

# Tried & tested

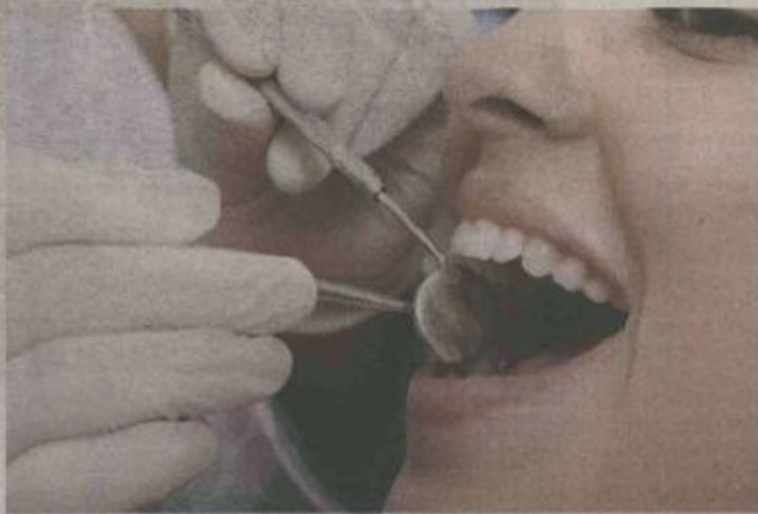
## Adam Jankiewicz visits a Dubai dental studio to try and reverse years of neglect in one go

### Why did you decide to try The Dental Studio?

I'd love for my teeth to look dazzling white but I've discovered that my twice-a-day cleaning regime doesn't quite do the trick any longer. Teeth hate smoking, coffee and red wine as they all turn your pearlys a rather dull, mottled grey colour. Unfortunately I like all of these things in abundance, so instead of that Hollywood smile lighting up a room, I tend to keep the gnashers well hidden.

### No one likes going to the dentist, is there anything different here?

The Dental Studio likes to put you at ease. The premises have been designed to the principles of Feng Shui while aromatherapy oils and candles are used throughout for a calming environment. In the dental chair you can plug in your own personal iPod or even watch a movie through 3D glasses. The surgery



prides itself on practicing "gentle dental care" and I must admit the staff there go out of their way to clear you of any apprehension.

### Yes but what about the teeth?

I was placed in the care of dental hygienist Jo who couldn't have been friendlier and obviously had a

passion for her job. There's no point lying that you floss four times a day and clean, three times a day while only having the odd cigarette - she can clearly see the staining! It's hard to see exactly what's going on with your mouth wide open and reclining at 90 degrees, but there's a great pleasure to be had, knowing that dark staining is being brushed away from the enamel. There's a lot of scraping, probing, flossing, brushing and polishing but it's all entirely painless. The entire process took just over an hour with Jo taking the time to explain exactly the benefits of good oral care and the importance of looking after your teeth on a constant basis.

### And what about the result?

Crikey, I've got teeth again! It's a transformation I can only say is hugely gratifying and fantastic for the self confidence. Jo had worked wonders. Looking in the mirror it