



## “ACUPUNCTURE”

Newly opened clinic offers the services of an “Acupuncturist”.

“Using ancient principles, acupuncture treats illness by bringing balance to your body. Weekly one hour sessions of acupuncture to help you relax and clear your mind,” says Monique Abela.

Acupuncture uses tiny needles to help treat various types of ailments including headaches, pains and stress. Cupping therapy is also available.

Sessions held by appointment at the clinic located in Balzan.

**For information, contact:**

Sweet Valley Clinic on 2142 4234



## “SLIMMING” SPRAY

Helping to tone, “Use and Go” slimming spray by Somatoline Cosmetics is available.

“Fluid emulsion that is applied in a few seconds, does not grease the skin and does not stain clothing,” says the brand specialist.

Formula contains Redux Oil Complex, a concentrate of slimming and tonifying active ingredients to help considerably reduce the amount of visible fat. Using natural active base such as Phyto-complex to reduce fatty deposits and encourage drainage.

Available at the store located inside City Gate Arcade in Valletta.

**For information, contact:**

Beauty Plus on 2122 3195



## “NUPO”

Very Low-Calorie Diet (VLCD) supplement brand “Nupo” is available at the pharmacy.

“Diet provides you with all the nutrients that you need, and at the same time your calorie intake stays below 800 calories,” says a rep.

Danish supplement brand has been on the market for 35 years.

Range includes shakes, bars, porridge and powders.

Use for a maximum of three weeks.

Pharmacy is located in Victoria, Gozo.

**For information, contact:**

Abela’s Health Centre on 2155 6170



## “SUBSCRIPTION”

Certified celiac safe “Pure Energy Box” snacks now available by subscription from the specialized kitchen.

“Products that claim to be healthy contained unlimited amounts of refined sugar, preservatives and colouring to mention the least. We took this in our hands and started creating treats,” says Ramona Zammit.

Subscription includes one box every first of the month, for three months.

Gluten free, dairy free and refined sugar free.

Various flavours to choose from.

**For information, contact:**

Healthy Leaf on 7943 3329



## “PICK-UP” SERVICE

Online health shop offers “pick-up” point service.

“We aim to cater for everyone with our ‘Free from’ range of foods,” says Elaine.

Offering a full collection of varied foods and reusable products, orders placed online now have option for a pickup at The Point Shopping Centre’s loading bay in Sliema. “Wait for us in the car so there is no hassle to find parking,” adds Daniel.

Brands include Sweet Pea Pantry, Vive, Kookie Cat, Aduna Superfood, Roobar, Puritio.

Gluten free, dairy free, refined sugar free and vegan options.

**For information, contact:**

Flavours for Health on 7928 2569





## “RETARON”

Food supplement for eye care, “Retaron” is available locally.

“Changes in the eye occur predominantly with older age. Specific nutrients can strengthen the eye against environmental influences and the effects of ageing,” says a rep.

Offers zinc, DHA, EPA, vitamin C, vitamin E, aronia berry extract, lutein, zeaxathin and important natural micronutrients.

Taken once daily. 30 capsules.

“Already one capsule meets the daily recommended intake of DHA that contributes to the maintenance of normal vision.”

Ask your eye care specialist or pharmacist for details.



## “SMILELAB”

Retailer in Valletta now stocks “SmileLab” teeth whitening products.

“Results are often seen after two to three whitening sessions. All products will also reduce unwanted bacteria and plaque, leaving you with a cleaner and healthier oral hygiene,” says the brand specialist.

Range includes whitening strips, whitening toothpaste and the Flash Collection, Signature Collection, Therapy Collection, as well as, a Groom Collection, as shown, the world’s only system designed specifically for men.

Outlet is located near the Parliament building on Republic Street.

Hours are Monday to Sunday 9am to 7:30pm.

**For information, contact:**

Roseberry on 2750 5050