



## “VALLETTA” SPAS

Valletta is the location of two additions to the chain of “luxury” spas.

“Where smell restores harmony, sound induces relaxation and touch evokes healing. Leave the stresses of everyday life behind,” says the relaxation specialist.

Services and treatments available for her and for him, including champagne mani and pedi, cappuccino body scrub, chocolate body wrap, Mojito wrap, as well as, a 24K gold facial, Whiskey facial, Thai or Indian massage.

Packages available for couples, pregnancy and executives.

Spas now open on St. Paul's Street and St. Ursula Street in Valletta.

Other locations include Hilton Hotel, Salini, Golden Sands and Dolmen Hotel.

**For information, contact:**

Myoka Spas on 2711 0933



## “SALT CAVE”

Holistic specialist is offering Malta's first “Sea Salt” therapy room.

“Non invasive therapy that can help relieve the symptoms of a wide range of respiratory and skin conditions,” says the specialist.

Also known as Halotherapy, salt therapy is a natural treatment in a controlled air medium. During the one hour session, the salt reaches both the upper and lower areas of the respiratory system.

Suitable for adults and children.

Salt cave therapy is available in Qawra.

By appointment Monday to Sunday 10am to 7pm.

**For information, contact:**

Salacia on 2149 0021



One source to **wellness news** in Malta and Gozo, get more [here]

Acupuncture and Chiropractic ■ Alternative Lifestyle and Coaching ■ Dental and Eye Care ■ Massage and Physio Therapy ■ Nutrition and Diet ■ Spa Retreat Centres



## “ASIAN” COOKING

Specialist is hosting “Asian” cooking class.

“Simple cooking techniques to ensure authentic home cooking and taste,” says Natasha Meli.

Various dishes including dips, soups, rice, meats and stir fry from Chinese, Thai, Malay, Japanese and Indonesian recipes.

Class held Mondays at 7pm in Mosta, followed by a dinner with participants.

**For information, contact:**

Asian Cooking with Natasha on 7937 0240



## “GREENS”

Supermarket is improving on its “Healthy Foods” section.

“Aim is to ensure that our clientele will always have the best available products,” says the store manager.

“We will be sending out newsletters by email each time a new offer is introduced.”

Product range of gluten free, sugar free, dairy free, vegan and organic. Brands available include Purition, Aduna, Turmeric Brand, Kookie Cat, Rookies and Superfood Bakery.

Family run supermarket is located in Swieqi. “Started as a small family grocer some 30 years ago. Today 120 personnel of which many are family members ensuring that personal and constant special attention.”

Now also open at Duke's Shopping Centre in Gozo.

**For information, contact:**

Greens Supermarket on 2137 7247



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## “NUTRISLIM”

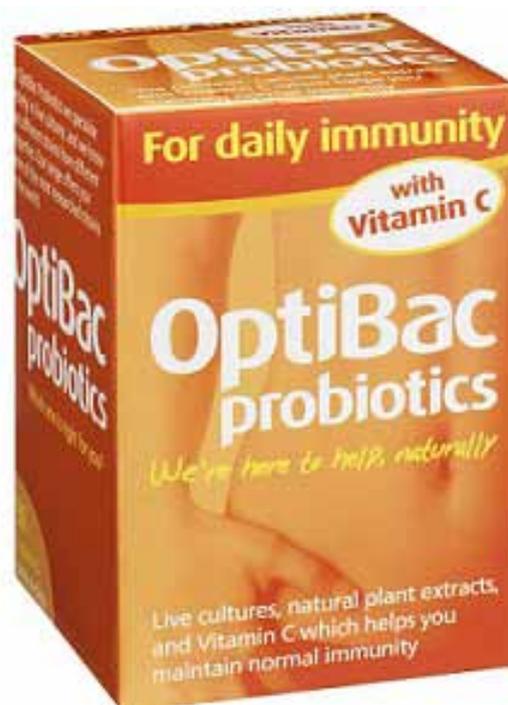
Diet specialist is offering “day-to-day” meal plan.

“We often tend to forget drinking enough water especially at this time of the year. You can have warm water, or you can add a slice of lemon to give it a bit of taste,” says Alicia Galea, a registered nutritionist. Personal trainer, Joseph Sciberras adds, “Drinking water can help you lose weight. We might confuse thirst with hunger, leading to extra consumption of food.”

Club is based in Naxxar.

**For information, contact:**

NutriSlim Club on 2141 2452



## “OPTIBAC”

Range of natural “probiotics” now available in Malta.

“Short term course of high quality live cultures might just come in handy this December, when a little festive over-indulgence is so hard to avoid,” says a rep.

Suitable for babies, children, pregnancy, vegans, active lifestyle, travel and daily use.

Capsules can be swallowed whole or opened and contents mixed with cold meal or beverage.

Gluten free and possesses no dairy.

Found at pharmacies in Malta and Gozo.



Photo by Clic-Magnetic Glasses

## “CLIC-MAGNETIC”

Reading glasses with “Clic-Magnetic” design in-stock.

“Tired of dropping your reading glasses? Or perhaps you’re just sick of not knowing where they are when you need them?” says a rep.

Various colours and designs for women and for men.

Lenses in any power from +0.00 to +7.00. “You can even choose a different power for each eye.”

Available at the eye care specialist located in Birkirkara and also in Victoria, Gozo.

**For information, contact:**

Mario Dispensing Opticians on 2149 4848

