



“BEAN” BURGERS

Holistic food specialist provides “bean” burgers.

“Healthy and easy to make, just put them in the oven and after 15 minutes they are ready to eat,” says Nathalie.

Vegan gluten free burger is available to order.

Also available is Kefir probiotic milk, kombucha and local jams.

Based in Marsascala.

Delivery service is available.

For information, contact:

Cheezy Nut on 9927 5582



Photo by Pasta Natura

“KID-FRIENDLY” PASTA

Range of La Fattoria delle Meraviglie “kid-friendly” organic pasta is available in Malta.

“Easy to digest. If you want to make dishes that look funny and at the same time inviting,” says a rep.

Made by Pasta Natura, range is dairy free, wheat free, gluten free.

No sugar added, organic and offers colourful farm animal shapes.

Ask at your supermarket or health shop.



“CRYSTALS”

Based on calculations of personal data, semi precious “healing” stones are available.

“Combining the spiritual powers of aromatherapy, crystals and semi-precious stones. All based on natural products. And most of them are done depends on the moon,” says Maria Bonello Permina.

Specialist also offers Russian folk wellness recipes and tips.

Based in Malta.

Reminder to check the opening hours and procedures.

For information, contact:

Masha’s Magic on 7982 2661



“GUA SHA”

Stock of “Gua Sha” massage tools is available.

“Chinese have been practising the art of facial Gua Sha for centuries. Moves lymphatic fluids so skin can function better and improve blood circulation,” says Neda Bendlin.

Massage face, arms, back and legs to ease tension, soothe anxiety.

Available in Rose Quartz

Also comes in Jade stone as shown with a roller included.

Online shop is based in Nadur, Gozo.

Reminder to check the opening hours and procedures.

For information, contact:

Neda Beauty Shop on 7792 0263





“PURA”

Specialist in prepped meals offers “Picnic Experience”.

“Let us create a memory with a customized picnic set up. 70 to 80 percent of the human immune system is in our gut. Our aim is to help people boost their immune systems through eating as much natural and clean products as possible,” says the specialist.

Service includes custom made picnic table, mat, placemats, glassware, cutlery, plates, napkins, flower arrangement, candle setting, cushions, blankets, waste basket, wine cooler with ice, custom made letter board with food and beverage menu with upgrades possible.

Vegetarian and vegan options available.

Based in Kappara.

For information, contact:

Pura Box on 9969 7536



“OJO”

Seasonal collection of “Ojo” eye wear is available.

“Offering the latest polarized and optical technology, so as to ensure that our sunglasses are not only fashionable and trendy, but are optically protective from the sun’s rays,” says a rep.

All styles provide 100 percent UVA and UVB 400nm protection.

Collection comprises over 450 styles of sunglasses and prescription glasses for women, men and junior.

Stores are located in Valletta, Mosta and Sliema.

Reminder to check the opening hours and procedures.

For information, contact:

Ojo Malta on 2144 5658



“BLISS” BALLS

Maker of 100 percent almond butter introduces “Bliss” balls.

“Quick breakfast when you’re running late or for a snack throughout the day. Low in sugar and rich in fiber, healthy fats and protein. Guilt free snack with a good cup of tea,” says the maker.

No additives with nut of choice.

Nut butters come in peanut crunchy, peanut smooth, cashew, hazelnut and almond.

Also newly launched are peanut butter cups.

Delivery service and custom gift packs are available.

Based in Malta.

For information, contact:

Nuts About It on 7902 1597



“BEEZNEEZ”

Local maker of eco-friendly food wraps offers “BeezNeez” range.

“When using plastic wraps and containers, it’s easy for food to feel the effects of air and moisture. Sometimes you’ll even notice water build up, especially with plastic wrap, which in the end will cause it to spoil and mould,” says Kimberline D’Alfonso.

Wax wraps preserve and cover food like fruits and vegetables that have been opened and cut into, rolls and sandwiches, and also to cover bowls and plates with leftovers.

Biodegradable, reusable with 100 percent certified food safe ingredients.

Various colours and sizes, including custom made.

Delivery service is available.

For information, contact:

BeezNeez on 7944 5629



“FLABELOS”

Tanning salon offers “Flabelos” slimming-aid machine.

“For the problems caused by sedentary jobs, lack of exercise and a stressful lifestyle, as it takes a short time to move the whole body, including difficult to reach core muscles,” says a rep.

Whole body vibration machine trains the body without the physical rigors of traditional exercise.

