



## Impressions - The Dental Hygiene Spa

*For those of you who don't subscribe to the blog at [danfortheast.blogspot.com](http://danfortheast.blogspot.com) (why don't you by the way?), here is another Danforth gem.*

At the Dental Hygiene Spa, owner Georgia wants you to feel like you're going to a spa, while she chips away at your dental sins. Georgia, and her contractor husband did A LOT of renovations on the inside and outside of the building and it looks terrific. I'm in between dentists at the moment, so I thought I would give it a try.

I go in. The leather chairs are comfy. I remove my shoes and wear a pair of slippers, which are mine to keep. Would I like something -coffee, tea, hot chocolate? Drink coffee before I get my teeth cleaned? What kind of alternate universe is this? Uh, sure.

I'll have coffee. How do I take it? Well, I...take it...black? (Dentists hate us black coffee drinkers..stain, stain, stain. Tsk, tsk tsk.) No problem. Back comes office manager, Natalie with a darn good cup of coffee and not even a hint of judgment on her face.

I follow Georgia into the little room. It looks like most other little rooms in dentists' offices. Would I like to listen to the radio, watch TV? Well, o.k. I'll indulge in a little daytime television. Before we get started, she dips my hands into a large container of warm paraffin wax. Mmmm...that's nice too. I'm at the spa! I lay back into the massage chair and relax. Then, of course, Georgia cleans my teeth. This is the part that doesn't feel quite so spa-like, but whenever I start to feel stressed, I just concentrate on the little massage balls that are gently pursuing my mid-back and I'm back in spa mode.

Soon enough, it's all over. My teeth are clean. My hands are soft. I've had my fill of home decor and fashion advice. How can all this be you ask? How can you run a dental business with just a hygienist and no dentist? One year ago, amendments to the Dental Hygiene Act in Ontario made it possible for hygienists to clean teeth outside the traditional dental office without a procedural 'order' from a dentist. Hygienists in Ontario are regulated by the College of Dental Hygienists of Ontario, which governs the profession to ensure the public receives safe and effective oral health care.

Georgia is on the forefront. The Dental Hygiene Spa is one of only a handful of businesses like it in Ontario and one of the very first in Toronto. She and her husband and young daughter live in the neighbourhood. Children are welcome and they do all the usual things. They also sell some whitening products and fancy toothbrushes. My insurance company covered it the same way they cover services obtained through a dentist's office.

**Location:** 1956 Danforth Avenue, at Woodmount **Highlights:** Cozy atmosphere, refreshments, some spa treatments  
[www.thedentalhygienespa.ca](http://www.thedentalhygienespa.ca)