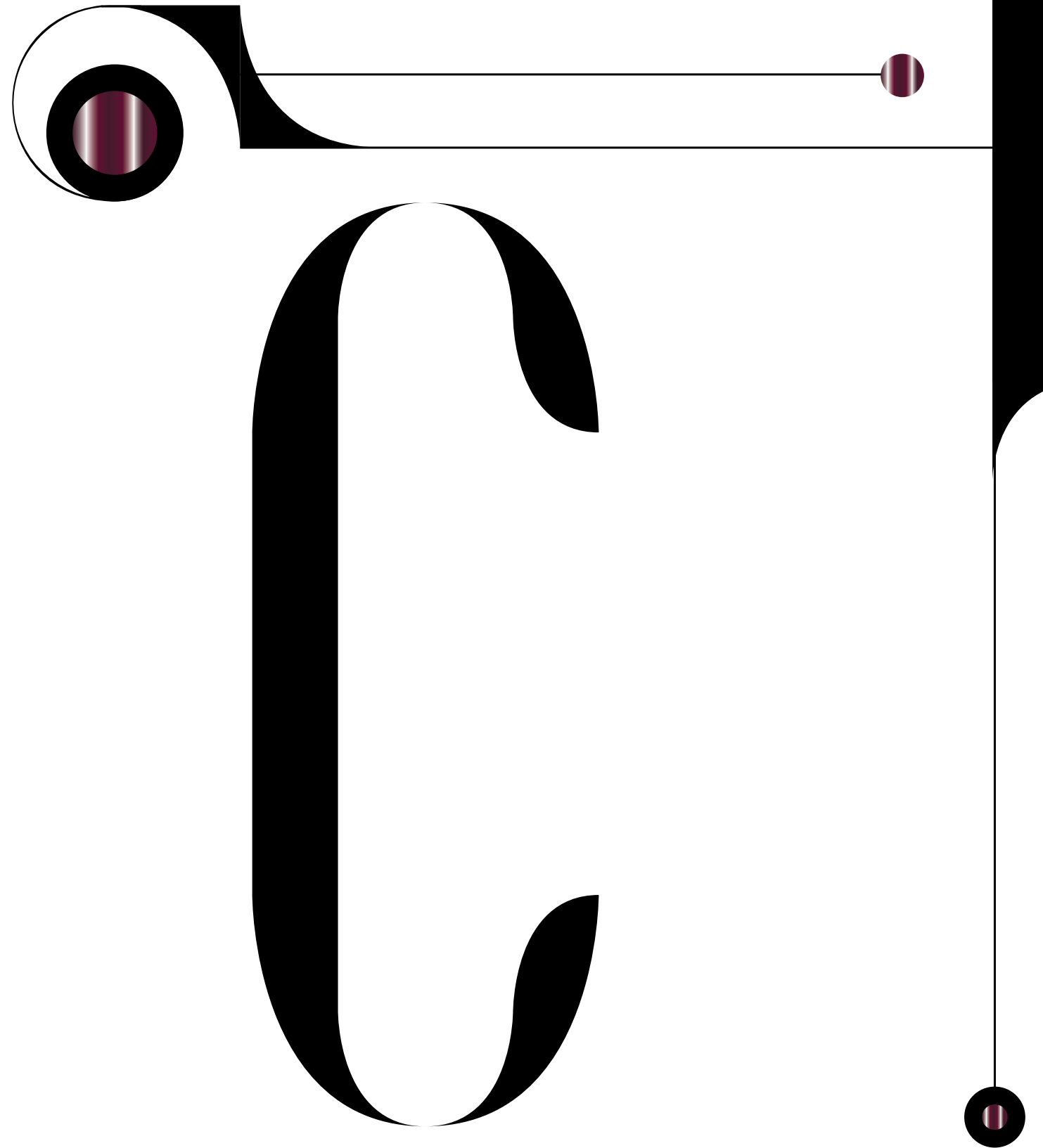




PHOTOS COURTESY OF DANIEL SCHÄFER



cristina lozano

FOUNDER OF CRISTINE BEDFOR

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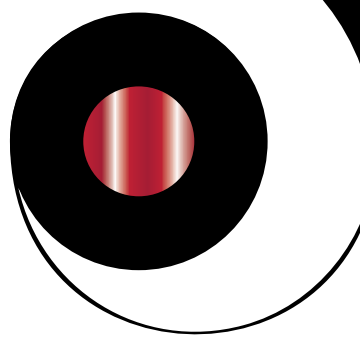


