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PERFECT SMILE SPA

A Beautiful Smile
gets a kiss
from the world



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Discreetly Straighten Your Smile with Clear Ceramic Braces

If you would like straighter teeth but don't want noticeable metal braces, clear ceramic braces with Dr Jas at Perfect Smile Spa could be your ideal solution. These braces use tooth-coloured, metal-free ceramic brackets that blend in with your natural teeth, making them practically invisible when you smile or speak. The wire used is white, ensuring your treatment stays discreet throughout.

Clear ceramic braces work by gently moving your teeth into a straighter position using consistent, controlled pressure. Small, clear ceramic brackets are carefully bonded to each tooth and connected by a white wire. Over time, your teeth gradually move into a beautifully straight position, helping you achieve the smile you have always wanted. Most people complete treatment in around 6 months on average, but some patients finish even sooner depending on their individual case.

Benefits of clear ceramic braces include their metal-free, tooth-coloured design, making them a great choice for patients who prefer non-metal options or are sensitive to metals. They are particularly popular with adults and teenagers who wish to straighten mild to moderate crowding, gaps, or misaligned teeth without the look of traditional braces.

With Dr Jas, your treatment is carefully planned using precision techniques to ensure your journey is smooth and comfortable. You will be guided through every step, and regular reviews will be arranged to monitor your progress, ensuring you achieve your best smile confidently and efficiently.

Book your consultation with Dr Jas today and take your first step towards a straighter, confident smile with clear ceramic braces.



SmileAlign: The Clear Way to a Straighter Smile

If you're looking for a discreet way to straighten your teeth, SmileAlign with Dr Jas at Perfect Smile Spa offers a clear, comfortable, and lifestyle-friendly solution. Using a series of virtually invisible, removable aligners, SmileAlign gently moves your teeth into their ideal position without the need for brackets or wires.

Each set of SmileAlign aligners is custom-made to fit your teeth precisely, applying gentle pressure to gradually shift them into alignment. You will wear your aligners for 20-22 hours a day, removing them to eat, drink, brush, and floss, allowing you to maintain your lifestyle comfortably during treatment. Patients are expected to change to a new set of aligners every 3 to 4 weeks, with each set moving your teeth closer to your desired result.

Benefits of SmileAlign include:

- ✓ Virtually invisible, allowing you to smile confidently during treatment.
- ✓ Removable, so you can enjoy all your favourite foods.
- ✓ Comfortable, with no brackets or wires causing irritation.
- ✓ Easy to clean, supporting excellent oral hygiene.

SmileAlign is suitable for adults and teenagers wishing to correct mild to moderate crowding, gaps, or misaligned teeth discreetly. Treatment is typically completed within 6 to 9 months on average, allowing you to enjoy your new, straighter smile efficiently.

At Perfect Smile Spa, Dr Jas will guide you through every step of your SmileAlign journey, using advanced digital scanning to plan your treatment with precision and comfort.

Book your consultation with Dr Jas today to discover how SmileAlign can help you achieve a straighter, confident smile without disrupting your lifestyle.



Implant Dentures at Perfect Smile Spa: A Life-Changing Smile Solution

If you're struggling with uncomfortable, loose dentures or have failing teeth that can no longer be saved, implant dentures could be the long-term, secure solution you've been looking for. At Perfect Smile Spa, we specialise in full-mouth rehabilitation using dental implants to restore both function and confidence with beautifully natural results.

Who is Implant Denture Treatment For?

Implant dentures are ideal for anyone who has lost all or most of their teeth – or those whose remaining teeth are beyond repair due to decay, gum disease, or trauma. Often, the first stage of the journey involves removing any remaining teeth that can't be saved to make way for your new, stable smile.

What Are Implant Dentures?

Unlike traditional dentures that sit on top of the gums and can move or slip, implant-retained dentures are securely anchored to titanium implants placed in the jawbone. These implants act as artificial tooth roots, locking your denture firmly into place so you can eat, speak, and smile without worry.

How Many Implants Are Needed?

We usually place 4 to 6 implants per arch (upper or lower) to support a full denture. The exact number depends on your bone volume and personal treatment plan, which is carefully assessed by our experienced Implantologist.

Step-by-Step Procedure

Your treatment begins with a detailed consultation. If teeth need to be removed, we'll extract them under local anaesthetic or sedation for maximum comfort. After extractions, we allow the gums and bone to heal for approximately three months before proceeding to implant placement.

During this healing period, you don't have to worry about being left without teeth – we'll provide a custom-made temporary denture, so you can continue to smile and eat comfortably while your mouth heals.

After three months, we'll carry out a CT scan to assess the health and density of your jawbone and begin planning your implant placement. Once everything is prepared, your implants are placed in a single surgical session, typically lasting 1.5 to 2 hours per arch.

After placement, the implants are left to integrate with the bone over another 3 to 6 months. Once fully healed, your final, beautifully designed denture is securely attached – giving you a confident, stable, and natural-looking smile.



Is the Process Painful?

Most patients are surprised by how comfortable the process is. We use gentle techniques and offer sedation if needed. Any post-procedure soreness is usually mild and can be managed with over-the-counter medication.

At Perfect Smile Spa, we're proud to help patients rebuild their smiles and their confidence. If you're ready to explore implant dentures, book your consultation today and take the first step towards a life-changing transformation.



Refer a friend or family member, & get a
*FREE Hygiene session worth £89

*Terms & Conditions Apply

Myth
Buster

Teeth Whitening Myths Busted: What You Need to Know

Thinking about whitening your teeth? You're not alone. But with so many myths floating around, it's hard to know what actually works. Let's bust some of the most common misconceptions.

Myth 1: Over-the-counter whitening is the same as professional whitening.

Truth: Shop-bought strips and toothpaste may remove some surface stains but don't penetrate deeply enough to remove internal discolouration. Professional whitening uses safe, higher-strength gels that are tailored to your teeth for even, noticeable results.

Myth 2: Whitening damages your teeth.

Truth: When done correctly under professional supervision, teeth whitening is safe and does not harm your enamel. Dentists ensure your gums are protected, reducing sensitivity and irritation that often happens with DIY kits.

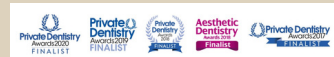
Myth 3: Whitening results are permanent.

Truth: Whitening isn't permanent, but with professional treatment and good maintenance, your results can last much longer. Avoiding staining foods, using a straw for drinks like coffee, and attending regular cleans help maintain your brighter smile.

Myth 4: Charcoal toothpaste whitens teeth safely.

Truth: Charcoal toothpaste is abrasive and can wear down enamel, making your teeth appear yellower over time rather than whiter.

Choosing professional whitening gives you a predictable, safe, and even result, unlike many over-the-counter options that promise a lot but deliver little. If you want a whiter smile that is safely achieved, professional whitening is the clear choice.



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