

# The Dentistry of the Future is Here Today

## Patients Can Enjoy Dental Spa Options

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**By Dr. Lorin Berland**

Creating the perfect designer smile is a new trend of increasing interest for everyone. The modern **cosmetic dentist** must not only know how to treat broken teeth or dental disease; he/she must also master the techniques involved in creating natural, beautiful smiles that meet the demands of today's esthetically conscious population. This requires an advanced level of artistry and attention to the smallest and most subtle details.

When choosing a new smile, people must be offered the best cosmetic result possible; after all, it is their appearance at stake. At the **Dallas Dental Spa for Arts District Dentistry**, [Dr. Lorin Berland](#) uses computerized cosmetic imaging pictures to show you a preview of how you can look with your new improved smile before any dental treatment is begun. With this technology, they can show you your own full-face portraits with one or more options to create a more attractive smile. This allows you to give personal input in deciding what will be done, and makes the difference between merely a satisfactory result and a great result that you will be thrilled with.

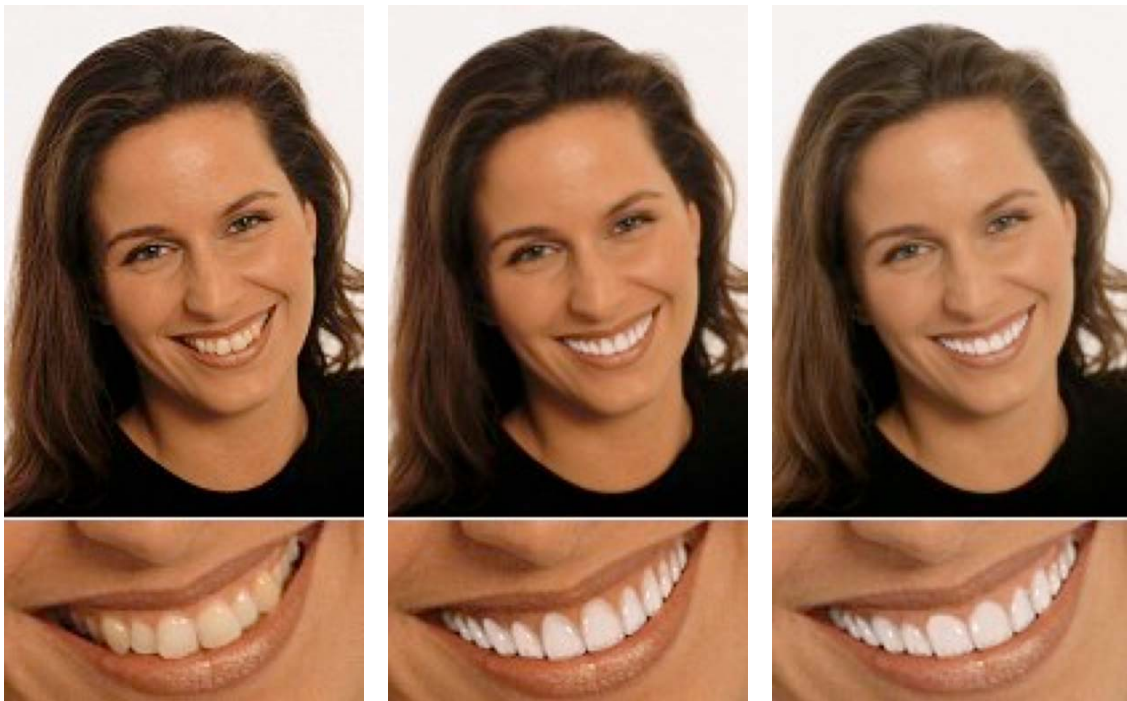


## Computer enhancement for a whiter smile

The appearance of straighter, whiter teeth can be achieved through several options, from bonding the teeth with tooth colored materials without the use of shots or drills, to using porcelain shells called [veneers](#) that are each custom constructed and fitted to bond over the teeth. These advances in **esthetic dentistry** can correct teeth that are chipped, crooked, or discolored in just one or two appointments. Skilled **cosmetic dentists** can create that sought after "Hollywood smile" while still making it look natural. Furthermore, this can be achieved with minimal discomfort to the patient and without an extended amount of treatment time.

Aside from choosing a smile with teeth that have the perfect coloring, shape, and function, the artistry of **dentistry** also involves the shape of the gum tissues surrounding the teeth. Once the teeth are fixed to create a more attractive smile, less than perfect gum contours become more noticeable. Therefore, it is vitally important to look at the whole picture, gums and teeth, from the beginning. Our cosmetic imaging pictures can show you the difference gums can make in achieving that perfect smile. The gums provide the stage for the actors, the teeth, to perform their best!

The three images shown below illustrate the role tissue contouring, or a cosmetic gum lift, plays in achieving that perfect smile. The latest in technology allows the **cosmetic dentist** to achieve this at the same appointment as the **cosmetic dentistry** for the teeth. An added bonus, this procedure can be a quick and virtually painless process. By skillfully employing the latest technology and the most advanced training available, your **cosmetic dentist** can work with you to create a personalized look that will give you every reason to smile.



