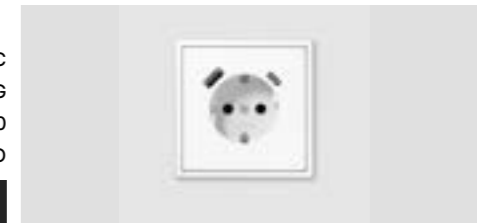
It is important to note that while excellence has been prioritized in every technical aspect, some specifications may be subject to modifications within the same quality range. These adjustments, always overseen by the specialized technical team, ensure that the highest standards of quality and adherence to the design and sustainability values defining these homes are maintained.



ELEMENT SWITCH MECHANISM  
BRAND JUNG  
COMMERCIAL REFERENCE LS 990  
FINISH BLANCO MARFIL / GRIS / NEGRO



ELEMENT SOCKET MECHANISM WITH USB TYPE A AND C  
BRAND JUNG  
COMMERCIAL REFERENCE LS 990  
FINISH BLANCO MARFIL / GRIS / NEGRO



ELEMENT SOCKET MECHANISM WITH USB TYPE A AND C  
BRAND JUNG  
COMMERCIAL REFERENCE LS 990  
FINISH BLANCO MARFIL / GRIS / NEGRO



ELEMENT SWITCH MECHANISM  
BRAND BTICINO  
COMMERCIAL REFERENCE LIVING NOW  
FINISH BLANCO / ARENA / NEGRO

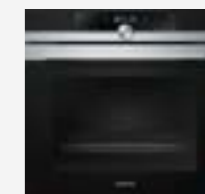




LOCATION **KITCHEN FAUCETS**  
BRAND **TRES**  
COMMERCIAL REFERENCE **06254201NM**  
FINISH **ACERO**



LOCATION **OVEN**  
BRAND **SIEMENS**  
COMMERCIAL REFERENCE **IQ 700**  
FINISH **NEGRO**



LOCATION **EXTRACTOR**  
BRAND **SIEMENS**  
COMMERCIAL REFERENCE **IQ 700**  
FINISH **NEGRO**



LOCATION **INDUCTION HOB**  
BRAND **SIEMENS**  
COMMERCIAL REFERENCE **IQ 700**  
FINISH **NEGRO**





**ELECTRICITY**

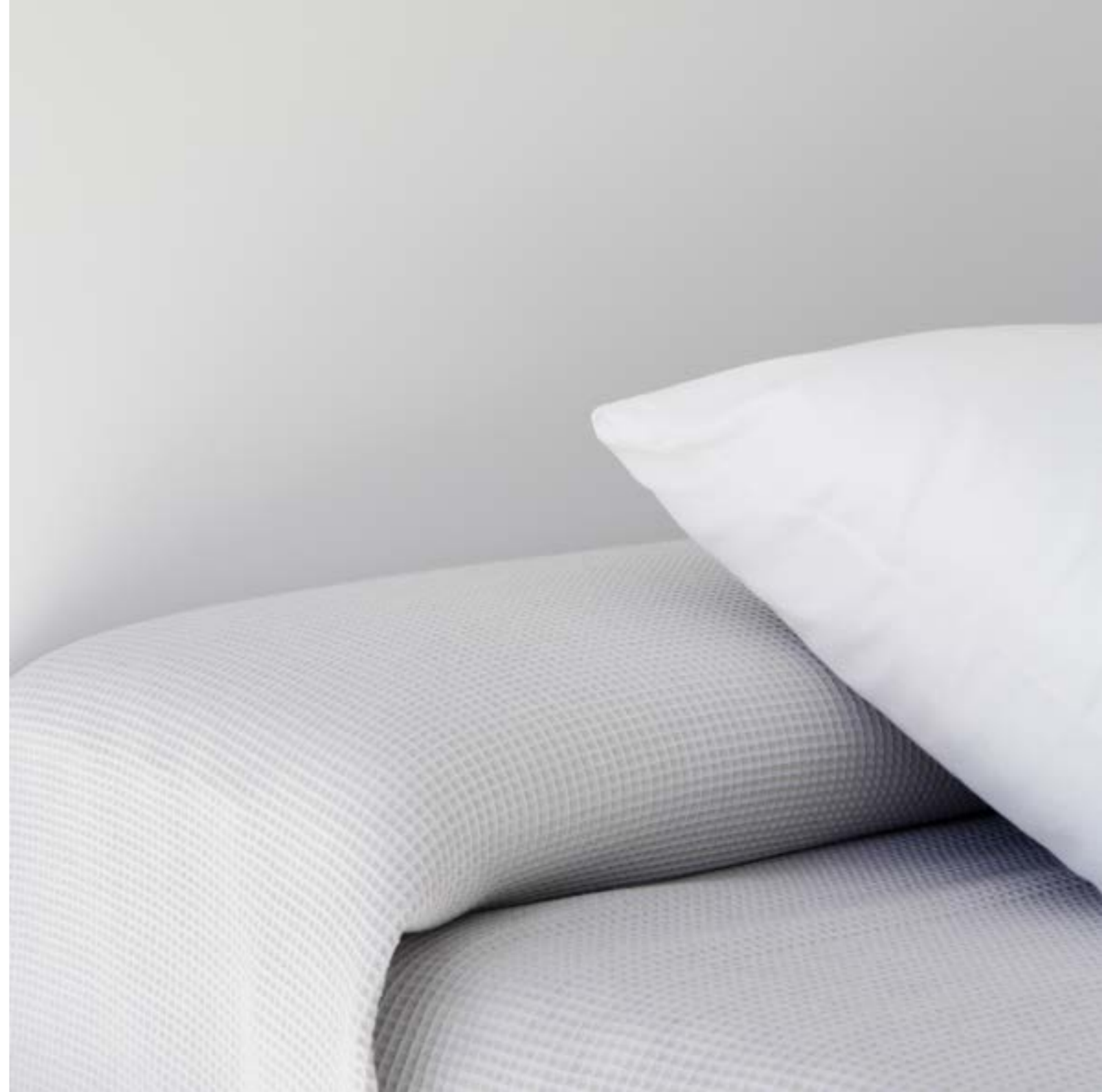
Complete electrical installation for a single-family home with high electrification. This includes lighting, general electrical outlets, outlets in rooms (bathrooms, appliances, automated blinds, climate control equipment, ventilation, water treatment systems, and pressure groups). The distribution of all mechanisms will follow the electrical plan defined during the project execution phase.

