



### “CRYSTAL” THERAPY

Holistic specialist offers “Crystal” therapy.

“Metaphysical approach to wellness and wellbeing, through the use of an extensive range of crystals and gemstones,” says Rebekah Debono.

The deep state of relaxation that is harnessed is a remedy for stress and anxiety. Studio called Restorative Holistic Integrated Yoga Zone (Rhiyz) is located in Swieqi.

**For information, contact:**

Rhiyz Studio on 9949 1380



### “KYANI”

Brand specialist introduces “Kyani” in Malta.

“Time to go back to the normal diet. Diet which is balanced, varied and rich in nutrients. Choose a few healthy recipes and prep them ahead of time. You’ll have more time to relax. Healthy living means taking care of your body inside and out,” says Marius Petcu.

American-based brand offers a range of supplements, “To support our body with the nutrients it may not receive from a modern diet often lacking in nutrition.”

Consultant is based in Sliema.

**For information, contact:**

Kyani Malta @kyanii.malta



## “BABY” MASSAGE

Lessons are now available in “Baby” massage.

“Provides a special time of communication that strengthens the bond with your little one,” says Armelle Azzopardi Debost, the instructor.

Spread over four sessions, one hour each time. Handouts and organic oil is included.

Training takes place one-to-one at home or at various venues around Malta, “Classes are informal, relaxed, and small enough to ensure you get the personal attention you need.”

Babies from one to eight months old are welcome.

**For information, contact:**

Hands to Heart on 7979 0582



## “JUICE” CLEANSE

Cold pressed juice specialist offers a “juice” cleanse.

“Combinations of nutritious and tasty, raw flavours mainly from local ingredients,” says Michael Amato, the specialist.

“Gives your digestive system a nice rest. Encourage the body to come back into balance, and return to our natural roots.”

Various seasonal flavours.

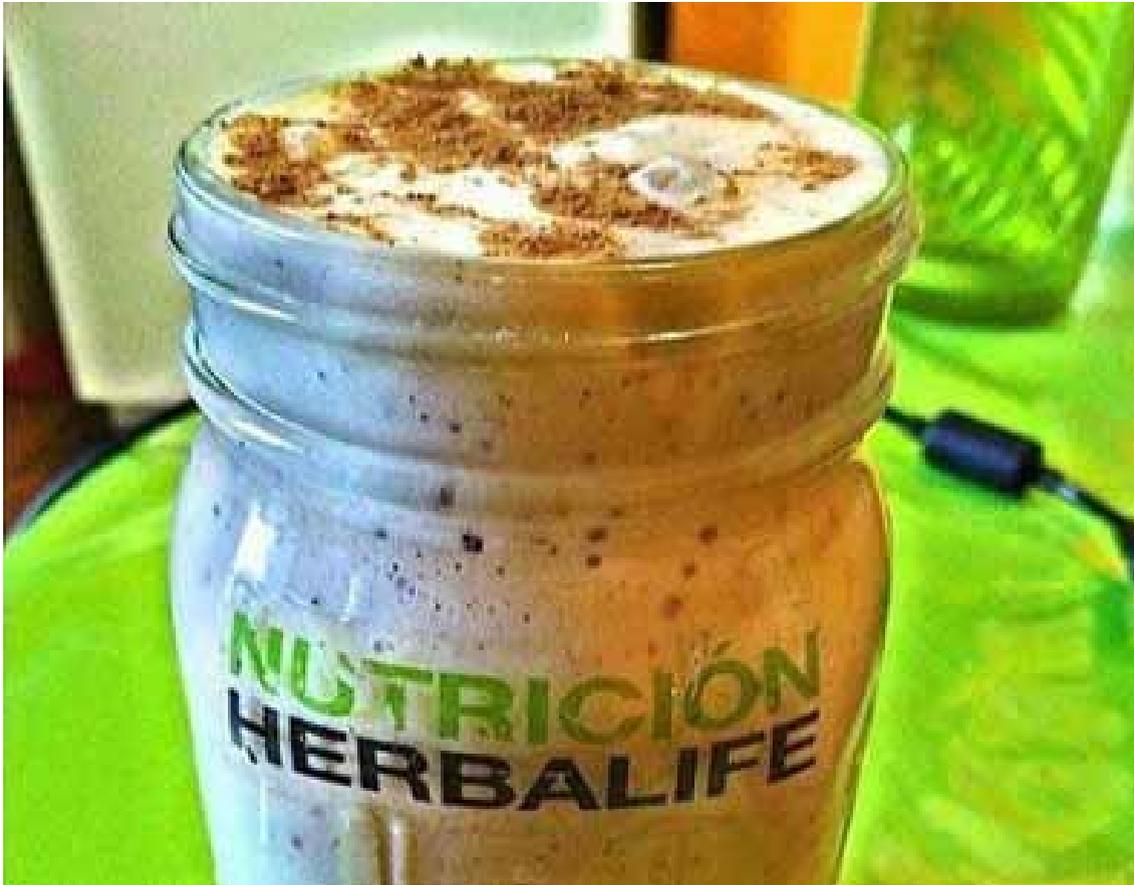
Orders can be home delivered.

Also found at the Costa Coffee at the airport.

**For information, contact**

Pressh Juices @presshjuices





## “CAFFE LATTE”

Herbalife “Caffe Latte” flavour shake is now available.

“It’s got all the nutrients our body needs to start the day right. For the coffee lovers that need their coffee first thing in the morning,” says Sue Ellen Mifsud Munro, the brand specialist.

High in protein and fibre, shake is gluten free and vegan.

Brand also recently reformulated the Banana flavour shake and launched a full specialised vegan range.

**For information, contact:**

Health and Nutrition Club on 7920 9047



## “MY NUTRITION ALLY”

Dietician recently launched “My Nutrition Ally” program.

“Food is not our enemy, food is here to help us live great lives. Sure, some foods are more nutritious than others, but completely restricting yourself from a certain food will make you crave it even more,” says Miriam Saliba.

Available by appointment in cooperation with the Kinetika Fitness Center located in Gzira.

Gift vouchers are now available.

**For information, contact:**

My Nutrition Ally on 9955 2623



## “DENT-TABS”

Tablet form teeth cleaner; “Dent-Tabs” are now in-stock.

“Shiny teeth without waste. Chew one, brush, and rinse,” says Sonia Sanò Suraci, the brand specialist.

Menthol flavour; sweetened with Stevia. Fluoride free.

Sold by bulk with discount on supply of your own bag; or a recycle bag of 30g equivalent of around 95 tablets; or 60g equivalent of around 190 tablets.

Available at the organic shop located in Fgura.

**For information, contact:**

Hames Sensi on 7703 8663



## “ECODENTA”

Black charcoal, fluoride free toothpaste, “Ecodenta” is available.

“It’s hard to believe, but thanks to charcoal toothpaste, turning your teeth black can actually make them whiter,” says the wellness retailer.

With no added chemicals, charcoal toothpaste is a natural teeth whitener with antibacterial properties. “It can help to brighten teeth by removing plaque and the stains caused by smoking and drinking tea, coffee and red wine.”

Stores are located in St. Julian’s, Sliema, Qormi, St. Paul’s Bay, Attard and Fgura.

**For information, contact:**

Holland Barrett Malta on 2131 2218