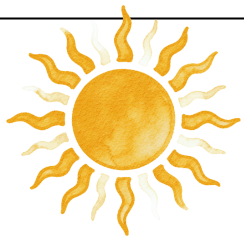




WELCOME TO OUR
Monthly Newsletter

we're so glad you're here!



Summer Confidence Issue

PROTECT YOUR GLOW AND YOUR SMILE THIS SUMMER

Reader Rewards

Smile Bright Like A Diamond!

Get one tooth gem and get the 2nd FREE!!! (\$75 value)

Summer is all about feeling confident, refreshed, and radiant—but the sun, heat, and busy schedules can take a toll on both your skin and your oral health. Dehydration, increased sun exposure, and changes in routine can contribute to dry mouth, sensitivity, and premature skin aging. At Ardsley Dental Spa, we believe wellness and beauty go hand in hand. Whether you're maintaining your Invisalign results, brightening your smile with whitening, or rejuvenating your skin with our aesthetic treatments, now is the perfect time to invest in yourself. Don't forget the essentials: stay hydrated, wear SPF daily, and keep up with your routine dental visits. A healthy smile and glowing skin are the ultimate accessories for summer—and we're here to help you shine all season long.

International Retainer Day!

PROTECT THE SMILE YOU WORKED SO HARD FOR!

July 19th is International Retainer Day, a reminder that orthodontic treatment doesn't end when the braces come off or your last Invisalign tray is complete. Teeth naturally have a tendency to shift throughout life, and without regular retainer wear, those small movements can add up over time—undoing the beautiful results you've invested in.

Wearing your retainers every day, as recommended by your dentist, is the key to maintaining a straight, healthy smile for life. Even if your teeth still "look straight," skipping your retainer can lead to crowding, spacing, bite changes, and the need for future orthodontic treatment. Think of your retainer as insurance for your smile—protecting the time, effort, and financial investment you've already made. If your retainer no longer fits comfortably, is cracked, discolored, or has simply gone missing, don't wait. A quick digital scan can determine whether your teeth have shifted and whether it's time for a replacement. At Ardsley Dental Spa, we offer custom Viverra® retainers designed to keep your smile looking its best for years to come.

Reader Rewards



FREE Retainers

When you commit to Invisalign treatment in July!



\$100 OFF Viverra Retainers

When you order a new set in July!



Love The Skin You're In

Reader Rewards

Opus Plasma
\$1000 OFF

Package of 3 sessions

BOGO Exosomes

Maximize your Opus
Plasma results with
Exosomes post treatment

In honor of **National Love Your Skin Day** on **July 8th**, we're celebrating the beauty of healthy, radiant skin at every age. Your skin is your body's largest organ and deserves the same care and attention as the rest of your health. Daily SPF, proper hydration, and a personalized skincare routine can help protect against premature aging and keep your natural glow shining bright.

If you're looking to take your skincare to the next level, **Opus Plasma** is an excellent way to rejuvenate the skin by improving fine lines, texture, acne scars, and overall tone with minimal downtime. This innovative treatment stimulates collagen production to reveal smoother, firmer, and more youthful-looking skin. Whether you're looking for a subtle refresh or a more noticeable glow-up, healthy skin is always in style. This month, celebrate National Love Your Skin Day by giving your skin the love it deserves—and ask us about our special savings on Opus Plasma treatments to keep your glow going all summer long.

Is Perimenopause Affecting Your Skin?

YOU'RE NOT IMAGINING IT!!

If you've noticed that your skin suddenly feels drier, thinner, more sensitive, or just doesn't have the same glow it once did, you're not alone. During perimenopause, fluctuating estrogen levels can lead to a loss of collagen, decreased elasticity, increased dryness, and more noticeable fine lines and wrinkles. In fact, women can lose up to 30% of their collagen in the first five years after menopause, making skin changes one of the most common—and often frustrating—symptoms of this transition.

The good news? There are ways to support your skin from the inside out. Daily SPF, proper hydration, strength training, and a personalized skincare regimen can help maintain healthy, radiant skin. Treatments like Opus Plasma can also stimulate collagen production and improve texture, tone, and fine lines with minimal downtime. Aging is inevitable, but feeling confident in your skin is timeless. At Ardsley Dental Spa, we're here to help you look and feel your best through every stage of life.



The Skin Corner by Natrl Skin Lab

July Spotlight: National Love Your Skin Day

July 8 is **National Love Your Skin Day**, a reminder that healthy skin isn't about **perfection**—it's about **caring** for the skin that carries you through every day. Your skin is your body's largest organ and serves as your first line of **defense** against the outside world. From **protecting** against environmental stressors to helping **regulate** body temperature, your skin works hard for you **year-round**.

A few ways to show your skin some love this summer:

- ☀️ Wear SPF daily and reapply when spending time outdoors.
- 💧 Stay hydrated to support healthy skin function.
- 🧼 Cleanse away sweat, sunscreen, and daily buildup each evening.
- ✨ Schedule regular professional treatments to help maintain your skin's health and appearance.

At Natrl Skin Lab, we believe skincare should be personalized, educational, and accessible to everyone. Whether your goal is relaxation, prevention, or addressing specific concerns, we're here to help you create a routine that works for your unique skin.

July Spotlight: Dermaplaning

We're excited to introduce dermaplaning as a new service at NSL. This gentle exfoliation treatment removes dead skin buildup and vellus hair "peach fuzz", leaving skin smoother, brighter, and better prepared for product absorption.

Reader Rewards

✨ 15% Off Your First Visit ✨

New Client Consult and Facial

\$144

(Regularly \$170)

☀️ Summer-Ready Special ☀️

Book a Lash Lift & Tint during July and receive

complimentary eyebrow shaping

at your appointment