



## “NAU”

Italy's first eye wear brand, “Nau” is available in Malta.

“Making an impact. We put passion, competence, respect for the environment and environmental sustainability into everything we do,” says a rep.

Range of accessories include eyeglasses and sunglasses for men and for women.

Prezzo Zero collection offers frames free with an ophthalmologist prescription.

Also available is new and limited collection every two weeks.

Store is located in Sliema.

Opening hours are Monday to Saturday 9:30am to 7pm.

**For information, contact:**

Nau on 2138 0427



## “ICE CREAM”

Food intolerance specialist stocks “ice cream” suitable for vegans.

“Made from nature’s tastiest ingredients, all our ice cream is 100 percent plant-based and contains less sugars too,” says a rep.

Ice cream is gluten free, dairy free and lactose free in vanilla, hazelnut chocolate or almond salted caramel flavours.

Catering for special diet needs including Celiacs, health food shop offering various speciality products and take-away is located in Naxxar.

**For information, contact:**

Liwell on 7787 6544



## “POLAROID”

Range of “sunglasses” by Polaroid now in-store.

“Glare affects visibility, making it difficult to sunbathe and dangerous to drive. Contemporary design of the shapes and the pop attitude of the bright colours combine with the perfect vision and protection guaranteed,” says a rep.

Polarized lenses lessen glare. Shock absorbers make lens light and flexible. Scratch resistant.

Other brands available include Gucci, Dolce Gabbana, Versace, Michael Kors, Burberry, Prada, Lui Jo, Ray Ban, Boss, Tommy Hilfiger.

Sunglass brands in optical frames found at the store located in St. Paul’s Bay.

**For information, contact:**

Optical Point on 275 76843



## “GEOMETRIC”

Range of “geometric” styles now instock at the eye wear specialist.

“Get the season’s on-trend look. Elevate your style game with geometric and cat-eye shapes,” says the brand name specialist.

“Oval makes a colourful statement with a unique combination of purple lenses.”

Brands include Ray Ban, Emporio Armani and Vogue.

Found at outlets located on Republic Street, Valletta and at the Arkadia Shopping Centre in Gozo.

**For information, contact:**

Sunglass and Sunglass on 2381 1809





## “REIKI”

Wellness therapy studio is offering “Reiki” sessions.

“Get back on your true path, releasing what is holding you back. Experience this moving energy force,” says Elaine Micallef.

Ancient healing method that works on a physical, emotional and mental level.

Also available is Healings of Tibetan Singing Bowls, Thai massage, Ayurveda and diet and nutrition consultation.

Studio is located in Naxxar.

**For information, contact:**

Moonstone Wellness on 9948 7917



## “DEMO” MASSAGE

Massage specialist offers “couples” demo workshops.

“Use basic massage techniques to help each other open up and unwind. Learning to bring intimacy in your relationship. Strengthen your bond,” says Rebecca Borg.

Participants remain fully clothed.

Dates and locations vary.

Specialist is available for massage therapy sessions Monday to Friday 9am to 7pm, Saturday 9am to 2pm.

**For information, contact:**

Massage by Rebecca on 2099 5704



## “POLARIS”

Multidisciplinary wellness centre, “Polaris” is now open in Mosta.

“We thrive and heal in different ways and through different means. There is not one single therapy that can address all domains, even though many claim to do just that. People however tire of having to run around from one professional to the next,” says Cher Engerer.

Therapeutic practices available including massage therapy, acupuncture, aromatherapy, Dien Chan, reflexology, physiotherapy, diet and nutrition, mindfulness and meditation.

Centre introduces two specialized sectors called the BrainGym and the Well-Being Factory.

**For information, contact:**

Polaris Consultancy on 2099 3709



## “REFLEXOLOGY”

Specialist is now offering “Reflexology” services at newly open clinic.

“Pure relaxation, to de-stress or to alleviate body pain and other conditions,” says Claire Ciantar.

Reflexology assists in alleviating stress, anxiety, insomnia, fatigue, aches and pains. Aromatherapy can also be combined with Reflexology sessions to further enhance relaxation.

Sessions are held at the Well-BEing Factory at the Polaris Consultancy clinic located in Mosta.

**For information, contact:**

CC Complementary Therapy on 7992 8960