



## ‘SOUND’ THERAPY

Wellness specialist offers “sound” therapy options.

“Sound has a way of helping us get to the source of this inner peace we all desire,” says Magdalena Jokiel.

Therapist uses various tools like voice, drumming, singing bowls, gongs, koshi and session on singing chair made of harp to aid anxiety, sleep disorder, pain management and depression.

Also incorporated is lesson in simple breathing and vocal toning exercises that may be used on a daily basis.

Studio is based in Gozo.

Reminder to check the opening hours and procedures.

**For information, contact:**

Art of Touch on 7736 6012



## “SEA-SIDE” MASSAGE

Specialist offers massage therapy by the “sea-side”.

“Massage while enjoying the sound of the waves,” says Diana Parrera from Holland.

Treatments include Reiki, Trigger Point, Deep Tissue, Swedish and Lomi Lomi.

Available at Munchies in Mellieha by appointment.

Reminder to check the opening hours and procedures.

**For information, contact:**

Massage Therapy by Diana on 7929 9064



## “GEO”

Wellness specialist offers range of organic “sprouting” seeds.

“Yes you can grow a lot of vegetables in containers. Make your daily meals more interesting. We promote lifestyles that are good for you, for the environment and good for all,” says the specialist.

Range includes alfalfa, chia, china rose (rose radish), clover, durum wheat, wheat grass, leek, lentil, mung bean, mustard, radish, red adzuki, red cabbage, red radish, soy and sunflower.

Based in Balzan.

Reminder to check the opening hours and procedures.

**For information, contact:**

Simply Organic @simplyorganicmalta



## “SHAPING MALTA”

Independent “Herbalife” product specialist is now available.

“We are focused solely on helping you achieve optimum health and wellness through our comprehensive range of products along with support and guidance,” says Daniel Portelli.

Range of nutrition, weight loss and weight maintenance products are in-stock, including high protein iced coffee and starter packs.

Products are gluten free and dairy free.

Online shopping and delivery service is available.

**For information, contact:**

Shaping Malta on 7788 7006



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## “NON-DAIRY”

Non-dairy ice-cream by “Ben and Jerry’s” is available.

“Non-dairy versions of our classic ice cream flavours. Chock full of the chunks and swirls you love. They have a creamy, dreamy texture,” says a rep.

Made with either almond milk or sunflower butter.

Flavours includes Coconut Caramel and Peanut Butter Cookies.

Suitable for vegans.

Available at InterSpar supermarkets in Sliema, Marsaxlokk and Hamrun.

Reminder to check the opening hours and procedures.

**For information, contact:**

Spar Malta on 2226 8888



## “BANANA JOE”

Range of natural crisp-like snacks by “Banana Joe” is available.

“Taste does not relate to bananas at all and is actually a savory snack. The secret is that the bananas used are harvested when green. This means that the sugars and banana fruit taste would not have developed yet,” says a rep.

Baked not fried.

Flavours include BBQ Hickory, Sweet Thai Chili, Sriracha and Sea Salt.

Labelled non GMO, probiotics and prebiotics.

Gluten free and suitable for vegans.

Ask at your health food shop for details.



## “VEGAN” COOKBOOK

Nutritionist launches “cookbooks”.

“After a 12 year office job behind me, I understand that trying to fit a healthy routine with a family life isn't always easy,” says Matthew Muscat.

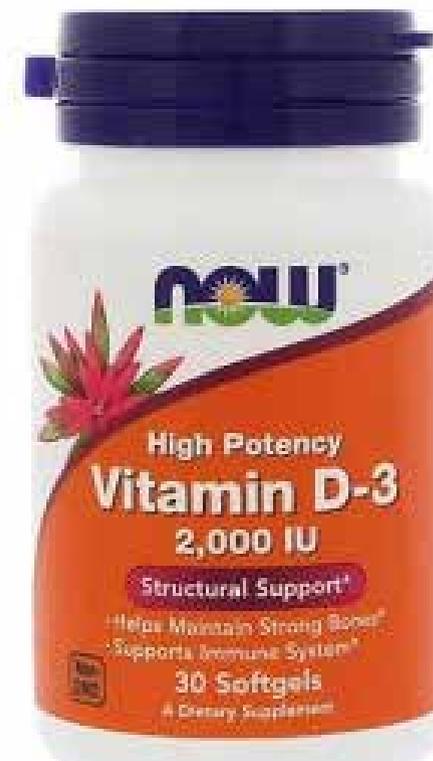
The M18 cookbook includes 60 recipes designed for all ages, with a Facebook group created to discuss health and fitness.

Also available is an exclusively vegan e-cookbook.

Fitness trainer is based in Mgarr.

**For information, contact:**

Matt Fitness Coach on 7991 1245



## “NUTRITIONIST’S DIGEST”

Nutritionist is now offering range of “supplements”.

“Poorly nourished individuals are at a greater risk of various bacterial, viral, and other infections,” says Thea Mifsud.

Contains vitamin C, vitamin D and Zinc.

Range available for adults and for children.

Formulated to contain no gluten, no GMOs and no soya.

Produced in a third party audited cGMP registered facility.

Suitable for vegans.

**For information, contact:**

Nutritionist’s Digest @thenutritionstdigestTM



### “DIRECT” VENEERS

Pre-fabricated veneers made from “nano-hybrid” composite are now available.

“Never before has it been feasible to directly create the natural shape and youthful luminance of a tooth, so easily and perfectly in only one appointment,” says a rep.

Minimally invasive aesthetic dentistry product.

Made by Edelweiss.

Ask your dentist for details.



### “SMILELAB”

Range by Stockholm-based cosmetic company, “Smilelab” is available.

“Our S strips will make your smile sparkle. So get your smile on fleek,” says Ritianne Ancilleri, the product specialist.

Also available from the range is Flash whitening strips and toothpaste.

Shop is located in Valletta, offering range of perfumes, cosmetics and skin care products.

Reminder to check the opening hours and procedures.

**For information, contact:**

Roseberry on 2750 5050





## “OPALESCENCE”

Made by Opalescence, tooth “whitening” system is now available in Malta.

“The entire tooth is whitened, even if the whitening gel isn’t in contact with every part of the enamel,” says a rep.

Non-invasive at home treatment in either melon or mint flavour.

Includes custom trays for day or night wear.

Kit contains 16 percent Carbamide Peroxide with Potassium Nitrate and Fluoride.

Ask your dental care specialist for details.

## “INTERPROXIMAL”

Clinic offers range of “Interproximal” toothbrushes.

“Special brush that removes dental plaque which is not removed with a normal toothbrush. Anyone can use it. It is also very useful in people undergoing orthodontic treatment,” says Dr. Chris Satariano.

Types include head in conical or straight, thickness ranging from ultra thin to thick and shape of handle in choice of straight or angled.

Various colours and sizes.

Found at clinic located in St. Paul’s Bay.

Reminder to check the opening hours and procedures.

**For information, contact:**

Norden Dental Clinic on 2157 7223