



“MEAT FREE” WEEK CHALLENGE

October is “Meat Free” Week from 22nd to 28th.

“A reference point for consumers who want to find products and venues that suit their particular lifestyle choices,” says Darryl Grima, who has been a vegetarian for over 30 years.

It is a national event partnering companies, retail, organizations to promote individuals to take up the food challenge. Details now available online.

Veggy Malta is a lacto-ovo vegetarian magazine, a number of posts are sponsored.

For information, contact:

Veggy Malta @veggymalta



“SUPERKIDS”

Smoothie specialist offers “SuperKids” size for children.

“Help combat picky eating by introducing lots of flavours to kids. Smoothies are a great way to mix new flavours that may otherwise be tricky to serve,” says the specialist.

Fruity to veggie based flavours.

Outlets are located in St Julian's, Gzira, The Point, Bugibba Square, Plaza Sliema and at the airport.

For information, contact:

Dr. Juice Malta on 2137 7999





“BAMBOO” TOOTHBRUSH

Humble and Co. “bamboo” toothbrushes in-stock.

“Quality design from Sweden, lots of colours to choose from,” says the brand specialist.

Also available are various brands of charcoal teeth whitening pastes.

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

Opening times vary.

For information, contact:

Holland and Barrett Malta on 2166 3763



“ALPRO” MINI

Health shop is the first to stock Alpro's “plant based” mini yogurts.

“Plant-based foods tend to contain unsaturated (good) fats and are generally low in saturated (bad) ones. So eating more plant-based foods can help to keep the heart healthy,” says a rep.

Now also available in mini-size, yogurt is dairy free, gluten free and suitable for a vegan diet.

Shop is located in Zurrieq.

Open Monday to Friday 8am to 1pm, 4pm to 7pm, Saturday 8am to 1pm.

For information, contact:

Healthy Pantry on 2720 4722



“PRIMROSE'S KITCHEN”

Range of organic products by “Primrose's Kitchen” is now in store.

“Hope to make keeping a balanced diet easier,” says Primrose Matheson, the creator.

Available are various types of seeds and granola bars including Beetroot Seed Sprinkle, Orange and Cashew granola and Goji and Lemon granola, as shown above.

Store is located in Zabbar, open weekdays 9am to 8pm,, as well as, Saturday 9am to 1pm.

For information, contact:

Nutrition Empire Health Shop on 2180 9989



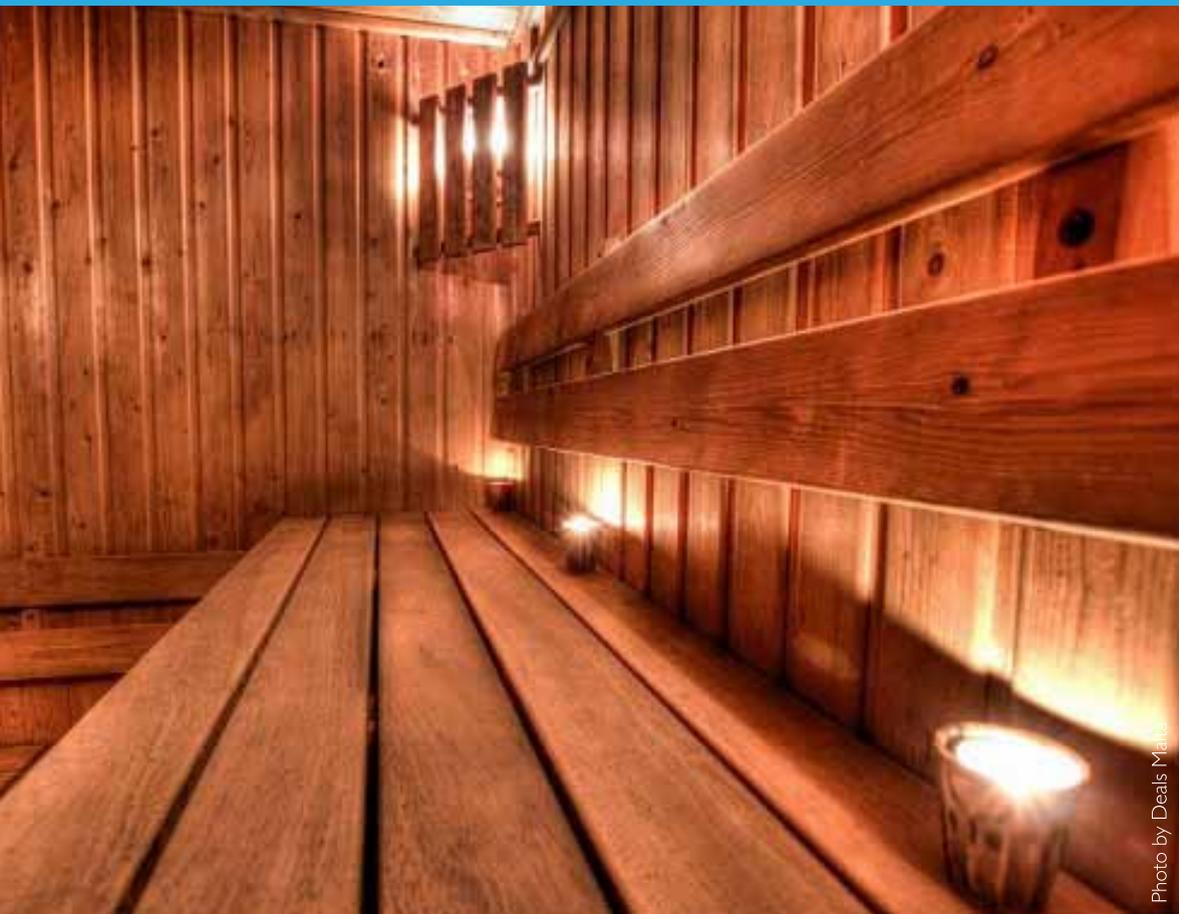


Photo by Deals Malta

“7 DAY” SPA

Spa located at the resort club is open seven days a week, including public holidays.

“Our goal is to tailor the clients experience based on initial consultation information, as well as feedback,” says the manager.

Services include massage therapy, slimming treatments and day spa use.

Located at the Sunny Coast Resort in Qawra, offering a heated indoor pool, jacuzzi, sauna, fitness room, squash court and restaurant with sea views.

Opening hours are Monday to Sunday 9am to 9pm, including public holidays.

For information, contact:

Soul Solutions on 2704 0100



Photo by Silhouette

“SILHOUETTE”

Austrian brand “Silhouette” is now available exclusively at the outlet.

“Eye wear as lightweight and comfortable as possible, through innovative materials and by reducing it to its most essential,” says a rep.

Now also in-stock is a range of other eye wear brands including Gant for men, Tom Ford, Timberland, Swarovski, Emilio Pucci, as well as, Etnia Barcelona.

Outlet located on The Strand in Sliema.

For information, contact:

O’hea Opticians on 2131 5590



Guide to your favourite value brands, how much and where to buy [here]