

## **PATIENT PREFERENCES FOR COMPLIMENTARY RELAXATION/PAMPERING SERVICES (PATIENT COPY)**

Here at Blue Diamond Dental we pride ourselves in providing our patients with excellent dentistry. We believe that excellent dentistry is an investment but it can also be a pleasurable experience. The American Dental Association recommends stress reduction techniques in the dental office, particularly for patients with anxiety or heart conditions. Our goal is to give our patients top-notch care provided in a caring and relaxing environment. Please select your choice of relaxation/pampering service that you would like during your next dental visit.

**Massage:** An effective treatment for reducing stress, pain and muscle tension.

**Hot Face Towel:** Not only relaxing but good for your skin: with essential oils, the smell of the oil and the heat from the hot towel makes you so relaxed not only physically but also mentally.

**Paraffin Wax Hand Treatment:** Softens and soothes the skin: helps deep moisturize and condition the skin on the hands; the heat has a relaxing effect, helping calm and relieve stress in the same way a warm bath does.

**Aromatherapy (with essential oils):** The practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. The inhaled aroma from these “essential oils” is widely believed to stimulate brain function.

**Cooling Gel Eye Mask:** Temporarily reduces puffy, swollen eyes and dark circles beneath the eyes and inflammation caused by allergens; relieves sinus pressure and tension headaches; soothes the skin making it appear healthier.

**Sleep Mask (with or without essential oils):** Keeps all incoming light away from the eyes and helps to create a state of pure darkness; helps with relaxation and stress relief during treatment.

**Ear Plugs:** Blocks out unwanted noises and sounds during dental treatment.

**Heated Neck Wrap (with essential oils):** Soothing warmth and comfort.

**Neck Pillow:** Supports the neck and head in a natural position; aims to reduce neck pain; promotes comfort but can also provide relief.

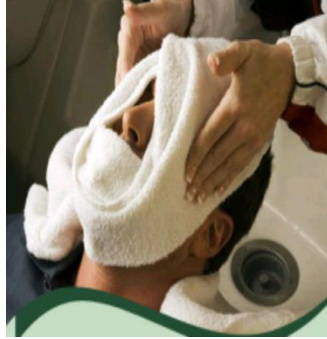
**Warm Blanket:** Reduces the physical and psychological stresses of dental treatment; provides a sense of comfort and protection; physical feeling of calm that also reassures the patient that we genuinely care about their well-being.

**Music/Ear Buds:** Lowers stress/anxiety (lowers the hormone cortisol); improves health; makes people happier (dopamine released); decreases pain.

**Mini Massage/Massage  
Chair Pad**



**Hot Face Towel  
with Essential Oil**



**Paraffin Wax  
Hand Treatment**



**Aromatherapy**



**Cooling Eye Mask**



**Sleep Eye Mask**



**Ear Plugs**



**Heated Neck Wrap with  
Essential Oil**



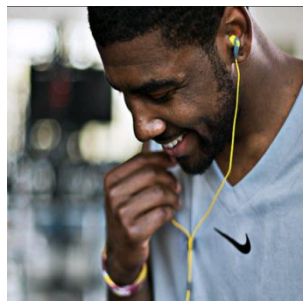
**Neck Pillow**



**Warm Blanket**



**Music/Ear Buds**



**Vibrating Neck Roll**

