



“VITAMIN” WATER

Maker of functional beverages, Oshee offers “vitamin” water.

“Pack your vitamin mint water and stay hydrated. Refreshing taste for just five calories per bottle,” says a rep.

Vitamins include iodine, zinc and B12.

Various flavours available. Gluten free. Suitable for vegans. No sugar.

Ask your wellness specialist or fitness centre for details.



“YUMMIGEAR”

Mompreneur offers “Yummigear” containers.

“Perfect for eating al fresco. No need to buy junk food and no need to use disposable plastic bags or packaging. Containers just got chucked into the dishwasher,” says Giselle Muscat.

Eco-friendly containers available in various colours, styles and sizes.

Made of biodegradable wheat-straw material. BPA free, lightweight, easy to open.

For information, contact:

Vanilla Mummy @vanillamummy22



“GESTALT” THERAPY

Therapist launches her YouTube channel with a series of “Vlogs”.

“Having a good relationship with ourselves empowers us to have thriving relationships with others. We speak about the 80/20 principle; designing your life around the 20 percent of it,” says Emma Hogg.

Self-development agency specializing in Gestalt therapy guides clients in the science of joyfulness, wellness and achievement.

Available by appointment.

Clients will always remain anonymous.

For information, contact:

A Life I Choose at alifeichoose.com



“ART” THERAPY

Centre for self-development to offer “Art” therapy sessions.

“Cultivating a safe space wherein one can explore and develop mainly through creativity in a healing, nourishing and compassionate environment,” says the therapist.

“We feel that the brush (or any other medium) is as effective, and sometimes even more so, than talking and sharing with another, professional or not.”

Art therapist along with a Gestalt psychotherapist offers individual or group sessions, workshops, talks and seminars at the soon to open centre in Mosta.

For information, contact:

Rise and Shine Centre on 7906 5934





“ANJELICA’S”

Wellness specialist launches new website.

“Unfortunately, our modern diet and lifestyles offer less and less of the essential foods needed to support optimal health, mental clarity, and cell longevity,” says Anjelica Ellul.

Services offered include massage, body wraps, slimming treatments, “Designed to cleanse, energize, regenerate, firm, tone or simply for relaxation purposes.”

Clinic is located in Birzebbuga.

Free in-depth consultation takes approximately 50 minutes by appointment.

For information, contact:

Anjelica’s Comfort Clinic on 7765 1041



“SOUND” OMENS

Specialist in “Sound” therapy is now available at Anahata Wellbeing Centre.

“Need to spend time in nature but don’t know where to go. To be surrounded by trees, birds and sound is a unique experience,” says Amanda Tonna.

“I like to consider these encounters as omens, messages from the Universe. Accepting the light as well as the darkness.”

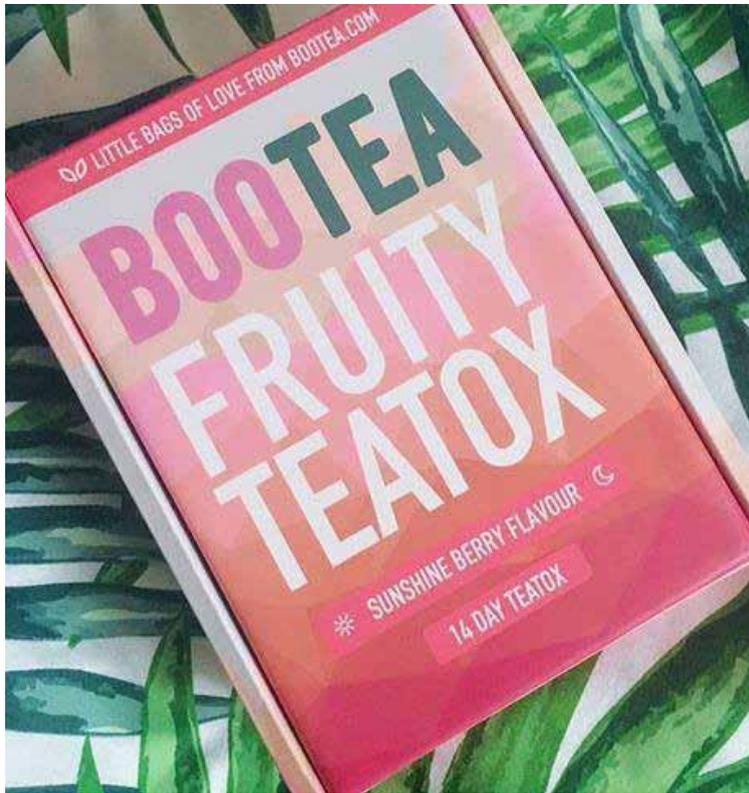
Also offered is Indian Head massage, yoga, meditation and energy therapies.

“We also bring other therapists, instructors and workshop hosts under one roof.”

Based at various locations.

For information, contact:

Harmonia @harmoniapeaceunity



“HOLLAND BARRETT”

Health food store chain opens shop in “lbrag”.

“Bootea Teatox is now available in summer inspired Sunshine Berry flavour,” says the brand specialist.

Employees offer educational information about the various brands available in-store.

Retailer of vitamins, minerals and herbal supplements is also located in St. Julian’s, Attard, Valletta, Sliema, St. Paul’s Bay, Fgura and Gozo.

For information, contact:

Holland and Barrett Malta on 2166 3763



“RUSSELL HOBBS”

Home appliance specialist offers “Horizon” jug blender.

“Can tackle even the toughest fruit and vegetables. Whether you’re making that special get well soup that cures your little ones’ colds or a hearty and wholesome soup to curb your hunger,” says a rep.

Features 650W, 1.5 litre glass jug, two speeds, pulse setting, non-slip feet, ice crush function.

Comes in white and black with chrome accents.

Available at the store located in Mriehel.

For information, contact:

Homemate on 2326 2000



“NEOLIFE”

Pioneers in whole food nutrition supplementation, “NeoLife” is available in Malta.

“First food supplement that is the standard of all eight Omega-3 fatty acids in the human food chain contains input quantity. Make sure you bridge the gap between diet and nutrition,” says George Camilleri.

Health and wellness brand was founded in 1958 with products designed and backed by an Advisory Board of world renowned scientists, doctors and nutritionists, and undergo testing to ensure safety and efficacy.

For information, contact:

NeoLife Malta on 9932 6185



“DETOX”

Maltese nutritionist partners with UK specialist to offer “Detox” services.

“We should be aiming to lead a long and comfortable life, by taking care of ourselves as early as possible,” says Eloise Debono.

Temz adds, “Let us take care of you and give you all the nutrients your body needs to detox, heal and rejuvenate itself.”

Services includes a daily or weekly detox retreat, meal planning, plant-based food recipes, detoxification tools, bespoke supplement kits, meditation sessions, exercise, educational classes and group activities.

For information, contact:

Soul Detox Retreat @souldetoxretreat



“KETO” DIET

Baker specializing in the ketogenic diet accepts “batch” orders.

“If time is an issue for you to cut out sugars and carbs, I’ll help you out with some goodies,” says Analise Seychell.

Ketogenic (Keto) diet is a low-carb, high-fat diet, offering options for diabetics, gluten and sugar intolerances. Also suitable to help with weightloss.

Menu includes homemade muffins, brownies, bread, jams, bounty bars and ice-cream. Items are gluten free and sugar free.

For information, contact:

Ketoana on 9933 3323