## Computer enhancement showing tooth shape correction, whiter teeth and cleaner gum lines

In an effort to meet the demands of a clientele that seeks elective, cosmetic dental procedures, dentists now offer unique treatments designed to cater to today's increasingly discriminate tastes. These dental spas provide the highest quality **dentistry** in a luxurious and relaxing environment. Patients such as those at the **Dallas Dental Spa** are choosing not only the traditional dental services, but also elective procedures to beautify and rejuvenate their smile, and their skin, and even their spirit. **Cosmetic dentistry** is becoming the place where patients can seek and find the fountain of youth. The **Dallas Dental Spa** provides not just your typical dental services, but also offers a pleasant morning or afternoon being luxuriously pampered. Imagine taking a break from your workday to go to a dental appointment and finding yourself sinking into a relaxing heated massage chair with a bean pillow headrest. You are then offered the option of watching a favorite movie with state of the art private eyewear, or relaxing with nitrous oxide and CD headphones. After the procedure, you can squeeze in a quick Speed White power bleach for your teeth, or a "lunchtime peel" to cleanse and revitalize your skin. Now imagine that every dental appointment ends with a warmed toilette for your face and hands and a visit to the onsite massage therapist. Sounds like a spa that you would enjoy a regular visit to! At cosmetic dental practices such as **the Dallas Dental Spa**, patients are finding that beautiful teeth and beautiful skin make a beautiful smile.

The cosmetic dental spa concept is making the dreaded dental appointment a thing of the past. At the **Dallas Dental Spa**, you are greeted with a warm, inviting reception area and a caring customer service oriented staff. We offer privately enclosed treatment suites, each with floor-to-ceiling windows and dramatic views. Surrounded by the calming scent of aromatherapy candles and the sounds of soothing music, you are offered coffee, tea, juice, or bottled water from the refreshment center. You may choose to peruse through your favorite fashion or news magazine, or leaf through a book of patients' "before and after" pictures showing the transformations of smiles similar to the ones you are contemplating.

To alleviate the anxiety of those patients still experiencing stress concerning their dental appointment, the **Dallas Dental Spa** has licensed massage therapists trained in reflexology to give a chairside hand massage using fine herbal lotions. They may gently work the Haiku point between the thumb and index finger, or knead other reflex areas on the feet and hands. You may also opt for a jaw massage to ease any joint stiffness incurred during the appointment, or for a full facial and shoulder massage that focuses on pressure points to stimulate circulation. After the dental appointment, a full chair massage targeting the shoulders, neck, and back is available in the aromatherapy room to relieve all tension.

In pursuit of that more attractive smile and look, a trip to your favorite dental spa wouldn't be complete without enhancing your skin with the increasingly

popular treatment called microdermabrasion. The **Dallas Dental Spa** has an onsite certified microdermabrasion technician that administers this series of noninvasive treatments to reduce fine wrinkles, acne, and sun damage. This procedure can improve skin appearance, eliminate blackheads, and fight the signs of aging. What a great addition to your dental appointment! Afterwards, your face is treated to a lavender hydromist and a cool herbal pack is applied. Moisturizing Gentle Gel containing echinacea, aloe vera, and tea tree oil is applied to the lips. You can maintain your firmer, smoother skin by taking home the finest skin care products offered by the **dental spa**.

Dental treatments offered at such cosmetic dental practices go beyond the old drill and fill routines. **Cosmetic dental spas** cater to the pursuit of a more esthetic, fashionable smile. Laser whitening systems have gained widespread popularity, allowing a patient to leave the dental spa after only an hour with a whiter, brighter smile.

In addition to the cleaning in which they floss, gloss, and massage your teeth and gums, hygienists at the **Dallas Dental Spa** use a baking soda airspray that leaves your teeth stain-free and smooth. Before beginning any cosmetic dental procedure, a digital portrait is taken of you as part of your computerized imaging consultation to show you different treatment options in designing your new smile. A beautiful smile is the ultimate fashion accessory!

In order to reduce the stress and increase the comfort and safety of each patient, every detail is attended to at the dental spa. For example, the **Dallas Dental Spa** uses only distilled sterilized water for all treatment, and provides digital x-rays that reduce radiation up to 90% compared to conventional methods. For longer appointments, sedation may be employed. Many dental procedures no longer require shots or drilling, thereby eliminating the discomfort and noise that used to be associated with **dentistry**. While creating an individualized, winning smile for their patients, **dentists** are employing technology such as computer controlled anesthesia techniques and cavity preparations that use air abrasion instead of the conventional drill to offer virtually painless **dentistry**. Furthermore, advances in technique and materials now often allow skilled cosmetic dentists to fix a less than perfect smile in one or two appointments, using bonding techniques and [porcelain veneers](#).

**Dental spas** offer superb treatment using the latest and most advanced technology and training in a pampering environment. Now, a dental appointment is a great excuse to relax, allowing you to return to your workday refreshed and smiling from ear to ear.