



“YORFLO”

Women’s health coach is now a “hypnobirthing” instructor.

“Feeling confident and prepared is the key to achieving a successful and satisfied birth experience and this education will show you how to do that,” says Adrienn Ürmös.

Based on self-hypnosis, hypnobirthing uses relaxation techniques to prepare physically, mentally and spiritually in dealing with fear, anxiety and pain.

Mother of four has been certified by the Wise Hippo program.

Clients also have access to online prenatal and postnatal resources.

Based in Swieqi.

Reminder to check the opening hours and procedures.

For information, contact:

Yorflo on 9932 9229



“HYGIEIA”

New wellness TV programme, “Hygieia” is now on.

“Relaxing, positive programme with short educational clips on yoga, meditation, Pilates and stretching, moves that we can do also from the comfort of our home,” says Marika Caruana Smith.

Focus on healthy lifestyle and wellbeing, programme starts at 11:30am Saturdays.

Guests will provide tips and information on nutrition, exercise, relaxation, as well as, on sleep.

For information, contact:

Hygieia @hygieiawithmarika



“YUE”

Wellness centre launches “weight” management program.

“Tailor made one-on-one guided programme. Having 10 guided workout sessions throughout,” says Maya Petrovic.

Program runs for 10 weeks guided by a registered nutritionist.

Consultation and two follow-up appointments along with a fat analysis is included.

Participants may also use the gym and pool facility throughout the 10 weeks.

Centre is based in Naxxar.

Reminder to check the opening hours and procedures.

For information, contact:

Yue on 2258 9810



“LIFECCHANGE”

Holistic well-being programme for diabetics, “Lifecchange” is now available.

“Designed to help diabetics achieve a healthy weight, adopt life-changing dietary recommendations, and engage in physical activity and psychological treatment appropriate for each individual,” says Tania Cluett.

Team of professionals include a nutritionist, Pilates instructor and clinical psychologist.

Programme runs for eight weeks, combining both individual attention and group support.

For information, contact:

Lifecchange on 9922 3192





“BOKA”

Unique four green light snack bar, “Boka” is now in-store.

“That means they really are healthy treats, unlike certain other cereal and fruit bars, which don’t put their traffic lights on their packaging,” says a rep.

Green dot labelling indicates bars are low in sugar, fat, saturates and salt offering 1.6 grams of sugar and 96 calories.

Flavours include Caramel, Strawberry, Choco Mallow and Apple Cinnamon.

Found at the wellness centre located in Hamrun.

Reminder to check the opening hours and procedures.

Online shopping is also available.

For information, contact:

Health Plus on 2122 7027



“ERYTHRITOL”

Stock of “Erythritol” products is now available at wellness shops.

“A zero calorie sugar replacement used to sweeten just about anything. Sprinkle over fruit and even bake with it just like sugar,” says a rep.

Does not affect blood glucose levels in most people and has zero net carbohydrates, products are suitable for diabetics, low carb keto dieters and anyone reducing calories.

Can be used in cooking, baking, on fruits and in cold or hot beverages.

Made by Nkd Living.

Ask at your pharmacy or wellness shop.