



## “CELLULITE”

Specialist introduces “Future Pro Ultratone” for body shaping.  
“Helps with cellulite, toning, water retention, weight and inch loss,” says Sabrina Pace.

Provides multiple synchronized therapies, including Chromotherapy sessions.

Non-invasive med-aesthetic treatment.

Clinic is located in Iklin.

Reminder to check the opening hours.

**For information, contact:**

Sabrina’s Health and Beauty on 7972 8703



## “HELU MANNA”

Cafeteria catering exclusively to “gluten-free” diet now open late on weekends.

“If you’re in a rush and looking for a quick yet tasty lunch, we’ve got you sorted with our variety of bread filled with all sorts of ingredients,” says a rep.

Menu available for breakfast, lunch, dinner and desserts with newly launched items.

Dine-in, takeaway or delivery service.

Located in San Gwann and Valletta.

**For information, contact:**

Helu Manna on 7927 6422



## “HEMP” SPA

Award-winning spa “Soul Solutions” now at Gillieru Hotel.

“Experience the enchantment of the sea and the serenity of wellness. Indulge in a rejuvenating journey,” says Tracy Smith.

Specialist in CBD treatments, using non-toxic, non-psycho-active component of hemp plant, new to the Maltese market.

Exclusively at spa newly open at the seafront hotel.

Reminder to check the opening hours.

**For information, contact:**

Soul Solutions on 2704 0100



## “MENO” YOGA

Yoga teacher launches “Menopause” workshops.

“Changes start before when our cycle actually stops. Very few are aware of the premenopausal stage which can start from the late 30s,” says Joanne Bonello.

Also specialised in mindfulness and restorative yoga.

Workshops at Mulberries Wellness Centre in Zabbar.

Yoga experience is not required.

**For information, contact:**

Yoga with Jo on 7930 0331



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## “RECYCLABLE”

Eye wear brand offers “eco” range.

“Handcrafted from a new innovative material. Biodegradable up to 90 percent but also recyclable. Free from harmful plasticizers,” says a rep.

Made of BioAcetate S70, 62 percent bio materials.

100 percent UVA and UVB 400nm protection.

Sunglasses can be converted to prescription.

Stores in Valletta, Sliema and Mosta with optician services.

Reminder to check the opening hours.

**For information, contact:**

Ojo Malta on 2144 5658

## “HERBS”

Herbal specialist launches “L’Erborista Mediterranea” blog.

“Euphrasia officinalis popularly known for its detox benefits, but few know that this plant also contributes to balance inflammation on our body, especially eyes, nose, throat,” says Giorgia.

Personal advice and blends are also available.

Shop in San Gwann is now permanently closed.

Herbs, spices, herbal supplements and essential oils can be ordered and shipped direct.

**For information, contact:**

L’Erborista Mediterranea on 9938 1165