

# Dental Spas Leave Patients

## Smiling

Fear of the dentist may be a thing of the past thanks to the budding trend of dental spas. In 1984, Lorin Berland, DDS opened the first Dallas Dental spa, offering massage and aromatherapy.

Dentists here see patients in rooms with expansive windows. Lighting is dim and recessed. Patients can distract themselves by listening to music on headsets or watching DVD movies. If the patient still feels anxious at a dental spa, he can receive a chair – side neck, foot, or hand massage.

“The more comfortable the person is, the better they take care of their teeth, and the more they’ll get their dental problems taken care of.”

The American Dental Association strongly Recommends stress reduction techniques in dental offices, especially for patients with anxiety problems or known heart disease.

Although spa dentistry sounds expensive, practitioners claim they don’t



charge more than the average dentist without the perks. A basic cleaning at a Chicago or Dallas dental spa costs about \$80, more (\$125) in New York. For the the nearest dental spa near you, contact your local Dental Society.

*Wesley Davidson*