Founder, Curator, and Soul of Two of Spain's Most Intimate Escapes

Born from a love of quiet beauty and thoughtful design, Cristina Lozano's boutique hotels in **Málaga** and **Menorca** are more than just places to stay; they're sanctuaries. Designed with soulful minimalism, local artistry, and a deep reverence for space and stillness, Cristina's properties have quickly become destinations for women seeking something more: calm, connection, and the courage to travel on their own terms.

Whether you're walking through the sun-washed alleys of Málaga's historic district or waking to the wild stillness of Menorca's coast, Cristina's spaces offer a soft place to land and a chance to return to yourself. A lifelong traveler and deeply intuitive creator, she has crafted havens for the intentional woman, spaces where design, energy, and feminine renewal intersect.

In this interview, Cristina shares what today's women are looking for when they travel, how midlife has shaped her approach to hospitality, and why the most meaningful journeys are often the ones we take inward.



What inspired you to open your boutique properties in Málaga and Menorca, and what makes each location special to you?

The grilled sardines (espetos) by the sea, along with new offerings like the Cosmo or M de Mariano, never leave anyone indifferent.

I was looking for cities full of charm and tradition, with a strong artistic presence, nature, and gastronomy.

Your hotels seem designed for a deeper kind of escape. What do you think women today are truly seeking when they travel?

Both cities exceed my expectations, and yet they are also very different.

Tranquility, slow life, and enjoying many things but with time—that's what I value the most. Not being in a rush, improvising, and of course

Mahón is Mediterranean through and through—an easy-to-explore city, full of surprises and history.

Mahón captivated me from the very first moment: everything is close by, everything is interesting, everything is beautiful.

It is rich in traditions, in art, and in gastronomy.

Walking through its streets is something I love; it makes me feel at home.

Something to keep in my memory forever.

Málaga, on the other hand, is a city that grows, but with respect and meaning. Its historic center is impossible not to fall in love with.

You welcome many solo female travelers and small women's groups. Why do you think places like yours are resonating so strongly with them?

Its beaches and seafront promenade are wonderful, but above all, the churches, the processions, and the world-class museums you stumble upon while strolling around fill you with wonder.

It's clear this is a hotel designed by a woman—every detail is carefully thought out, and it feels very personal.

Is my target audience women? I wouldn't say so.

My target audience is those who know how to appreciate detail, who value something beyond luxury for luxury's sake—those who want to feel

“Tranquility, slow life, and enjoying many things but with time—that's what I value the most.”

stepping a little off the beaten path.

Discovering my own spot.

Exploring and getting recommendations.

When I travel, I always keep something with me: a street, a dish I tasted, a person I met...

comfortable and at home, and who want to live an authentic journey without pretension.

Spain... it's wonderful, so I would absolutely encourage them.

It's about getting the most out of the experience, enjoying, and discovering special things they will never forget.

Your properties seem to embody 'sacred simplicity'—a quiet elegance that soothes. Can you share a design or lifestyle philosophy that guides you?

Describe the energy or mood you aim to create in your spaces. What role does design play in creating that experience for women?

I love fabrics and wallpapers—I'm not so much into “less is more.”

It's a mantra... feeling at home. Feeling comfortable, in cozy spaces that reflect my personality.

I like keeping memories from friends, from trips, from brocante finds.

What are some of your favorite moments you've witnessed from women guests, those transformations or quiet revelations that remind you why you do this work?

But everything has to make sense. I always prioritize coziness, spaces that feel like a lived-in, cared-for home.

I love seeing family visits—mothers, daughters, grandmothers. In Menorca we've had many.

All of this leads me to experiences that amuse me and fill my soul.

Brides with their mothers preparing for that special day with the support of our team.

Do you feel that midlife women, particularly those in perimenopause, menopause, or postmenopause, are traveling differently now? Are you seeing that reflected in your guests?

And friends gathering to enjoy each other's company in our home.

Not at all. I think women at this stage of life are at our very best—calmer, more confident, and eager to enjoy life, especially with family and friends.

