

Why Massage in the Dental Office?

*"Why do we have massage therapists in our dental spa?
Because we think you deserve to be pampered when you
choose our practice. Ultimately, it is our goal that you will
actually look forward to coming to visit us. Many of our
patients have enjoyed having skilled massage therapists
available to treat an array of problems from headaches to
TMJ to high anxiety levels associated with dental visits.
We hope you will take advantage of their mindful expertise."*

Timothy Dotson, DDS & Nichole DeMars, DDS

There is no denying the power of massage! Regardless of the adjectives we assign to it (*pampering, rejuvenating, therapeutic*) or the reason we seek it out (*a luxurious treat, stress relief, pain management*), massage therapy can be a wonderful aid to your health. Massage can restore, calm, increase circulation, enhance sleep quality, improve concentration and give an amazing sense of well-being that comes from stress reduction.

The Spa at Perfect Smile Dental Spa is a tranquil oasis dedicated to a sense of well-being and to the replenishment of mind, body and spirit. The Spa invites you to revel in a relaxing environment of privacy and comfort. Our Spa is a calming environment in which to unwind, relax and refresh yourself. Escape to our private sanctuary for the senses. Take it all in: the soothing atmosphere, the relaxing services, the custom-blended aromatherapy oils. It's the perfect retreat.



Gift Certificates

A massage gift certificate makes a wonderful gift for any special occasion, holiday or celebration! We offer a variety of fun gift certificate styles from which to choose. All Certificates are available at the front desk. Payments are accepted in form of cash, check or credit card.

How to Make Reservations

Call the office today to schedule your massage. If you know which massage therapist you would prefer to schedule with, please feel free to call the therapist directly. It is best to book your appointment several days in advance to accommodate your schedule. When attending your appointment, please arrive 10 minutes prior. Should you arrive late, your appointment may need to be abbreviated or rescheduled so the next guest is not inconvenienced. While waiting, please feel free to help yourself to our array of refreshments.

Payment

We accept payment via cash, check, credit card or gift certificate.

Cancellation Policy

Should a cancellation or date change be necessary, we request a minimum of 24 hours notice.

Gratuities

Gratuity is left to your discretion and should be based on satisfaction of services. Unless noted, all services, gift certificates and massage packages do not include gratuities.



Perfect Smile

D E N T A L S P A



Perfect Smile Dental Spa
2155 W. Roscoe, 1N
Chicago, IL 60618
773-528-3384
www.perfectsmiledentalspa.com





Relax

MASSAGE CARE *The primary goal of massage is to encourage relaxation, healing and well being through touch. We believe regular massage alleviates symptoms of stress, bringing balance to your life. Our team of professional massage therapists combine a variety of techniques to promote relaxation, relieve muscle tension, improve circulation and reduce anxiety. The following massages are also available in the privacy of our spa:*

Perfect Relaxation

A blend of calming essential oils, soothing music, hot towels and gentle massage promote optimal relaxation. With a focus on massaging the neck, shoulders, head and feet, this treatment will create cool tranquility and is designed specifically for those who experience high anxiety during dental appointments. Relax and enjoy this treatment either before or after your dental procedure for maximum comfort and stress relief.

Swedish

Relaxes your mind while improving circulation for the entire body. Swedish massage uses a combination of strokes and pressure-point work for overall balance and relaxation. Swedish massage is superficial, general bodywork.

Deep Tissue

A stronger, more invigorating massage, this treatment provides exceptional relief for chronic muscle tension and is highly effective for stress reduction. Deep tissue massage involves point specific work and deep muscle manipulation. This method is a beneficial way to prepare for and recover from physical activity.

Athletic Adventure

Perfect for the active person or the athlete, this treatment works specific muscle groups and joints. It helps to improve sports performance with a personalized treatment of stretching, compression and range of motion techniques. This massage is designed to reduce muscle soreness, increase flexibility and speed recovery.



Holistic

Incorporating a variety of Eastern and Western massage techniques to balance and relax you as a whole, this personalized and unique treatment is exclusively created by Perfect Smile Dental Spa to meet your individual needs.

Pre-natal Massage

This gentle and nurturing treatment offers the perfect combination of numerous modalities to address the muscular dysfunction and pain in the ever-changing body of the expectant mother. It is highly recommended to receive massage throughout all stages of pregnancy, including postpartum.

Hot Stone Massage (90 min.)

A soothing and relaxing full-body massage that uses smooth, heated stones. The warmth from the hot stones penetrates deep into the tissue, transmitting heat and energy as you receive long, flowing strokes.



Foot Focus (30 min.)

Acupressure is applied to the feet releasing tension, reducing fatigue and improving physical balance to the entire body.



The Brief Escape (30 min.)

This massage quickly relieves stress, tension and soreness while improving circulation with long, soothing strokes. Works specifically on the back, neck and shoulder muscle groups.

Aromatherapy

A fragrant blend of essential oils is created just for you and applied during your body treatment.

TMJ Massage (30 min.)

This addresses jaw pain and tension by focusing on the head, face and neck muscles involved with grinding and clenching. It is highly recommended before and after long dental procedures.

Happy Hands & Feet (30 min.)

Enjoy a revitalizing experience for your hands and feet. First the hands and feet are gently exfoliated with warm sea salt. Then a cooling mask is applied, ending with a hydrating aloe lotion application.