

WELCOME TO OUR
Monthly Newsletter

we're so glad you're here!




It's April... But You're No Fool

DON'T BE FOOLED: DENTAL MYTHS DEBUNKED




Myth 1: Pregnant Women Should Avoid the Dentist

Don't Be Fooled: Pregnancy is actually a time when dental care is *MORE* important - not less. Hormonal changes increase the risk of inflammation and gum disease, which has been linked to complications like preterm birth and low birth weight

 **The Truth:** Get professional dental cleanings every 3 months during pregnancy to keep both mom AND baby healthy


Myth 2: Snoring Is Harmless

Don't Ignore It: Snoring can be an early sign of sleep-disordered breathing, including obstructive sleep apnea.

 **The Truth:** Untreated sleep apnea can impact your energy, heart health, and overall well-being. We offer simple screenings, referrals to sleep doctors, and oral appliances that replace those bulky machines, all to help you breathe (and sleep) better!

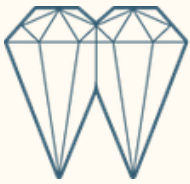
Myth 3: Crowded Teeth Are Just Cosmetic

Think Again: Crowding isn't just about appearance - it can make it harder to properly clean between teeth.

 **The Truth:** This leads to plaque build up, cavities, gum disease, and even jaw pain or TMJ issues. Straight teeth are healthy teeth and Invisalign can help achieve this!

Save The Date
Patient Appreciation Day
May 12th 5:00 PM

Join us in the office for a special **Patient Appreciation Event** as a "Thank You!" for being part of our community! We're turning the office into a fun, relaxed space where you can enjoy light bites, drinks, FREE chair massages and exciting raffles while getting to know more about everything we offer. We'll be offering demos of our cosmetic treatments, exclusive specials on dental treatments, along with a personalized skin analysis experience at Natrl Skin Lab. It's a perfect chance to mingle with our team, learn something new and treat yourself !



The Faces Behind Your Smile



New Team Member Alert



MEET NATALIE ASSISTANT

Many patients may already recognize her from her time at Ardsley Dental Spa, where she has built lasting relationships through her precision and attentiveness. Natalie is a valued member of the team with over 8 years of experience as a dental assistant, bringing a refined eye for detail and a deep commitment to patient care. She believes that even the smallest details can make the biggest difference. Natalie is excited to continue growing within the practice and is proud to now serve as Ardsley Dental Spa's esthetician. She looks forward to providing results-driven, confidence-boosting treatments that leave patients feeling refreshed, empowered, and at their best.



MEET NYA HYGIENIST

Nya is a dedicated dental hygienist with 9 years experience in the field. She is passionate about helping her patients achieve optimal oral health. She believes in a gentle and compassionate approach to dental care and is committed to staying up to date with the latest technology in the field. She is excited to bring this compassion and care to the patients of Ardsley Dental Spa



MEET MAILSON ASSISTANT

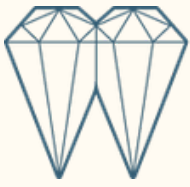
Mailson was a practicing dentist in Brazil for two years, where he developed a true passion for helping patients smile with confidence. He brings that same dedication and warmth to every patient he meets here in our office. Outside of dentistry, he is an avid runner and is committed to living a healthy lifestyle. Mailson is currently preparing to be accepted into dental school in the US and we're proud to share that once he completes his education he's already been hired as a future associate dentist at Ardsley Dental Spa.

Reader Rewards
Mention This Newsletter and Get...

Free Sleep Apnea/Airway Consultation

Spring Smile Reset
\$250 off In Office whitening + **FREE** take home whitening kit

Tax Season Smile Upgrade
\$500 off Invisalign + **FREE** Retainers



Natr! Skin Lab

Don't Be Fooled: Skincare Myths Debunked

Myth 1: Oily Skin Doesn't Need Moisturizer

Actually It Does: When your skin is dehydrated, it often overproduces oil to compensate - leading to clogged pores and breakouts.



The Truth: The **right** hydration is key. Our customized facials are designed to rebalance your skin, using targeted products and technology to hydrate without clogging pores - leaving you clear, calm and refreshed.

Myth 2: You Need Makeup To Look Polished

Nope: With treatments like anti-aging facials, lash lifts, and brow lamination, your natural features do the work for you!



The Truth: The right treatments can cut your routine in half - and boost your confidence!

Reader Rewards

Spring Skin Reset \$180

Includes deep cleansing facial, low grade peel, & FREE LED upgrade!

Book Now For May Mother's Day Special \$200

Ageless Glow Experience
Includes Anti-aging facial, Eye treatment add on + FREE Sleepytie or Whitening pen.
(Valued at \$260)

PLUS Exclusive discount on retail Dermalogica products

New Service Alert!!

LASH LIFTS

