



No. printed:
234,200
Diffusion: **136,572**
(Office of
Justification of
Diffusion)
Audience: **478,002**
Ref: **3798965**

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National Bimonthly
Women's publications
1st edition 01/08/2011

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638.00 cm2
Occupancy: 100%
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MEN

A day with

MIAMI

He has a good stage presence! Miguel Ángel Muñoz has become one of the most “desirable” men in the Spanish star system. Now his task is to also become one of the moment’s best actors. We will spend 24 intense and unforgettable hours with him.

BY MARIÁN VILA Photos: KIKE MIRANDA



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“You have to regard
success from a distance
and never believe in it.”



Actor, singer, dancer, DJ, surfer, occasional cyclist, a friend of his friends and very popular with the ladies – among other gifts and talents -, Miguel Ángel Muñoz has acquired strength in the casts of the best TV series. Now, after his journey through television, tired of the label of “pretty boy” and the arrogant registers (due to the needs of the script), the actor wants to change his image. The new MAM exchanges his dark side for a tender and convincing smile, weight-lifting for tai-chi, his arrogant airs for perceptible sensitivity, TV for movies and theater... And in the meanwhile, he waits impatiently to start shooting the movie that could consolidate his professional career. We are speaking of *Holmes. Madrid Suite. 1890*, directed by José Luis Garcí, where he will share the credits with Ginés García Millán, José Luis García Pérez, Paula Echevarría and Lucía Jiménez. Mia Belleza played its proper part and contributed its grain of sand by acting as beauty trainer for 24 hours.

Out of series

Miguel Ángel defines himself as an “autodidact” in almost everything. And this confession also applies to sports. He learned to dance due to the necessities of *Un paso adelante*, and today he keeps in shape thanks to activities such as paddle tennis, biking, surfing and sports gymnastics. These athletic disciplines complement other more zen disciplines that bring him calm and relaxation such as meditation and yoga. *Clothing by Nike.*

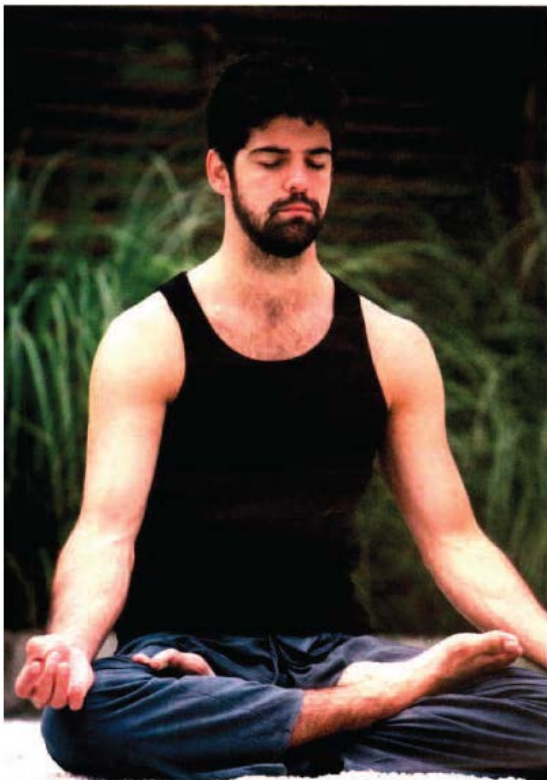


MEN



His most zen side

Among his unusual hobbies are tap dancing and magic tricks. But what really keeps him in top shape is his recent predilection for oriental disciplines such as yoga, meditation and tai-chi, which he seems to have mastered perfectly in these photos. "Before *Upadance*, I hardly knew how to dance, what was typical in the dance halls, but I trained hard until I was able to do it as I wanted." The actor, in spite of having an elite body, assures us that he is not obsessed with it. "I think it is more interesting to take care of the soul, the mind and the heart than outer beauty." Like we said, very zen.



