



“EETWELL” IN GZIRA

The juice and healthy eatery owner opened an outlet in Gzira.

“To celebrate healthy food in all its natural glory, no artificial additives, preservatives or colourings,” says Ammar Soltan.

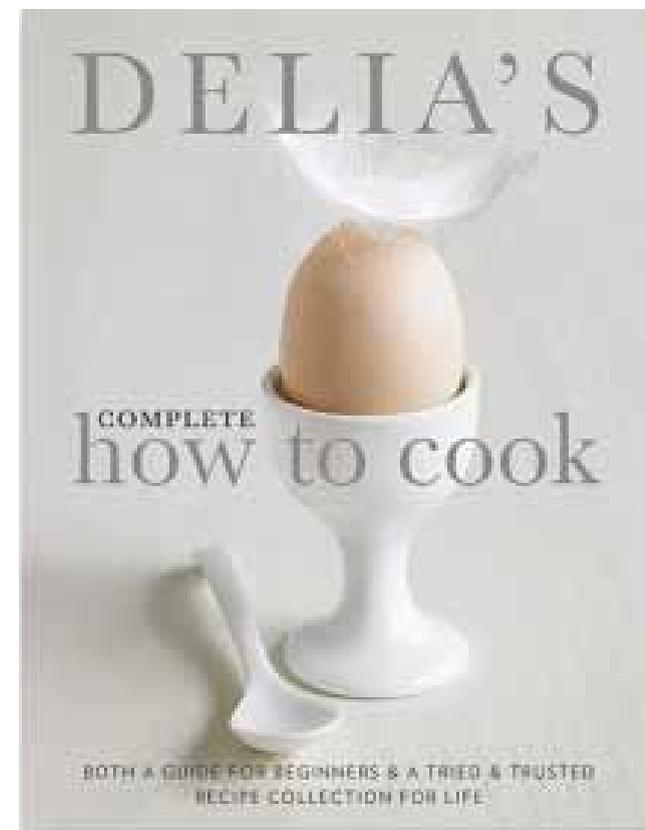
“Indulge guilt-free with one of our delicious smoothies. And no added sugar. It’s a promise.”

Menu includes wraps, ciabattas, salads, and rices, as well as, smoothies, juices, aloe vera drinks and protein shakes.

Also available are various gluten-free salads and diary free freshly squeezed juices at both the St. Julian's and Gzira outlets, open 9am to 11pm.

For information, contact:

Eetwell on 9900 0009



“COOKBOOKS”

A range of “cookbooks” is now in-stock.

“Whether you love experimenting in the kitchen, are bored of the same old dishes, or would just like to expand your culinary knowledge to impress everyone at your next dinner party. Cooking doesn't have to be complicated,” says the store manager.

“Cooking has long remained one of the most elegant pastimes and an art form that is respected the world over.”

Stores are located in Sliema, Valletta and Gozo.

For information, contact:

Agenda on 2166 4488





“HYDROTHERAPY”

The physiotherapy and aquatic centre offers “Hydrotherapy” treatment.

“Not only does hydrotherapy provide many health benefits, but it is also a great way to boost your mood immediately,” says the specialist.

“Our state of the art hydrotherapy pool heated to an average of 34 degrees.”

Offering a state-the-art clinic with a built to measure physiotherapy gym, individual treatment rooms, latest therapeutic equipment and access to a personal hydrotherapy pool, the centre is located at Hill Top Gardens in Naxxar.

Free parking is available.

For information, contact:

Revive Physiotherapy and Aquatic Centre on 2235 1030



“HOLLAND BARRETT” MOSTA

Wellness retailer of vitamins, minerals and herbal supplements opened in Mosta.

“A steaming cup of Heath and Heather Lemon and Ginger tea is everything we need after a busy week,” says the specialist.

New shop is located inside Franks at the Cornerstone Complex in Mosta. “Experience in helping customers choose the right products to help maintain optimum health.”

Other outlets are located in St. Julian's, Attard, Sliema, Valletta, St. Paul's Bay, Qormi, Fgura and Gozo.

For information, contact:

Holland and Barrett Malta on 2166 3762





“BULK” ORGANIC

A range of dried bulk organic fruit and nuts is now available by weight.

“We choose our suppliers carefully, preferring those who crop only organic and then take measurements to help the environment,” says Sonia.

“We try to avoid all those products with infinite ingredient lists.”

Discount if own container is used.

Health food shop is located on Cottoner Road in Fgura.

For information, contact:

Hames Sensi on 7703 8663



Photo by Sunstar Gum

“FOLDABLE” TOOTHBRUSH

A “foldable” tooth brush for on-the-go use is available. “Will help you take care of your teeth and gums with comfort and convenience while away from home,” says a rep.

Made by Gum, the Travel Toothbrush's tri-fold design enables storage in a pocket, purse, suitcase or backpack. Multi-level antibacterial bristles clean between teeth and a tongue cleaner removes odour-causing bacteria.

Also offered by the brand is an Ortho care range, for enhanced cavity prevention and gum protection with Fluoride and Isomalt, zero percent alcohol.

Ask your pharmacist or dental care specialist for details.



“VIT C”

Higher Nature's vitamin C supplements are newly available in Malta and Gozo.

“Most important water soluble vitamin and our bodies need a constant supply to maintain levels within the cells. Unfortunately, it is easily destroyed by cooking and storage, therefore a good daily intake is essential,” says a rep.

“It offers a great boost, contributing to the reduction of tiredness and fatigue.”

Uses stevia as a natural sweetener. Free from aspartame, saccharine, and sodium lauryl sulphate. Tablet dissolves when added to water.

Ask your pharmacist or wellness retailer for details.

