



“WEIGHTLOSS”

Specialist offers “EMS” weightloss treatment.

“Training using electric currents to significantly increase the body’s natural muscle contractions. As a result, more muscle fibres are activated when compared to conventional training methods,” says Sarah.

Electric Muscle Stimulation (EMS) training is an amped up whole body workout to improve circulation, relieve tension and promote weight loss.

Session is of 30-minutes.

Based in Naxxar.

Reminder to check the opening hours and procedures.

For information, contact:

Bloom Wellness @bloomwellness.mt



“SPINAL TOUCH”

Massage therapy specialist offers “Spinal Touch” treatment.

“Assessing and treating postural distortion using light touch muscle relaxation. Specifically and directly addresses problems of posture and misalignment of the body’s centre of gravity,” says Katarína Janíčková.

Involves light contact to create feelings of relaxation, calm and lightness.

Holistic centre provides various types of massage therapy, reflexology, body wraps and facials.

Based in Gozo.

Reminder to check the opening hours and procedures.

For information, contact:

Divine Therapy on 9924 3601



“YOURZOOKI”

Liposomal vitamin C, “YourZooki” range is available.

“Biggest problem to deal with when it comes to supplementing with vitamin C is how much actually makes it to your cells, as opposed to being flushed down the toilet. Liposomes protect against the harsh environment of the gastro-intestinal tract, ensuring that more intact vitamin C makes it into the blood,” says a rep.

Contains 1000mg of liposomal vitamin C per sachet.

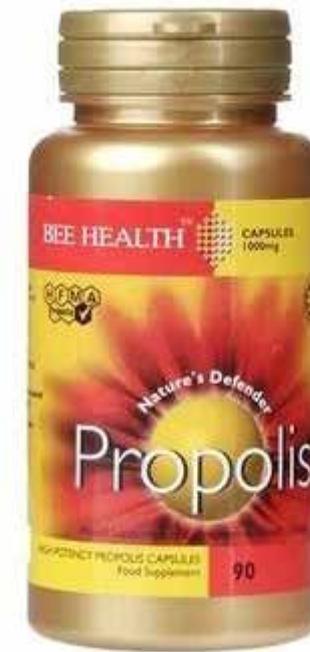
No ethanol, alcohol or any artificial preservatives like potassium sorbate, sodium benzoate.

Free from gluten, dairy, sugar, soy and suitable for vegans.

Add to smoothies, yoghurt, granola or porridge.

Individual serving sachet ensures no oxidation takes place.

Ask at your wellness shop or pharmacy.



“BEE HEALTH”

Wellness shop stocks “propolis” capsules.

“Propolis is a natural substance collected by honey bees from buds and trees containing tree resin, essential oils, waxes and bioflavonoids. It is one of nature’s richest sources of bioflavonoids,” says a rep.

High potency propolis available in convenient capsules.

Does not contain added sugar, salt or colours.

Made by Bee Health.

Found at shops located in St. Julian’s, Attard, Valletta Fgura, Sliema, St.Paul’s Bay, Ta’ L-Ibrag and Gozo.

Reminder to check the opening hours and procedures.

For information, contact:

Holland and Barrett Malta on 7908 7993



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“ECOFRUIT”

Specialist in Sicilian organic products introduces “EcoFruit” range.

“Organic grilled vegetables and pâtés, perfect for side dishes, bruschetta and to fill your wraps,” says the specialist.

Made with Mediterranean tradition, range includes pâtés of zucchini, eggplants, peppers, chickpeas, artichokes, onion, beetroot with thyme and pumpkin with onion.

Store is located in Fgura.

Reminder to check the opening hours and procedures.

Online shopping and delivery service is also available.

For information, contact:

Ginfea on 9937 8952



“SPLAT”

Dental care brand offers new “Pro” range.

“Natural ingredients, they all contain the revolutionary SP White System, a new natural enzyme that whitens the enamel, removes and prevents dental plaque and supports tissue immunity,” says the brand specialist.

Products made specific to needs, including sensitive, anti-inflammatory, hemostatic, vegan, baby, antiseptic, fresh breath, fluoride, non-fluoride and remineralizing.

Various flavours of toothpaste, mouthwash, foam and floss.

Made by Splat, holding more than 10 patents.

Exclusively in Malta from the local online retailer.

For information, contact:

Twentyfiveoseven on 2742 0408