



Who knew going to have your teeth cleaned can be as relaxing as a day at the spa?

## Like going to the spa

**ERIC EMIN WOOD**  
for Metro Canada



**At Impressions, a dental office located at the corner of Danforth and Woodmount Avenues, services offered include sealant, a coating placed in the grooves of patients' teeth to prevent decay; one-hour in-office whitening; and custom-made sports mouthguards.**

Complimentary spa services include aromatherapy; one-time-use slippers that patients get to take home with them; and paraffin wax hand treatment, which patients receive during the appointment.

"We're trying to offer a soothing environment

where people can come and have their teeth cleaned," says Georgia Thomas, Impressions' owner and operator. "I know a lot of people have anxiety when it comes to dental appointments, and preventative dental hygiene is important in maintaining overall health."

The office includes a fireplace, while the dental chair provides a massage. Each room includes a flat-panel TV, "so everyone gets to watch whatever they like while they're having their teeth cleaned," says Thomas.

"And at the end of the appointment," she adds, "we give out hot towels so you can freshen up before you head out."

At Impressions, most appointments are cheaper than a regular trip to the dentist. The first visit, which includes a complete examination as well as a cleaning, costs \$195 (though right now it's \$165 because the spa is offering a 15 per cent discount), while an examination alone costs \$61. Future cleanings are \$120-\$135 for 45-minute appointments and \$160 and \$175 for the hour. Most dentists charge around \$120 for an exam and \$300 for an exam and cleaning, says Thomas.

For those wondering, dental hygiene is a regulated health profession whose practitioners hold a two-year diploma. "Usually when you go to the den-

COURTESY GEORGIA THOMAS



Georgia Thomas, owner and operator of Impressions.

tist's to have a cleaning, it's the dental hygienist who does it for you anyway," Thomas says. A law was passed last September allowing dental hygienists to work without the supervision of a dentist, which means practitioners like Thomas can open their own clinics.

So far, business is going well. "It appeals to a lot of people," Thomas says. "We've even had people come from Burlington and Etobicoke, which is quite a distance, because we're on the east end of the city."

For more information, check out [thedentalhygienespa.ca](http://thedentalhygienespa.ca).