What is the current status of your acting career?

I believe it has reached a point of maturity and great commitment to what I am doing. Since the age of 10, I took my work very seriously, because that is what they told me while I was filming the movie *El palomo cojo*, but I feel that as I get older and mature as a person it affects my commitment to my work very positively. I consider myself lucky to have spent so many years in the profession and to be able to live my passion for acting. In each project that I do, I put my heart and soul into it because I am thankful.

You seem to be a person with "your feet on the ground"...




I think so, and I try not to let any of this change me or make me lose my notion of reality.

You achieved success young, at a wonderful age to be famous, to be able to pick up more women, go to parties...Have you ever been afraid to stop being well-known, to be an anonymous person?

Never. Actually, I have had success on various occasions, and I have also lost it on others, and this has helped me keep a level head, or my feet on the ground as you say. It also helps to see other actors who have had moments of glory and with time have again become anonymous. But this does not have to affect you psychologically in a positive or negative way. You have to enjoy the moment and find the good in it.

You have done TV, movies, you have been a dancer, you made a record...Do you think that being so multifaceted has been in your interest, or has it prevented you from focusing on something specific?

I think I have always been focused. Music and dance were added to my career due to the needs of the scripts. I studied for this, I learned a lot and I had an incredible time. But I have always had my feet on the ground about what was my calling and where my talent lies. That's why when UPA was over, I put the music aside, because it no longer made sense for me when the series was not being broadcast. I knew that the success was due to the series and to my work as an actor in that context.

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It was probably difficult for you to make that decision.

Of course it was. It is not easy to make a decision like that when you are 21 years old and when the people around you demand that you continue to be the singer who fills bullfighting stadiums and sells six platinum records... But it was always clear to me. My calling is acting. But I would be lying if I said that I don't have a craving to get back on stage and sing.

I think I can understand that. All performers want to die with their boots on.

It is what you feel when you are up there, it can't be explained, even more so when you have had the good fortune to have such incredible moments as singing at events with performers such as Janet Jackson, Nely Furtado, Scorpions, Simple Plan...Incredible!

Have you broken with your "tough guy" image?

I have never believed in this image outside of the characters and the sets. Really. In reality I am completely the opposite. Sometimes, the situations that you get into with the media make you feel nervous and, in my case, it is more serious because I am shy. You have been able to confirm that in these hours that we have spent together. (I support his statement.)

Your success with women precedes you...

Hahaha...That has always been a lot less than what people outside think. The truth is I don't meet many women, but I consider myself lucky, and right now I am happy.

What would you do for love?

What haven't I done!...Make very happy the woman with whom I share my life. (Although he is completely discrete with his personal life, Miguel Ángel Muñoz and the actress Mauela Vellés have been together for several months and are happy.)

...And what wouldn't you do?

Go on TV and talk about it. I get very upset when people talk about their problems in public.

