



“J’OLI”

Grab and go sandwich salad bar now open in Sliema.

“Pop by and grab a custom healthy meal. Custom your own ciabatta. Over 40 toppings to choose from,” says Jean Paul Cascun.

Set up in 2014 by Jean Paul and Oliver Borg, the healthy eatery caters to working professionals and students seeking healthy food options to-go.

Opening hours are Monday to Saturday 7am to 7:30pm.

Also open in Msida and Valletta.

For information, contact:

J’Oli on 2133 3007



“ANDREA’S”

Bakery specializing in Maltese “gluten free” options is now open.

“Steaming hot bread, just out. Oh that smell of fresh bread is so deliciously Maltese. We will be catering for certain type of allergies such as lactose and gluten intolerance,” says the baker.

Gluten free items will include bread, donuts, pudina, as well as, sweets. Sugar free and lactose free options also available.

Located on Sammut Street in Paola, “Go in from the street next to the old petrol station in front of the prison and then straight.”

For information, contact:

Andrea’s Bakery on 7929 0753



“TONING” TREATMENT

Wellness centre offers a “Slim and Tone” treatment.

“Calm and nurturing environment in which you can begin your personal journey,” says the specialist.

Ultratone Futura Pro electronically simulates to slim, tighten and tone.

Non-surgical treatments include Biostimulation and Ultrasound for face and body, ideally completed in a course.

Also available is body detox and toning wraps by Elemis.

Opening hours are Monday to Friday 9am to 7pm, Wednesday 10am to 8pm, Saturday 9am to 5pm.

Located in Naxxar.

For information, contact:

Qivy on 2143 8162



“MINT”

Dental care specialist offers “Smile” makeovers.

“Closing the gaps with direct composite veneers. Amazing smile transformation,” says Dr. Matthew Cachia.

Non-invasive, no pain, no injections.

Consultation is recommended, “Mock ups are great for patients to visualise how their teeth could look in their mouth after treatment,” adds Dr. Wiktor Pietraszewski.

By appointment Monday, Tuesday, Thursday 9am to 7pm; Friday 9am to 5pm; Wednesday and Saturday 9am to 12pm.

Located in Balzan.

For information, contact:

Mint Health and Dental on 2099 3030



“SALT CAVE”

Malta's first “Sea Salt” therapy room is open.

“Spring is upon us. So are the higher levels of airborne pollen which causes discomfort for sufferers of hayfever,” says the specialist.

Also known as Halotherapy, salt therapy is a non-invasive therapy that can help relieve the symptoms of a wide range of respiratory and skin condition.

Suitable for adults and children.

Available in Qawra by appointment

For information, contact:

Salacia on 2149 0021



“BADGER”

Organic sore muscle rub, “Badger” is available.

“Gently soothe sore muscles. Smells great and softens skin; definitely not your typical smelly sports rub,” says Ramon Xuereb, the brand specialist.

Free of artificial ingredients, fragrances, dyes, parabens, GMOs, synthetics, or harsh ingredients. All Badger balms are USDA Certified Organic, certified Gluten-Free, and petrolatum-free.

Scents include Cayenne Pepper and Ginger, as well as, a balm featuring Chamomile and Lavender for children, “Great for pre-sleep massage, the scent surrounds and relaxes, helping the child to unwind naturally after a busy day.”

Available from the shop located in Zabbar.

Open Monday to Friday 9am to 8pm, Saturday 9am to 1pm

For information, contact:

Nutrition Empire on 7906 5266

