



“SHINE”

Selection of natural superfood blends, “Shine” is now available online.

“Combinations of vegan and vegetarian plant powders, untouched by pesky chemicals or gluten,” says Matthew Gatt.

Range consists of Stamina, Shield, Wisdom, Cleanse, Protein, Fibre and Calcium.

New online shop is run by a team of professionals originating from the health sector; “We are dedicated to encouraging a more holistic approach to health and well-being.”

Delivery is available.

For information, contact:

Mint Wellness at mint.com.mt



“IMUPRO”

German-based food intolerance test for IgG allergies, “ImuPro” is now available at the clinic.

“Most common foods associated with food intolerance include dairy products, grains that contain gluten, and foods that cause intestinal gas, such as beans and cabbage,” says the manager.

Various tests offered include 22 foods, 44 foods and 90 foods. “Such tests are done by obtaining blood from a finger prick and it is placed on a special paper card, dried and sent to the lab.”

Detailed report is then provided from Germany.

For information, contact:

DermaTec Clinic on 2166 2200



“AYURVEDA” CLEANSE

An “Ayurveda” cleanse and yoga workshop event recently took place.

“During this time of seasonal changes, our immune system is more compromised than normal,” says Jennifer Cortis.

This annual workshop is intended to guide a body detox, “Feel light, healthy and energised. Set yourself up for a balanced change of season.”

Workshops are held at the centre located in Zebbug.

For information, contact:

Lotus Room Yoga Centre on 9986 7015





“DENTAL 350”

A dental clinic is now open in Qormi.

“Modern methods of dental care have made possible the retention of teeth into old age,” says Mario Zammit.

“Avoid emergencies, don't wait until the pain starts as then the treatment will have to be radical.”

Dental care services by appointment.

For information, contact:

Dental 350 on 2148 7274



“FOOT” COMFORT

Specialists in orthopedic and podologist-approved foot wear offer tips on choosing “office” shoes.

“Shoes are made for walking but painful feet surely are not,” says the specialist.

How-to tips on shoe selection is on their website.

Also offered is a foot scan and tailor-made insoles, “Made to eliminate pain and discomfort by re-aligning your natural foot posture and adding shock absorbency padding.”

Centre is located in Birkirkara.

For information, contact:

Amrita Footcare Centre on 2122 3665



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“ULTRATONE”

Slimming technology treatment, “UltraTone” is now available.

“Using biostimulation ideal for toning, sculpting, cellulite, fat loss,” says a rep.

Electronically simulates the body’s impulses to reshape the body. Free consultation is provided.

Also offered is Thalion Slimming Express treatment, “Using Marine Pearl technology effectively treats cellulite and firms the body contours,” says Cher Azzopardi.

Spa is located in Zurrieq, open Monday 1pm to 7pm, Wednesday 9am to 7pm, Thursday 9am to 2pm, Friday 8:30am to 7pm, Saturday 8:45am to 3pm.

For information, contact:

Benessere Day Spa on 2164 2886

“QIVY”

Now opened is a wellness spa located in Naxxar.

“A calm and nurturing environment in which you can begin your personal journey to physical and spiritual harmony,” says Corinne Castillo.

Slimming treatments are offered, the therapist Dora adds, “The circulatory and lymphatic systems are stimulated effectively to slim, tighten, tone, lift, firm, shape and rejuvenate.”

Sauna and jacuzzi sessions are available. Bathrobes provided for use during a spa day. Located inside Yue Healthier Living.

For information, contact:

Qivy Spas on 2143 8162

