



“PEMF”

Technology-based treatment, Pulsed Electro-Magnetic Field (PEMF) is available.

“Soothing and restorative modality that stimulates and exercises the cells to address cellular dysfunction and support overall wellness,” says a rep.

Suitable for increasing blood circulation, decreasing inflammation, decreasing pain, enhancing muscle function, accelerating the process of bone healing, better sleep management and reducing stress and anxiety.

Based in Zebbug.

Reminder to check the opening hours and procedures.

For information, contact:

PEMF Therapy Malta on 7945 9357



“CHAKRA” DANCE

Empowerment coach provides “Chakra” dance sessions.

“Helping modern busy people who are stressed out, overwhelmed and confused with life. Bring more balance to your base chakra, to your foundation, to your root of life,” says Catherine Galea.

Each chakra vibrates to a colour in the rainbow with an energy dance flow for each. The base chakra dance connects legs and feet to the Earth, the ground.

Sessions held throughout the year. Suitable for non-dancers.

Based in Malta.

For information, contact:

Chakradance Malta on 9944 3114



“NICK’S”

Range of “sugar-free” ice cream is now available in Malta.

“Our sweeteners have sciencey sounding names, but they’re actually derived from things like raisins, monk fruit, birch trees and other stuff you’ve heard of,” says a rep.

No added sugar. Gluten free and Keto-friendly with 220 calories per pint.

Made by Swede brand, Nick’s ice cream is exclusively at the health shop located in Attard, St. Julian’s, Valletta, Sliema, St.Paul’s Bay, Ta’ L-Ibrag, Fgura and Gozo.

For information, contact:

Holland and Barrett Malta on 2131 2218



“BREVILLE”

Home appliance specialist has “Breville” smoothie maker.

“Make deliciously healthy smoothies, shakes, slushies, and protein drinks in the blending bottle,” says the specialist.

Blend, chop and purée ingredients quickly.

One-touch blending action. Detachable blade and blending bottle are dishwasher-safe.

Includes food processor bowl and blending bottle.

Outlets located in Zabbar, Hamrun and St. Paul’s.

Reminder to check opening hours and procedures.

For information, contact:

Top Choice on 2334 2000



“PEAK’S”

Brand of special diet products, “Peak’s Free From” offers granola range.

“Increasing numbers of people have to leave certain substances out of their food. You want to know exactly what the ingredients are, but above all, which ones are not included,” says a rep.

Granola range includes Oats, Buckwheat Nuts and Seeds, Pulses with Seeds, Honey and Nuts.

Products are gluten-free and may also exclude dairy, egg, wheat and GMO.

Ranges also available include breakfast, pastas, spices, baking products, snacks and cake mix.

Ask at your supermarket or health shop for details.





“LELI’S”

Locally produced honey, “Leli’s” is now available across Malta.

“Autumn honey, collected by our honey bees from September till October from two main flower sources, carob and eucalyptus blossoms,” says a rep.

Produced in Malta by Golden Island.

Honey is gluten free, preservative free.

No added ingredients, 100 percent pure.

350 gram jar.

Found at pharmacies and local health shops.



“MELEFSIS”

Greek organic artisan honey, “Melefsis” available.

“Honey, like wine, varies from season to season and is totally depended on nature’s changes,” says a rep.

Artisan product in every crop collected by hand and not repackaged.

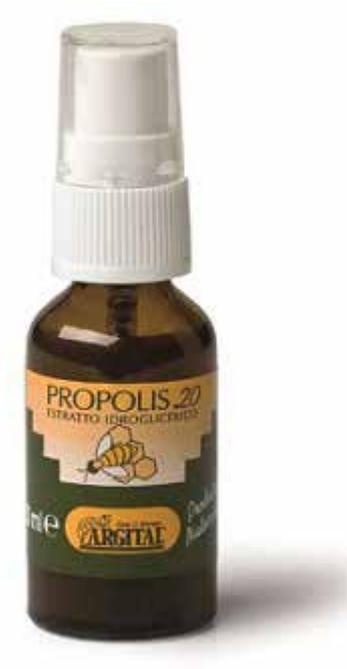
“Raw honey with the particular characteristics of each location’s plant life.”

Available in different flavours.

Found at shop based in Naxxar.

For information, contact:

Just Organic Malta on 9988 5352



“GINFEA”

Organic brands specialist stocks “bee” propolis.

“Propolis is a powerful anti-inflammatory, it is used to treat burns, irritations and pimples,” says the brand specialist.

With spray dispenser.

Found at newly opened organic food store, stocking special diet products including gluten free, vegan and organic from Italy.

Located in Fgura.

Reminder to check opening hours and procedures.

For information, contact:

Ginfea on 2713 4337