

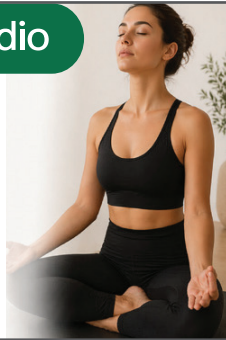
WELLNESS, BEAUTY & CARE EXPERIENCES

island reformer | island yoga fire | mind studio

DISCOVER INFRARED PILATES, PILATES REFORMER & LIGHT & SOUND MEDITATION.

EXCLUSIVE WEEKEND RATES FOR ALL NEW MEMBERS.

For the timetable & to book visit [www.islandyogamalta.com/timetable](http://www.islandyogamalta.com/timetable)



Güms DENTAL CLINIC

Fri 15th & Sat 16th May - By Appointment

Dental Check-Ups & Consultations

Complimentary gift for oral care with every check-up.



Art in Beauty MED AESTHETIC CLINIC

Our Treatments Include:

- Laser Hair Removal • Body Sculpting • Non-Surgical Facelifts
- Pigmentation & Acne Programs • Dermapen
- Skin Glow Programs • Advanced Face & Laser Treatments
- Vein Treatments • Botox & Fillers • Skin Boosters
- Trichology • Tattoo Removal & more

To book Call 9984 3941  
Enjoy 10% OFF on all services. Valid till 7th June 2026



LUXI Hairdressing

Sat 16th May - 10am

FREE TALK: HAIR STARTS AT THE SCALP  
Discover solutions for smoother, more manageable hair.  
by Rachel Gatt, Official Kevin Murphy Trainer.

Fri 15th & Sat 16th May - By Appointment

FREE Hair & Scalp Consultations to assess your hair  
& explore smoothing solutions using QIQI technology.

To book call 9925 2549



DISCOVER HEALTH, BEAUTY & WELLBEING ALL UNDER ONE ROOF



THE WELLNESS EXPERIENCE  
OPEN WEEKEND

FRIDAY 15<sup>TH</sup> &  
SATURDAY 16<sup>TH</sup> MAY  
FREE TALKS, CONSULTATIONS  
& WORKSHOPS



FREE  
GOODIE BAGS



SPIN & WIN  
AMAZING PRIZES



FREE CONSULTATIONS  
TALKS & WORKSHOPS



DISCOUNTS ON  
SKINCARE, MAKE-UP  
& FRAGRANCES

Remedies Pharmacy & Wellness Hub. 133, Rudolph Street, Sliema.  
[sliema@remediesclinic.com](mailto:sliema@remediesclinic.com) [www.remedies.com.mt](http://www.remedies.com.mt)  
For bookings Call or Whatsapp 7944 4740 or scan code



Remedies Pharmacy & Wellness Hub. 133, Rudolph Street, Sliema.  
[sliema@remediesclinic.com](mailto:sliema@remediesclinic.com) [www.remedies.com.mt](http://www.remedies.com.mt)  
For bookings Call or Whatsapp 7944 4740 or scan code



# REMEDIES PROGRAM

Discover, Learn & Explore with our Free talks & Consultations

Friday 15th May 2026



**Fri 15th May - 3pm & Sat 16th May 10.30am**

**Talk: Pregnancy & Early Parenthood**

Getting the right support & guidance  
by MyMama Team



**4pm - Talk:**

**Feel Good, Inside & Out**

A Family Guide to Gut Health & Probiotics  
by Ms. Antonella Galea, Pharmacist



**Fri 15th May - 5pm & Sat 16th May - 12.30pm**

**Talks: Introduction to Hypnotherapy & Reiki**

by Stephanie Balmerth, Reiki Therapist



**6pm - Talk & Tasting session:**

**Weight Management & Nutrition**

**The Nupo Approach**

by Frida Xuereb, Weightloss Consulatant



**By Appointment - Fri 15th & Sat 16th May**

**Physiotherapy - Mobility, Back Pain,**

**Posture & Lung Testing.**

with Physio Suite Team



**Heart Health Awareness**

Special offer of 20% discount on Echo & ECG  
during May & June 2026

# REMEDIES PROGRAM

Discover, Learn & Explore with our Free talks & Consultations

Saturday 16th May 2026



**9.30am - Talk & Sampling:**

**Suncare Essentials**

**Protecting your skin this summer**

by Hanna Parsonson, Suncare Advisor



**10am - Talk:**

**ADHD, Burnout And Wellbeing**

by TAASC Psychologists



**11.30am - Talk:**

**Childhood Immunisation**

by Dr Renee Erasmi (Sees Children)



**3pm**

Skincare & Make-up workshop by Ayur Veda.



**4.30pm**

Brow Shaping workshop by Ayur Veda.



**5.30pm Talk & Sampling:**

**The Scent Experience**

Discover your perfect fragrance.



**Fri 15th and Sat 16th May - By Appointment**

Free 15 Min make-up session by Ayur Veda



**Fri 15th and Sat 16th May - By Appointment**

Free Mini Pedicure when you book any hand  
treatment by Ayur Veda.



**By Appointment**

**Hearing screening & Ear check-up**

with Mr Glen Camilleri, Audiologist



**By Appointment**

**Osteopathy Consultations**

with Ms Anne Poulhies, Osteopath