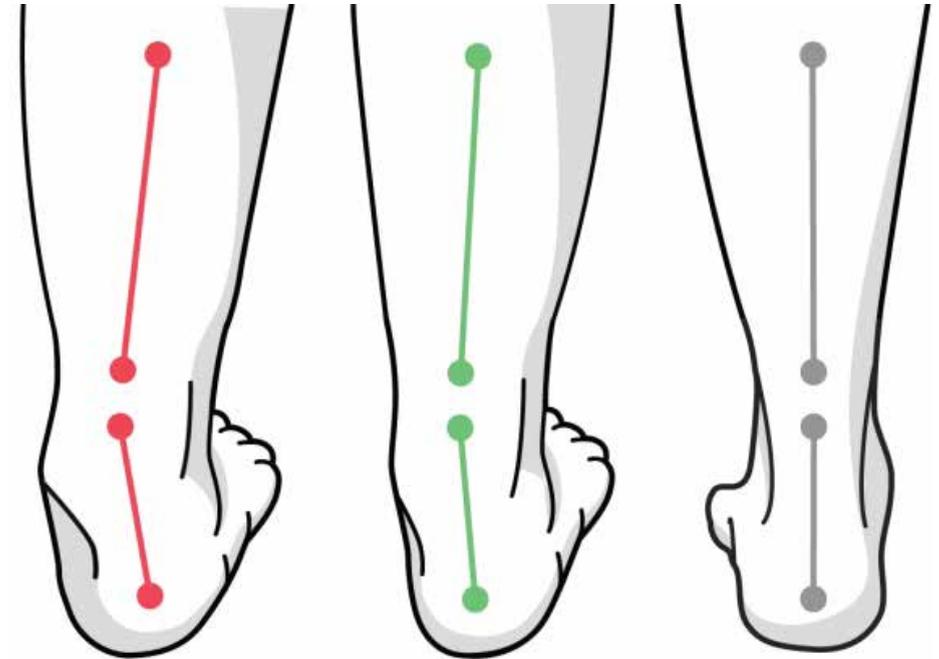
Session of 10 minute units are available.

Malta’s first tanning salon offers horizontal or vertical beds, also including infra.

Reminder to check the opening hours and procedures.

For information, contact:

Kiwisun Malta on 2744 4969



“FLAT” FEET

Therapy specialist provides tips on “flat” feet issues.

“Our feet are the base of our body. Over-pronation of the foot can lead to referred pain further up in the lower limbs including knee, hip and lower back pain. With the proper integration of exercises in one’s training regime it can help in building the foot arch once again,” he says.

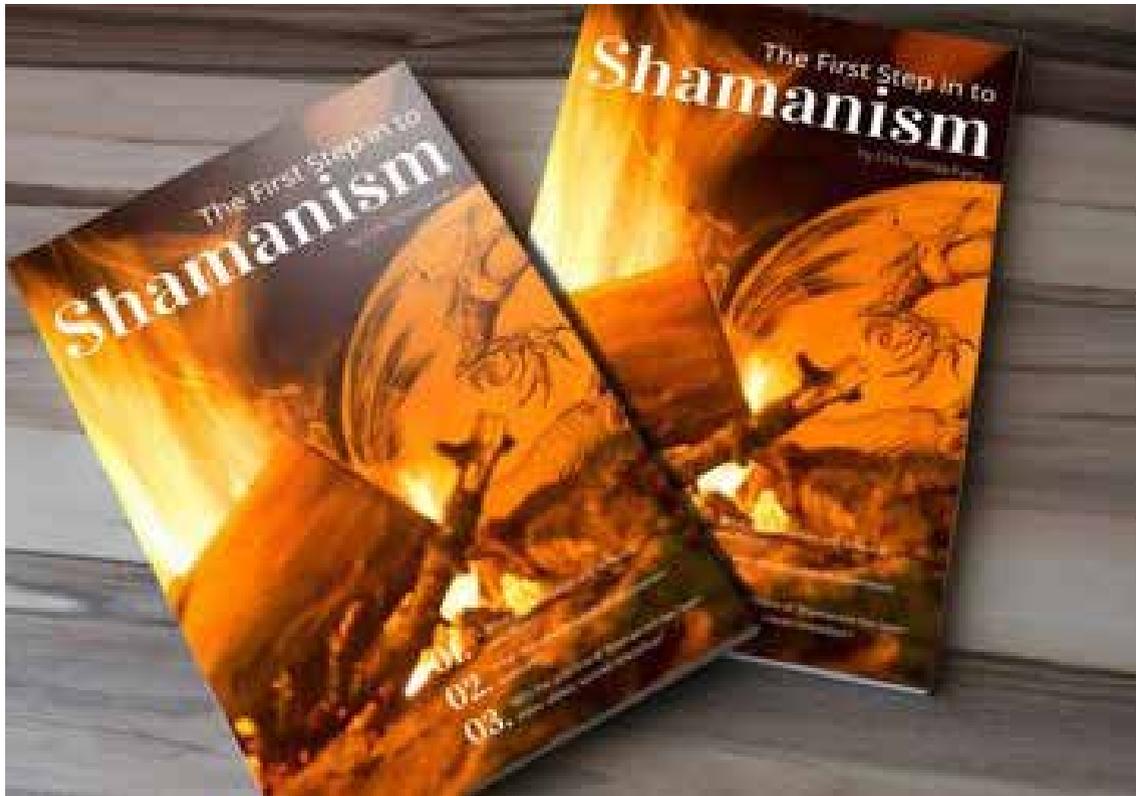
Specialist offers personal training therapy specific to feet, including treatment for collapsed foot arch.

