



## “SPA” PARTIES

Newly renovated hotel and spa offers “Spa” parties.

“Something for a mama to be, a personalised hen or bachelor party, or simply a visit to the day spa,” says the manager.

Parties available include Tiny Fingers Tiny Toes for children and Spa Party Getaway for a minimum of four adults.

Facilities feature recently refurbished indoor pool, chromotherapy hydro bath, sauna, and a relaxation area.

Spa is located at the Solana Hotel in Mellieha.

**For information, contact:**

Nataraya Spa at [nataraya.com.mt](http://nataraya.com.mt)



## “SOUND THERAPY”

Spa located in Naxxar to host a “Sound” therapy session on 10th March.

“An experience of deep meditation and relaxation. Sound can also help us reduce stress, create a deep sense of well-being,” says the host.

Workshop will be given by Amber Riya, who has sung in ashrams and festivals all over the world.

She uses a variety of instruments including crystal singing bowls, harmonium, the Indian sarod, bells, chimes and her angelic voice.

Takes place at the wellness centre located inside the Hilltop Gardens in Naxxar

**For information, contact:**

Sanya on 2143 6936



## “EETWELL”

Healthy menu specialist opens outlet in Valletta.

“Providing you with the highest grade of locally grown produce to celebrate healthy food in all its natural glory, no artificial additives, preservatives or colourings,” says Ammar Soltan.

Valletta outlet is located on Merchant Street, closes at 8pm.

Menu includes wraps, ciabattas, salads, rices, smoothies, juices and aloe vera drinks.

Also located in Paceville and on The Strand in Gzira, open 8am to 10pm.

Vegan options recently launched at all locations. Shown is the pumpkin soup.

**For information, contact:**

Eetwell on 9900 0009



## “WEIGHT MATTERS”

Panel of experts to give free “Weight Matters” talk.

“Developing a strengths-based training and mentoring programme that supports individuals wishing to better manage their weight,” says Melissa Muscat.

Wellness experts including personal trainer, Strength and Conditioning coach, relationship consultant, dietitians, aromatherapist, reflexologist, as well as, specialists in Colonic Hydrotherapy, NLP, Mindfulness, yoga and meditation will be present.

Project funded under the Erasmus Plus is designed to improve both the physical health and psychological wellbeing of participants. Managed by Across Limits Limited.

Held at the Hilltop Gardens in Naxxar starting at 6pm on 22nd March.

**For information, contact:**

Weight Matters @weightmatters.eu



## “EAT CLEAN”

Independent Herbalife member hosts “Eat Clean School”.

“Learn how the food we eat affect our mood, energy and vitality, and our body weight,” says Sue Ellen Mifsud Munro.

Course includes body composition analysis, cooking recipes, weekly weigh-ins, one-to-one coaching, nutrition education, meal plan tips, community support along with optional fitness classes.

Starting in Gozo, Zabbar, Zurrieq and Mosta. More locations coming soon.

**For information, contact:**

Eat Clean School on 7920 9047



## “VEGAN” MENU

Specialist in raw foods created a “vegan” menu.

“Home cooking made easy. We source and pre-measure the best raw ingredients every week. You simply follow the recipes and eat,” says the specialist.

Pre-orders are now accepted.

**For information, contact:**

Food Club Malta on 2032 6650



## “DESMILE”

Peroxide-free “teeth whitening” brand offers instagram page.

“Summer is just round the corner. It’s time to get your teeth in order. Don’t forget to follow us on insta. Exciting things coming up,” says Desphina Zahra.

Whitening does not involve permanently altering the tooth’s structure. Many factors affect the shade change. Ideal to match shade to white of your eyes. Colour change is permanent; however, the aging process continues. Touch-ups are needed. Only works on natural teeth.

Appointment location and time may vary. Consultation is recommended.

**For information, contact:**

DeSmile Malta on 9955 6482



## “SPLAT”

With over 10 patents, oral care brand “Splat” is available in Malta and Gozo.

“Over 80 different toothpastes that will definitely suit your most specific needs and desires,” says the brand specialist.

Offering products for specific needs, including anti-inflammatory, hemostatic, whitening, vegan, baby, cleaning, antiseptic, fresh breath and remineralizing.

Various flavours of toothpaste, mouthwash, foam and floss.

Toothbrushes also available from the online shop.

**For information, contact:**

Twentyfiveoseven on 2742 0408

