



“NORWICH” RETREAT

The next “wellness” retreat takes place 4th to 8th May in the UK.

“Stresses of life can become overwhelming, keeping us always on the go and constantly thinking of what needs to be done next. Connecting with nature is an ideal way to reconnect and realign with your natural rhythm,” says Jennifer Cortis.

Retreat includes daily yoga and mediation sessions plus an evening practice with a special guest, full-board vegetarian meals, coffee and tea time, afternoon group activities in nature and four-nights accommodation.

Designed to accommodate complete beginners.

For information, contact:

Lotus Room Yoga Centre at lotusroom.org

“MOSTA” WAREHOUSE

Fresh, certified organic produce is now available at the Mosta warehouse every Thursday.

“One-stop shop for all your organic needs in Malta and Gozo. Gluten-free, lactose-free extensive range also available,” says Charles Galea.

Also offering a selection of frozen goods, grocery items, meat and poultry, as well as, raw foods and snacks.

Shop is open Monday to Friday 8am to 4pm, “Now you can buy direct.”

Online shopping and delivery is still available.

For information, contact:

Naturali Organic on 2744 2387



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



“OMAS”

Italian brand “Omas” sunglasses now found at the newly opened outlet.

“Range of luxurious sunglasses; on each side, you will always find a design that is handmade,” says the eye care specialist.

Stocking luxury brands including from France Cartier's his and hers collection, as well as, Oakley, Gucci, Prada, Dior, Bvlgari, Lindberg, Coppe and Sid, YSL, Moscot and many more.

Outlet located on The Strand in Sliema and now in Valletta on Republic Street.

For information, contact:

Ottica Randazzo on 2124 2228



“SPECIALEYES”

Optician shop, “SpecialEyes” is recently renovated.

“We are equipped to have your glasses ready in just one hour,” says the eye care specialist.

Offering a variety of designer optical frames, sunglasses, contact lenses and eye products, as well as, “Customized jobs and solutions for all your optical needs in collaboration with some of the UK’s best optical labs.”

Situated in Naxxar, open Monday to Friday 9am to 7pm, Saturday 9am to 12pm.

For information, contact:

SpecialEyes on 2744 4461





“ACUPUNCTURE”

Based on traditional Chinese medicine, “Acupuncture” sessions are now available.

“Works by stimulating specific acupuncture points to balance circulation throughout the body,” says Claudia Magro, the specialist.

“Helps release endorphins, the natural pain killers, balance hormones, increase liver function and strengthen the immune system.”

Located in Fgura, she also provides a facial acupuncture treatment, as well as, Indirect Moxa (herbal cigar).

For information, contact:

Thuja Malta on 7929 0693



“EGYPTIAN” MASSAGE

The specialist offers “Egyptian” style massage treatment.

“Brings back an old tradition. Used from ancient times, by one of the most ancient cultures in the world,” says Esther Guerra.

Using Organic, 100 percent natural and also cruelty free products, treatments are available by appointment.

Other services include hair removal with caramel wax, beauty facial treatments, Manual Lymphatic Drainage, as well as, Hot Stone massage.

For information, contact:

Egyptian Holistic Therapy on 9993 9654



Guide to your favourite value brands, how much and where to buy [here]