Based in Malta.

For information, contact:

Walden BT Personal Training and Therapy on 9927 9125





“SHAMANISM”

Practitioner offers “Shamanism” cleansing services.

“Holistic and intensive practice where we delve into the invisible realm of mind and spirit in order to correct imbalances,” says the teacher.

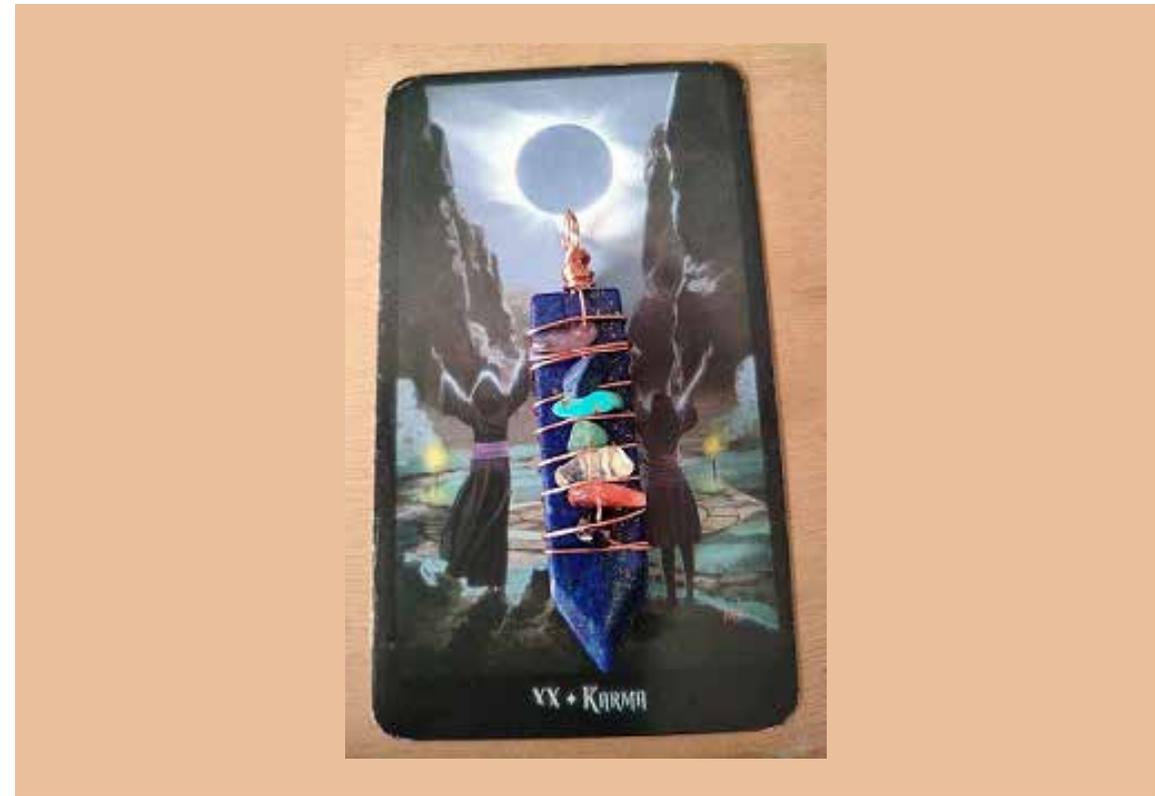
Shamanism is based on the premise that the visible material world is pervaded by invisible forces which affect the lives of the living.

Other services include Journeying, Drumming Circle and Out of Body Transmigration.

Based in Mdina.

For information, contact:

Shamanism in Malta @shamanisminmalta



“7” CHAKRAS

Spiritual gemstone specialist offers “7” chakras set on Lapis Lazuli stone.

“Powerful crystal for activating the higher mind and enhancing intellectual ability. It stimulates the desire for knowledge, truth and understanding and aids the process of learning,” says the specialist.

Also available is a seven chakras gemstone set including Clear Quartz, Black Obsidian, Sodalite, Green Jade, Calcite, Carnelian, Tiger Eye with a chakra pendulum dowser.

Gemstones offer healing properties for personal energy.

Limited pieces are hand-made locally.

For information, contact:

Enchanting Gems Malta on 7921 0966



Luxury & Specialty Gifts anytime you need to, get it [here]