**LIGHTING**

Interior lighting includes concealed LED strips in closet partitions, staircase handrails, or headboards. For humid areas, IP67 lighting is used, particularly in spaces in direct contact with water such as pools or water features. To ensure darkness in interior spaces, a motorized double-density PVC-coated roller blind is installed. It is fire-resistant, compliant with DB-SI regulations, and motorized for convenience.

**PLUMBING**

The potable water supply pipes are composed of cross-linked polyethylene, aluminum, and high-density cross-linked polyethylene multilayer materials. These pipes are installed within partitions, false ceilings, or under floors, with a protective mechanical layer. The installation complies with current national regulations and ensures proper functionality.





#### **WATER DRAINAGE SYSTEM**

Soundproof and fire-resistant downspouts and collectors with glued joints. The system is suitable for draining all types of water from appliances. The internal surface of the pipes is perfectly smooth, non-flammable, self-extinguishing, impact-resistant, and corrosion-resistant. It is impervious to the chemical agents present in wastewater.

#### **MECHANICAL VENTILATION**

A heat recovery mechanical ventilation system equipped with a Zehnder model or similar, offering excellent energy efficiency and very low electricity consumption. The ventilation ducts are composed of semi-rigid tubing to ensure optimal air circulation.

#### **UNDERFLOOR HEATING**

A system designed to ensure uniform temperature distribution through advanced technology that radiates heat from the floor upwards, maximizing comfort while promoting more sustainable energy use.

#### **ELEVATOR**

A customized elevator seamlessly integrated into the home's finishes. The access door is concealed behind a matching door, maintaining visual uniformity and harmony within the space.

#### **SATE FAÇADE SYSTEM**

Exterior vertical thermal insulation system composed of EPS (expanded polystyrene) or XPS (extruded polystyrene) panels, applied in areas where the starting points are on pavements or ground-level surfaces.



#### **RENEWABLE ENERGY**

To make the homes energy self-sufficient, renewable energy systems are employed. This is achieved through the use of photovoltaic panels, a battery system, and thermal insulation. The orientation of the homes is also adapted to optimize the program of the house.

#### **INTERIOR COMPARTMENTALIZATION**

The partitions are composed of a galvanized steel sheet structure with horizontal elements and vertical studs spaced 400mm apart. Gypsum plasterboard is screwed on both sides of the structure. Moisture-resistant plasterboard is used in humid areas, such as bathrooms and restrooms.

#### **INTERIOR CARPENTRY. DOORS**

The interior doors are made of solid MDF, factory-lacquered, with a thickness of 50mm. Wall panels are flush from floor to ceiling and include an aluminum frame covering the entire dimension of the partition. The doors feature a magnetic opening system for smooth operation.

#### **INTERIOR CARPENTRY. CLOSETS**

Closets are made of 19mm lacquered MDF panels. The internal body is constructed with 16mm melamine and 19mm shelves with rounded edges. Both the interior and exterior are factory-lacquered for a refined and durable finish.

#### **SWIMMING POOL**

The pool is finished with a material chosen to ensure maximum visual continuity of the space while maintaining optimal conditions for its contact with water. It also features LED strips suitable for water contact, which automatically illuminate at a set time of day (IP68 system).

#### **ALUMINUM CARPENTRY**

Embedded aluminum carpentry with thermal break (TB). It has a matte silver anodized aluminum finish and will be dimensioned according to the plans.

#### **KITCHEN**

The kitchen furniture is made of 19mm thick matte white lacquered MDF panels. The countertop is made of Solid Surface, including an integrated sink of the same material and an induction hob with built-in smoke extraction. This eliminates the need for an external exhaust system. Integrated within the cabinets are the refrigerator, microwave, dishwasher, and oven.

#### **BATHROOMS AND RESTROOMS**

Bathrooms and restrooms feature vertical water-resistant Solid Surface cladding, 12mm thick, up to a height of 1.05m. In the shower area, the material extends to a higher level, aligning with the mirror. The remaining surfaces are finished with 15mm thick moisture-resistant gypsum plasterboard, painted with matte water-based enamel.

