

“ Keeping your smile healthy for life ”



WIN



facebook

...a bottle of Champagne

Positive reviews help the success of our practice, and give new patients the confidence to join. If you would be kind enough to 'like' our facebook page and write a review on the 'review' tab we will enter you into a prize draw for a bottle of champagne. We will announce the winner in our August newsletter. Good luck. Thank you for your help, we look forward to seeing you at your next visit.

www.facebook.com/CliftonDentalStudio

Did you know?

In the UK alone over 5000 people get cancer of the mouth each year. Early detection is vital so please make sure you visit us regularly. If you notice any changes to your mouth, tongue or lips then please do speak to us to get it checked out.



Before



After

Ms Barbel Phillips

“I was not happy or confident with my denture and I never wanted to smile so I decided to start looking around for a dentist who could help me. After a lot of research on the internet and various websites I finally made my decision to book a consultation with Changing Faces in Bristol.

When I attended my first appointment I met Paul Gerrard. He was extremely helpful and listened to my concerns and understood what I was trying to achieve. He explained each process in detail so at each appointment I knew exactly what to expect. I decided to commit to treatment and my new denture was made. It was the best decision I made, I now feel I can eat and smile with confidence.

The appearance has exceeded my expectations, I am extremely happy with my new smile. I would recommend anyone who is considering replacing their old denture for whatever reason to do it now.

Thanks you again for Paul Gerrard and the team at Changing Faces @ Clifton Dental Studio.”

If there is anything about your smile that you are not happy with, please get in touch so we can discuss how we can get you smiling with confidence like Barbel.

10 reasons to smile!

- 01 **Smiling boosts your immune system** – smiling and laughing decreases stress hormones, relaxes the body and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- 02 **Smiling lowers blood pressure** – smiling and being happy can improve the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- 03 **It reduces stress** – when we smile it triggers the release of endorphins that lift your mood and counteract the stress hormones.
- 04 **Smiles provide a natural 'high'** – if you're feeling down, even putting a 'fake' smile on your face helps lift your mood and gets those happy endorphins released!
- 05 **It's a natural pain killer** – those clever endorphins that are released when you smile can also act as a natural pain killer.
- 06 **Smiling encourages trust** – studies show that we are more trustful of others when they smile and smile genuinely. Trust is an important part of social health when dealing with people and is a solid foundation for all relationships.
- 07 **Smile your way to success** – a smile can make you appear confident, self-assured and on top of your work. Research shows smiley people are more readily approached with business ideas and advancements.
- 08 **You'll look younger** – smiling naturally lifts the face and helps make people look younger and more attractive.
- 09 **It's contagious** – if you smile it's likely to make someone else smile, creating a chain reaction and spreading the health benefits throughout those around you.
- 10 **You'll live longer** – there is evidence that those who smile often live an average of seven years longer than those who rarely conjure a regular smile.

If you're not completely happy with your smile, please speak to us. We will be happy to suggest ways in which it could be enhanced, and in most cases those enhancements can be surprisingly affordable.



PRETTY MUDDY RACE FOR LIFE 5K

Our amazing girls took part in the Race for Life on Saturday 5th July, raising money for Cancer Research in honour of Christine Keith, a loyal patient. They had so much fun and yes it was very muddy! There was a lot of laughter despite the obstacles they had to tackle. They ended up covered in mud and it took several showers to get it all off! We are proud of them for taking part. Please help us to smash our target and support this very worthwhile cause by making a donation on our Just Giving page www.justgiving.com/clifton-dental. A big thank you everyone who has already donated, it is very much appreciated. At the time of going to print the total raised was £1140.



ENTER PRIZE DRAW FOR VOUCHERS TOWARDS

Hotel
du Vin
& Bistro

A LUXURY OVERNIGHT BREAK WITH DINNER & BREAKFAST

WITH HOTEL DU VIN AND BISTRO

Refer a friend or family member to Clifton Dental Studio and when they attend a combined exam and hygiene session we will enter you into the prize draw.



Kindle Fire winner

Congratulations to Ahmed Hassan, winner of the prize draw for a Kindle HD Fire and £100 gift voucher. Ahmed is pictured here with our Dental Nurse, Leanna Beresford. Would you like to win vouchers towards a luxury overnight stay with Hotel Du Vin and Bistro? Refer a friend and we will enter you into the draw for free.

PLUS

+ A free gift for you

You will also receive your choice of one of the following gifts when someone you recommend attends a combined exam and hygiene session.

- 1 Complimentary hygiene session worth £115
- 2 Electric toothbrush – minimum value £100
- 3 Gift voucher for Jamie Oliver's Italian restaurant worth £50

+ £45 off for your friend

Any referred patient will save £45 on a combined exam and hygiene session until the end of August 2014 – normal price £145.

Please call 0117 973 1910 if you would like to refer a patient to us

* Prize draw to take place on 25th September 2014, offer valid until then. Not valid with any other offer. Terms and conditions apply.

Thank you

This month we would like to thank the following patients for referring their friends and family to us: Sarah Bowden, Andrew Woodford, Gina Kingswell, Andy Bird and Sharon Coleman.



SPECIAL OFFER

Tooth whitening

Buy one home teeth whitening treatment and get a second one half price. That's just £570 for two people.

Offer only available to the first 11 people who register and pre-pay for treatment by the end August 2014.

BOOK NOW, CALL 0117 973 1910

* Terms & conditions apply. Not valid with any other offer.

Fun fact

An elephant's back teeth (molars) weigh between eight and ten pounds each, and measure about 30cm (one foot) across – equivalent to more than 500 human teeth!



Like us on **facebook** 

www.facebook.com/CliftonDentalStudio

Please 'like' our page so that we can keep you up-to-date with what's happening at the practice and let you know about special offers and treatments that might benefit you. We will also share useful oral health news and information including advice to help you keep your teeth and gums healthy and your smile looking its best.

Case of wine

Smile Care is our affordable dental membership plan. Members receive regular maintenance visits and x-rays, vital for prevention of tooth decay and gum disease in return for a regular monthly payment. Members also receive a 10% discount on all treatment fees and a five year guarantee on fillings, crowns and veneers so long as they attend their prescribed hygiene sessions.

In addition to the regular special offers available to our Smile Care members, we also run a monthly prize draw. Each month we are giving away a case of wine to one lucky winner. This month the winner is **Bernard Demel**.



If you'd like to join the plan and be entered into the draw, please call the practice on 0117 973 1910.

Clifton Dental Studio

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