

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**



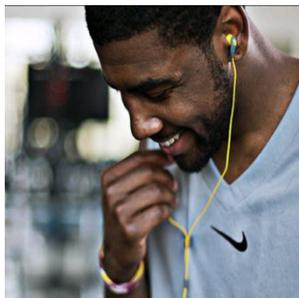
Neck Pillow



Warm Blanket



Music/Ear Buds



Vibrating Neck Roll

