



## “WELLNESS” VILLAGE

A “Wellness” Village will be held 9th and 10th June.

“Come and learn about health and wellness for the entire family. All about culture, community, healthy eating, meditation and fitness,” says Stefania Comegna, a dietitian.

Various fitness classes, holistic treatments, healthy food, educational talks will be available. Therapists from different disciplines will offer Ayurveda, Reiki, Indian foot massage, yoga sessions, Mud therapy, PDX Biotherapeutic treatments.

Also, body hydration and metabolism tests will be offered by Boody, the new health system available for free during the event.

Taking place at Fort St. Elmo, starting at 5pm.

Entrance is free.

**For information, contact:**

Nutritional Master on 9962 9756



## “TWO” HOUR MASSAGE

Introduced by the wellness specialist is a “two” hour massage therapy session.

“Ancient healing therapy, woven with honour, prayer, grace and a technology for healing that goes far beyond simple muscle manipulation,” says Ethel Kawki.

Two hour treatment is available for a full-body or deep-tissue.

“Calming atmosphere, the music, the smell, every little stroke of the therapist, every precise flow of movement, is intended to take the guest deeper into an inner relaxation path.”

Studio is located in Siggiewi, specialising in holistic therapy for adults and children.

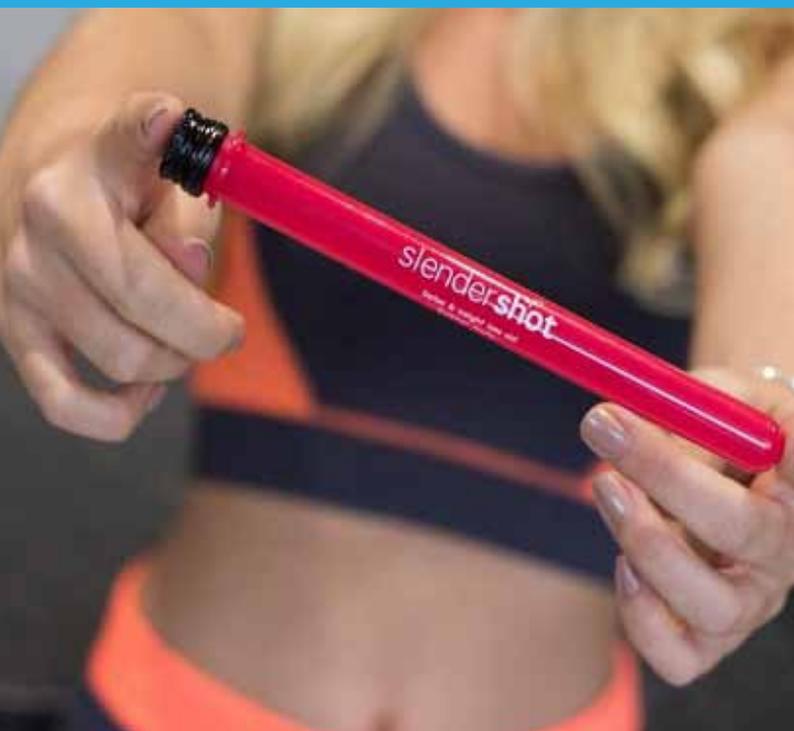
**For information, contact:**

Dream Spot Relaxation Studio on 9986 8541



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



## “SLENDERSHOT”

The detox program “Slendershot” is now in-stock.

“Supplement made from natural ingredients, designed to be taken once a day over 28 days alongside a healthy diet and training,” says a rep.

“Take it when and wherever you are, it’s small and compact and can be taken straight away.”

Ingredients include Acai Berry, Garcinia Cambogia, Ginger Root, Prickly Pear, Siberian ginseng, Green Tea leaf. Product is gluten free and suitable for vegans.

Found at the Zabbar health shop, open Monday to Friday 9am to 8pm, Saturday 9am to 1pm.

**For information, contact:**

Nutrition Empire on 2180 9989



## “VEGAN” RANGE

A range of “vegan” brands now available in-store.

“Discover our wide range of vegetarian and vegan products to make your dishes tastier,” says the manager.

Range by IO Veg includes vegan wurstels, sandwiches, meatballs, cutlets.

Also soya ice cream by Granarolo is available.

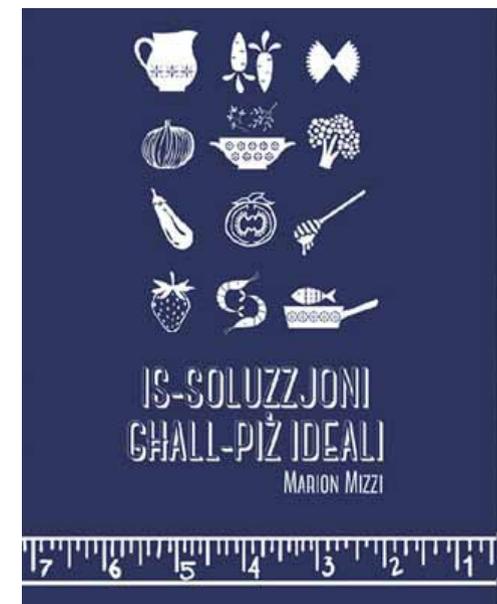
Stores are located in Mosta, Qormi, Santa Venera, San Gwann, Safi, Luqa, Zejtun, and also in Gozo.

Opening times vary.

San Swann and Gozo stores open on Sunday.

**For information, contact:**

Lidl Malta @lidlmalta



## “MARION MIZZI” DIET

Wellness specialist's “trio” bookset of diet recipes is available.

“Eating healthy and monitoring calories has never been easier, or more delicious,” she says.

Containing over 500 recipes, the trio-bookset includes Is-Soluzzjoni Ghall-Piz Ideali, A Journey to a Happy You and The Weightloss Guide.

Slimming Clubs are located in Sliema, St. Julian's, Mellieha, Fgura and Gozo.

**For information, contact:**

Marion Mizzi Wellbeing on 2189 6545





## “ONLINE” BOOKING

The clinic is now offering “online” booking for dental care.

“Check ups should be done on a regular basis,” says Dr. Andrew Atkins.

Fill in the required online fields. Appointment will then be confirmed.

Fastbraces Technology is also available, “Allows for movement of the roots of the teeth towards their final position from the onset of treatment, thus completing treatment in weeks or in months instead of years.”

Based in Attard, clinic is open Monday to Friday 9am to 6pm.

**For information, contact:**

OraCare Dental Centre on 2143 2499



## “MOSTA” DENTAL CLINIC

Dental care specialist opens new clinic located in Mosta.

“Improve or perfect your smile,” says Dr. Michael Gaffarena, who rebranded and reopened the clinic that was once run by Dr. Walter Debono, who has now retired.

Treatments available from general dentistry to implantology and orthodontics.

Hours are Monday to Friday 9am to 12pm, 4pm to 7pm and Saturday 9am to 12pm.

**For information, contact:**

Mosta Dental Clinic on 2143 2085

