



Mellow Mood: '7'

'7', Mellow Mood's seventh album, will be released on 11 April 2025. The record, which combines the Garzia twins' own writing with a more vintage and authentic aesthetic, marks a turning point in the musical evolution of the Italian band. Consisting of 11 tracks, the album is the result of a research that includes both experimentation and simplicity of arrangement. For the first time in their career, the band took control of the artistic production of this project, with the aim of finding a new sonic identity.

This novelty is also reflected in the approach to mixing: while continuing to rely on the experience of their long-time partner Paolo Baldini, Mellow Mood have opted for a drier, more minimalist style that leaves space for the songs and enhances their composition. The deliberately sparse arrangements enhance every detail, resulting in a warm, analogue sound that evokes retro atmospheres while remaining modern and fresh. The recordings took place in different studios in the cities where the band members come from (Pordenone, Terracina, Trieste, Udine), but each musician also contributed from his home studio. This way of working, alternating between writing and recording together and working at a distance, is a testimony to the shared commitment and passion that has distinguished the band for over twenty years.

The project is further enriched by the presence of international guests: 'Pull Up' features Jamaican star Romain Virgo, while 'Home or Abroad' sees the collaboration of Anthony B and Dub Inc. American Mike Love joins Mellow Mood on 'Heavy Load'. These artistic choices not only broaden Mellow Mood's musical horizons, but also underline the band's ability to engage in a dialogue with the excellence of the world reggae scene.

The title of the album, '7', was deliberately chosen in numerical form to symbolise the seventh chapter of their career and to ensure universal recognition, allowing the international audience to read and pronounce it without language barriers. In addition, the number 7 has a profound symbolic value, representing harmony and balance between the visible and the invisible, the material and the spiritual, and reflecting an evolutionary and transformative path that reflects the band's artistic renewal.

The cover of '7', designed by Andrea Sifuentes, immediately catches the eye with its simplicity and skilful use of iconic shapes and colours. Essential yet striking, the design evokes vintage atmospheres and a 70s aesthetic, with warm colours and sinuous lines that create a sense of movement and harmony. The minimalist design enhances colour contrasts, emphasising the album's title and concept without distraction. The album's making-of, directed by videomaker Andrea Somensi, offers an intimate behind-the-scenes look at the work, with backstage footage that enriches the listening experience.

Released on 11 April 2025 by La Tempesta Dub, with digital distribution by Believe Music and physical distribution by Baco Distribution, '7' is a manifesto of renewal and authenticity, an invitation to be carried away by songs that sing of life, truth and resistance.



Tracklist:

01. Propaganda
02. Home or Abroad (feat. Anthony B & Dub Inc)
03. Heavy Load (feat. Mike Love)
04. Candela
05. Pull Up (feat. Romain Virgo)
06. Warmonger
07. We'll Be Home
08. Isabela
09. Small Room
10. Rub A Dub Suavecito
11. Changes



Recorded at:

Alambic Conspiracy Studio, Pordenone (PN), Italy
Artesuono Recording Studios, Tavagnacco (UD), Italy
Cornelia Studio, Trieste (TS), Italy
Mac Haka Studio, Terracina (LT), Italy

Vocals recorded by Alessandro Giorgiutti and edited by Alfredo Puglia
Mixed by Paolo Baldini at Alambic Conspiracy Studio, Pordenone (PN), Italy
Mastered by Nick Manasseh at The Yard Studio, London, United Kingdom
Produced by Mellow Mood

Musicians:

Jacopo Garzia: vocals, guitars
Lorenzo Garzia: vocals, guitars
Antonio Cicci: drums, percussions
Matteo Da Ros: guitars
Giulio Frausin: bass, guitars, backing vocals
Flavio Passon: keyboards and programming

Additional musicians:

Enzo Barozzi: trombone on Candela, Warmonger, We'll Be Home
Giuseppe Bussu: tenor saxophone on We'll Be Home
Marta Ceconi: flute on Candela, Heavy Load, Home or Abroad, Isabela, Rub A Dub Suavecito, Small Room)
Andrea Cubeddu: trombone on We'll Be Home
Roberto Dazzan: trumpet on Candela, Rub A Dub Suavecito
Giovanni Frabotta: trumpet on Candela, Warmonger, We'll Be Home



Alessandro Giorgiutti: backing vocals on Candela, Isabela, Pull Up, Rub A Dub Suavecito

Andrea Polo: trumpet on We'll Be Home

Alfredo Puglia: backing vocals on Candela, Isabela, Pull Up, Rub A Dub Suavecito

Graphics by Andrea Sifuentes

Photos by Andrea Somensi