



## “AYURVEDA”

Holistic health clinic offers “Ayurveda” services.

“Bridging ancient wisdom and modern science to restore, balance and optimise your physical and emotional well-being,” says Dr. Shehan Jeremy Wijesingha.

Treatments include acupuncture; tailored dietary plans; supplements; herbal remedies; and intravenous therapy.

Clinic is located in Swieqi.

Reminder to check the opening hours.

**For information, contact:**

Serenity Holistic Medical Clinic on 7777 0633

## “NATUROPATHIC”

Wellness clinic offers “Naturopathic” services.

“Therapies that balance the least harmful and most effective approaches to help facilitate the body’s inherent ability to restore and maintain optimal health,” says Alexia Sammut Scott.

Using whole-patient wellness through health promotion to find underlying cause of patient’s condition.

Clinic is located in Naxxar.

Reminder to check the opening hours.

**For information, contact:**

Blissful Health and Wellness on 2143 7254



## “JUST ASK US”

Wellness shop offers “Just Ask Us” service.

“Magnesium supports healthy bones, nerves, aids relaxation, and sleep and supports heart health,” says a rep.

In-store specialists offer brand information on supplements, vitamins and organic products.

Stores in Valletta, Sliema, St. Julian’s; Attard; St. Paul’s Bay; Swieqi; Fgura; Gozo; and Naxxar.

Reminder to check the opening hours.

Online shopping and delivery service is available.

**For information, contact:**

Holland and Barrett Malta on 2166 3762



## “HYPNOTIC-GASTRIC”

Specialist launches “Hypnotic-Gastric” Band program.

“Combined cutting edge hypnotherapy techniques, proven repeatable success steps and mindset coaching to ensure long lasting results,” says Sean McGeough.

Treating emotional underlying belief causing weight gain and emotional beliefs keeping excess body fat stored.

Exclusive program runs for four-weeks online.

Now also available at Ina Spa in Sliema.

Based in Marsascala.

**For information, contact:**

Sean McGeough Hypnotherapy on Facebook