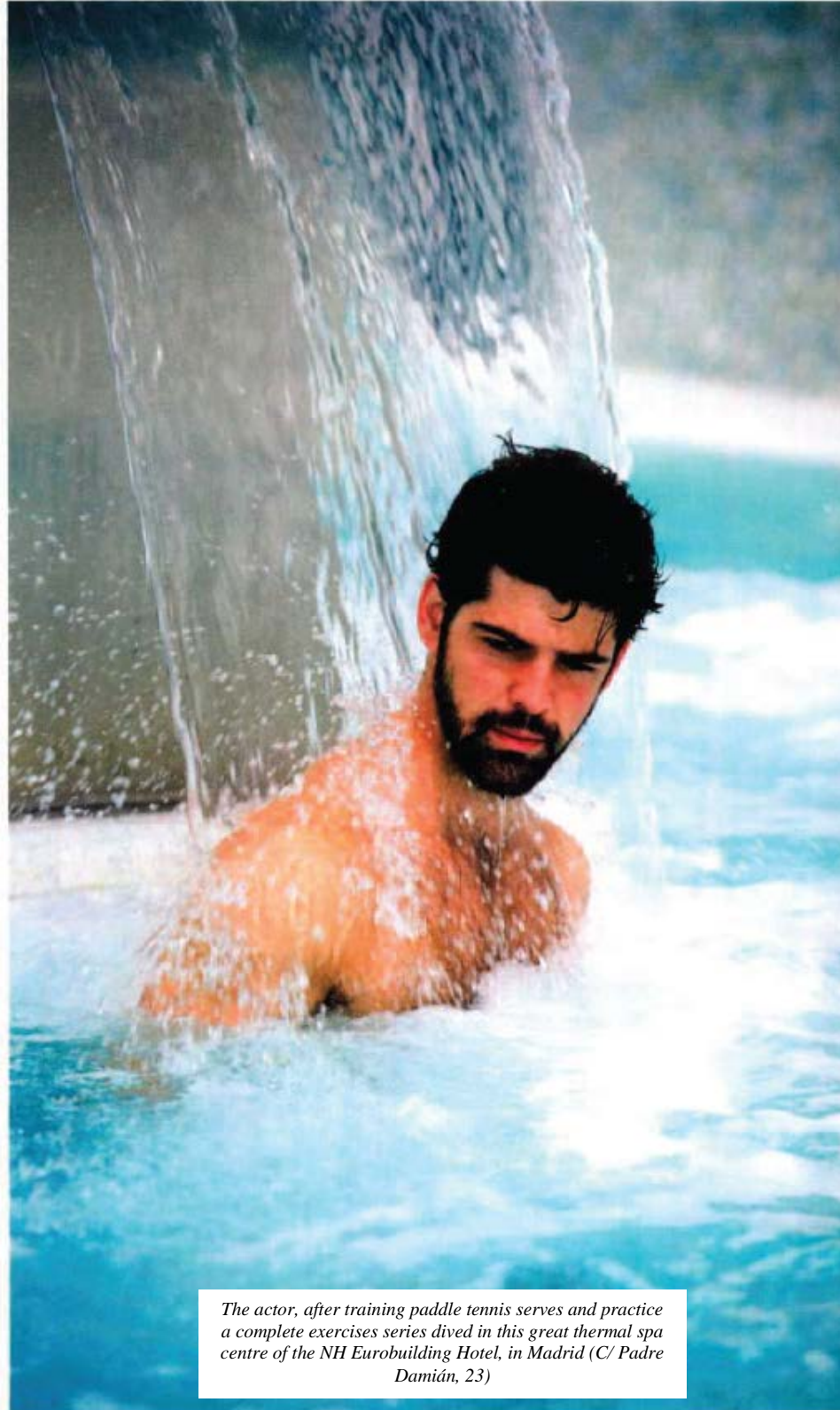
You seem to be a very reflective, self-controlled man, very zen. How do you achieve this?

It is not an aspect that I control, and I would like to be 100% zen. I like sports and also yoga, it relaxes me, and that way I can devote time to see how I am inside. Unfortunately, I still don't make as much time for it as I would like it; but okay, little by little.

What makes you happy and what do you hate?

What makes me the happiest is seeing the people I love smile. I hate lies, deceit.

After a round of paddle tennis and a complete exercise program, the actor enjoys the thermal circuit at the Spa of the Hotel NH Eurobuilding, in Madrid (C/ Padre Damián, 23).



The actor, after training paddle tennis serves and practice a complete exercises series dived in this great thermal spa centre of the NH Eurobuilding Hotel, in Madrid (C/ Padre Damián, 23)

“I am loyal to what I really like. For example, I have been using the same perfume since I was 14 years old.”



