



“ASHWA”

Supplement gummies, “Ashwagandha” are available.

“Rooted in Ayurveda, a holistic and natural system of medicine. Ashwagandha is also an adaptogen, a plant that helps the body maintain balance and adjust to stress,” says a rep.

Clinically proven to help with weight management, immune system support and reducing stress, having highest-concentration of full-spectrum root extract on the market.

Vegan with pectin from fruit peels and gluten-free ingredients, certifications are available [here].

Made by Goli Nutrition, offering studies behind Ashwagandha [here].

Available at pharmacies.



“BIOFLOR”

French based family-owned pharmaceutical brand, “BioFlor” is available.

“Strengthens your gut immune response, so you can feel safer as you travel and savour new foods. Understanding and acting on the microbiota is part of the future human health,” says a rep.

First launched in 1953, range includes registered trademarked probiotic drug Saccharomyces boulardii CNCM I-745.

Made by Biocodex.

Ask at your pharmacy.



“21 AVENUE”

Dental care specialists are available at the recently “refurbished” clinic.

“Good dental hygiene keeps your teeth and gums healthy. Regular brushing and flossing will prevent gum disease and tooth decay. Reduces sensitivity and you’ll have fresher breath,” says Dr. Gareth Farrugia.

Services provided include cleaning, filling, extractions, root canal treatments, dentures, implants, aligners, crowns and teeth whitening.

Located in Naxxar.

Reminder to check the opening hours and procedures.

For information, contact:

21 Avenue Dental Clinic on 2141 1671



“CURASEPT”

Professional dental care range, “Curasept” is available.

“Fights plaque and regenerates tissue while remineralising enamel. Especially recommended for wearers of braces and endodontic implants,” says a rep.

Curasept Ads 0.12 percent Chlorhexidine provides prolonged treatment, lasting from eight to 12 hours.

All toothpastes are alcohol free, non-staining and are SLS free.

Also available is mouthwashes, gels, floss and toothbrushes.

Ask at your pharmacy or dental care specialist for details.





“TRIGGER POINT”

Therapist to resume “Trigger Point” treatment.

“Do not hesitate to ask to dedicate the time on more stressed areas. Like for example a person working in an office sitting for many hours day after day usually suffer upper back and shoulder tightness,” says the specialist.

Massage is about giving a service to improve the wellbeing and performance of the client.

Cupping therapy is also available

Based in Birkirkara.

Reminder to check opening hours and procedures.

For information, contact:

Chris Maggi Massage on 9987 3660



“BOWEN” THERAPY

Specialist in “Bowen” therapy is available.

“In contrast to many other hands-on therapies, Bowen does not attempt to force the body to change, rather it asks the body to recognise and make the changes necessary to bring it back to its natural balance,” says Aleš Franc.

Neuromuscular technique comprises of gentle rolling moves applied to soft tissue at specific locations to bring body back its homoeostasis state.

Application helps with migraines, detox, digestive and carpal tunnel.

Client assessment is provided.

For information, contact:

Bowen Therapy Malta on 9998 8402



“ISLA VERDE”

Salon welcomes to the team a massage therapist specializing in “Isla Verde”.

“Main focus of a relaxation massage is to de-stress, calm and relax the mind and body, using flowing strokes and kneading, performed at your chosen pressure,” says Jasmine.

Benefits include reduced muscle tension, improved circulation, stimulation of the lymphatic system and reduction of stress hormones.

Session is of one hour.

Also available is Lomi Lomi and reflexology.

For information, contact:

Suave Creations on 2703 7475