



“QUANTUM” ROOM

Wellness center launches “Quantum Room” program.

“Clean and clear vibration field to just feel and enjoy in full great experience to connect with yourself deeply with full energy in whole self using power of bio-energetic product,” says the specialist.

Method for improving human bio-energetic fields, using nano-crystal therapy discs on beds, as well, as antimicrobial chips suspended on wooden pedestals, “to eliminate bacteria and fungi.”

Clinic is located in St. Julian’s.

Reminder to check the opening hours and procedures.

For information, contact:

Melita Wellness Clinic on 2137 8657



“OSTEOPATHY”

Chiropractic clinic offers “Osteopathic” treatment.

“Variety of gentle hands-on techniques that focus on releasing tension, improving mobility and optimising function, together with providing useful health advice and exercise,” says Dr. Tommaso Barucca.

Other services available at both clinics include chiropractic, dry needling and digital postural screening.

Available at clinics located in St. Julian’s and Birkirkara.

Reminder to check the opening hours and procedures.

For information, contact:

TG Chiro on 9953 2056



“SUNGLASS”VISOR

Range of “sunglass-style” visors is available.

“Glasses face shields now in stock. New design just in,” says a rep.

Various styles and colours are offered for adults and for children.

Based in Birkirkara.

Also pick-up point available in Victoria, Gozo.

For information, contact:

Health Protect on 9972 6490



“KALLIDORA”

Specialist joins salon team to provide “massage therapy” services.

“Holistic massage with a Nordic ambience to provide relaxation, relieve tension,” says Damien Davis.

Services include full body massage and area specific such as back, neck, head, arms, legs or foot massage.

Based at the salon located in Rabat.

Reminder to check the opening hours and procedures.

For information, contact:

Kallidora on 7989 8887





“CROCK-POT”

Original slow cooker; “Crock-Pot” is now available in local stores.

“Slow cooking or pressure cooking can save you precious time every day. Cook quick and healthy meals with the steam function. Makes eating in easier than dining out,” says a rep.

Brand offers recipe ideas for vegetarian or vegan diet.

Various model functions and sizes available made specifically for a couple or family of up to 10.

The new DuraCeramic model is oven-safe, freezer-safe and also is safe to use on all cookers

Found at house goods stores across Malta and Gozo.



“MERIDIAN”

Range of “nutritional” spreads is now in-stock.

“If you’re ever unsure what to make for family lunch, you can always rely on the classic peanut butter and jam combo to bring smiles around the table,” says a rep.

Made by Meridian based in the UK, brand offers no palm oil, organic and vegan products including nut butters, seed butters and fruit spreads.

Gluten free, dairy free and does not contain any added sugar or sweeteners.

Various flavours are available.

Shop is based in Birkirkara.

Reminder to check the opening hours and procedures.

For information, contact:

Malta Nutrition on 7929 9937



“FRESH” OJ

Supermarket launches “fresh” orange juice bar.

“Start off your day with the right vitamin C boost. Make your own fresh orange juice; not only delicious, but also nutritious,” says the manager.

Available at the store located in Qormi.

Reminder to check the opening hours and procedures.

For information, contact:

Lidl Malta @lidlmalta



“KOMBUCHA” WORKSHOP

Course on making “Kombucha” is available.

“Considered a health drink. Learn how to brew your own kombucha at home,” says Corinna Trione.

Workshop includes the brewing process, flavouring and carbonation, ways to look after the scoby, as well as, a tasting session.

Training takes place at Qbajjar Bay in Gozo.

Other workshops available include Curry Dinner and Kimchi.

For information, contact:

Sacred Food @sacredfoodco