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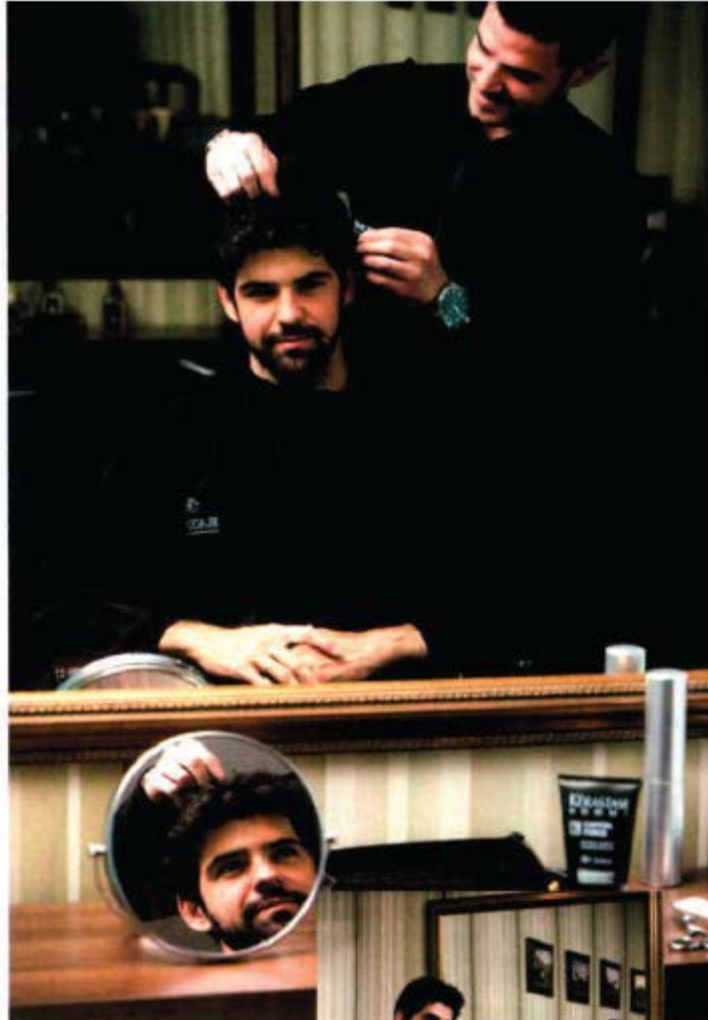
Actors have the reputation of very idiosyncratic people and a little bit “weird.” What is unusual about you?

I sleep with a lot of pillows. I like to cover my face with them. And always on the right side of the bed.

The session was many hours long, and we were able to find out a lot about the actor. For example, he doesn't follow a diet, because he “burns” everything; he almost never uses the car, because he prefers the bicycle to get around Madrid; that he is afraid of animals, but he is on the way to overcoming this; that he is not a fashion victim, but he likes to dress well; that his favorite designer is Adolfo Dominguez... and that he is really looking forward to shooting with Garci in his latest project that we mentioned at the beginning of the interview.

A complete gentleman

Iván Carpio, director of the most British men's salon in Madrid, the Blackstone (C/ Lagasca, 101) used the capillary product Kérastase Homme Capital Force to treat the actor's hair. In order to bring out the most informal and uncombed look, he applied the line-thickening modeling paste. Afterwards a good razor-cut, like in the old days, to arrange his characteristic beard and redesign it to stylize his features. “I wear a beard because they require it for my work. In order to look my age.” A thorough manicure including nail polish was the final stroke for our image session.



Miguel Ángel enjoyed the photo session very much. “I am not used to taking care of myself, but I admit that I really enjoyed the experience,” he confessed. Suit and shirt from Dsquared and shoes from Mascaró.



With a lot of style

The new line of Kérastase Homme Capital Force includes four-star products that respond to the needs of men's hair and aid in preventing hair loss. Baño Capital Force Action Thickener, 14.50€; Root activating treatment, 19.50€; Modeling Gel for sculpting, 14.95€, and Thickening modeling paste, 16.95€. (On sale in hair salons.)