They sit in the Menorca garden and spend hours chatting with the sound of the fountain... without rushing.

How has your own journey as a woman—emotionally, creatively, hormonally—influenced the kind of experience you want to offer your guests?

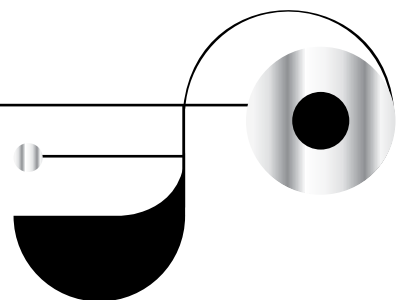
For women who are exploring longer-term stays or even investing in a home in Europe, what advice would you give when considering areas like Málaga or Menorca?

Both are areas in full expansion—and it's expansion done well.

I started this business six years ago, after a career more focused on events and communications.

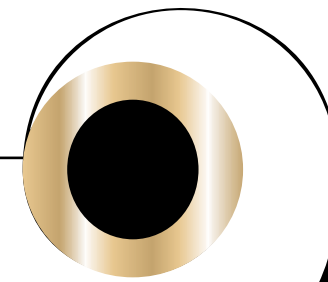
Tourism focused on quality, not quantity.

It was a very different stage of my life, with my children already older and with a strong desire to create something new.





MARTA DE LA RICA WITH CRISTINA LOZANO



I've found my place, and starting this after 40 has been deeply fulfilling.

Life is long, and you have to know how to live it, adapting to each stage.

I'm very proud—and above all, very satisfied.

Can you share a ritual or daily moment you love when you're at the hotel, something that captures the spirit of your spaces?

Waking up without rushing, having breakfast with no schedule.

In Menorca, I often have breakfast several times—I sit with different guests or friends, and we talk about everything. Before I realize it, hours have gone by.

In Málaga, there's a table that looks out onto Calle Granada, and the same thing happens—I spend hours observing and chatting.

What's one under-the-radar experience or place in either Málaga or Menorca you'd recommend just for women?

Friends, a rice dish, the sea, a good wine... and the whole afternoon ahead.

Cala Mesquida in Menorca.

Las Palmeras in Málaga.

Finally, what's your personal travel mantra right now?

It's really a life mantra, and of course also a travel one: avoiding the crowds, surrounding myself with friends, discovering little hidden places to treasure forever in my mind—and never living in a rush or with anxiety.



A photograph of a hotel lobby. In the center, a sofa with pink and white striped cushions sits on a patterned rug. A large, ornate, multi-faceted lantern hangs from the ceiling. To the right, a staircase with a dark railing leads up. A wooden bookshelf and a wicker chair are also visible. The floor is tiled with a black and white diamond pattern. The scene is framed by large windows with white frames and light-colored curtains.

CRISTINE BEDFOR HOTEL
MÁLAGA, SPAIN

PHOTOS COURTESY OF DANIEL SCHÄFER



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The Cristine Bedfor Hotel in Málaga is more than just a boutique stay—it is an invitation to experience the city with warmth, authenticity, and a sense of belonging. Born from a desire to share unique moments, the hotel is filled with cozy corners and welcoming spaces that capture the vibrant spirit of Andalusia. Guests are encouraged not only to explore the lively city but also to pause, breathe, and savor moments of calm within the property's charming atmosphere.



At the heart of the hotel's philosophy is La Cocina de Cristine, where the flavors of Málaga come alive with both tradition and a modern touch. Rooted in fresh, seasonal ingredients sourced from local markets, the cuisine embodies sustainability and the soulful essence of Andalusian gastronomy. Under the direction of Chef Pablo Vega Ramos, who is deeply passionate about his hometown, guests are treated to heartfelt dishes that balance authenticity with creativity, offering a dining experience that is as memorable as it is delicious.



The hotel's rooms are designed as sanctuaries of comfort and individuality, each with its own story and personality. Light-filled spaces, rich with color and thoughtful details, invite guests to disconnect from the bustle of city life and embrace moments of stillness and peace. Whether staying for a short city escape or a longer retreat, the intimate design and tranquil ambiance of Cristine Bedfor's suites ensure that every stay feels personal, restorative, and truly one of a kind.