

Mineral make-up

We stock the Barbara Panagos range of mineral make-up, which is endorsed by plastic surgeons and dermatologists. Barbara has over 20 years experience in the professional make-up industry.

Totally natural, this complete make-up line is actually good for all skin types, even the most sensitive. Offering a full line of innovative products from loose and pressed foundations, blushers to stunning lip and eye colours, this is the future of make-up. No talc, mineral oil, harsh chemicals or dyes are ever used.

Designed to put back what daily life takes out, the line is formulated from natural minerals, freeze-dried vitamins A, D & E and lavender based aromatherapy. These nutrients replenish and protect the skin, neutralize free radicals, soothe and reduce skin redness & inflammation while providing a flawless complexion. This make-up is ideal for post laser, microdermabrasion, or facial skin peels as it supports the healing process. This also makes it excellent for rosacea and acne prone skin.

Celebrity make-up artist Kathy Costello is Barbara's UK representative. Kathy has her own make-up school on Harley Street. She will be here to give free demonstrations at our open day on Thursday 14th May. Please contact the practice to find out more.

Smile makeovers

Having a great smile can make a huge difference to the way you feel, your self-confidence, and the way that other people react to you.

There is so much that can be done to enhance your smile. Broken teeth can be invisibly restored, missing teeth can be permanently replaced, and stains and discolouring can be removed.

This lady came to us unhappy with her discoloured, uneven, worn teeth. We discussed what she was hoping to achieve and all the options available. We then carefully planned the treatment to ensure the transition to the end result was as smooth as possible.

Our patient is delighted with her new attractive, natural-looking smile and the extra confidence it has given her.

Case study



Before treatment



After treatment

Best new website award

Our website received the best new website for private practice award from Dentistry.co.uk. We are very pleased with this achievement especially as the standard of entries was exceptionally high. Please visit www.bellevuedentalpractice.co.uk to see our award winning site. It contains lots of useful information about the practice, our team and the wide range of treatments that we offer.

Painless hair removal

The revolutionary Isolaz[®] therapy is the first clinically proven painless treatment for hair removal. The procedure is quick – full leg and back treatments can be done in 20 minutes and there is no need for pre-treatment anaesthetics or gels.

Isolaz[®] can be used for hair removal on the face, legs, underarms, bikini line and back. Visit www.isolaz.com or call us to book a no-obligation consultation if you would like to find out more.

Clear, radiant skin

Isolaz[®] is excellent for deep pore cleansing. No matter what your age or skin type, deep pore purification is a revolutionary way to help you have radiant, clear skin.

With Isolaz[®] it is possible to destroy bacteria and remove debris from deep in your pores, cleansing and refreshing your skin from the inside. Treatment is quick, easy and painless. The result of treatment is a radiant, healthy looking complexion so it is no wonder that Isolaz[®] is popular with celebrities.



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Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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Belle Vue
dental practice

Issue 10

beautiful smiles,
younger-looking skin

Open day to celebrate 21 years

Our principal Mrs Gardiner has been at the practice for 21 years and we are holding an open day to mark the occasion.

We offer a wide variety of cosmetic dental treatments to transform your smile. These include straightening, reshaping and lightening teeth and repairing chipped or cracked teeth.

We also provide a wide range of non-surgical facial aesthetic treatments to make you look younger and/or improve the condition of your skin. It is possible to help you refresh, rejuvenate and feel good about yourself with treatments such as Botox[®], dermal fillers, chemical peels and Isolaz[®] light treatment.

If you are interested in finding out more then contact the practice and ask about our open day on Thursday 14th May.



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Energy drinks: friend or foe?

A harmless boost of energy when you need it most, or is there more to the average energy drink? Marketed as performance-enhancing, they are now commonly found in athletes' kit bags and used by students to keep them awake so they can study for longer.

But dentists are concerned about the effect they are having on people's teeth.

The drinks usually contain citric acid, which can cause erosion of teeth, where the outer protective layer, the enamel, is worn away, causing sensitivity and lasting damage.

They also often contain the equivalent of up to five teaspoons of sugar, which means if they are sipped or drunk too frequently they can cause tooth decay.

If you want to use these drinks there are ways in which you can minimise the damage caused to your teeth. For example, you should drink them as quickly as possible, preferably through a straw. They also tend to do less damage to teeth if they are cold, straight from the fridge.

Overall, however, from a dental perspective there is really no better alternative than good old-fashioned water. And if you use the tap variety, it's also a lot cheaper!

Top tooth tip

If you feel the need to pick your teeth after a meal, make sure you use a proper dental tool such as a dental stick, floss or an interdental brush. Using anything else, even cocktail sticks, might cause damage to your teeth and gums.



Canine teeth?

In the middle ages, people believed that they could prevent tooth decay by using a mouth rinse made from dogs teeth boiled in wine. Fortunately modern mouthwashes are much more palatable, as well as much more effective!



Getting the most... ...from your dentist



We want to build a great working relationship with all our patients, so we can provide you with the treatments that are best suited to you and your needs.

We are always happy to talk with you about any problems or worries you may have, and to explain any different treatment options so you can make the right decision for you, your lifestyle and your budget.



The best time to talk with us is when you visit for a check-up. Tell us if you are not happy with your smile – we can make suggestions on how to improve it. Many clients are pleasantly surprised at just how achievable and affordable treatment can be.

If you are having any trouble with anything – toothache, bleeding gums, jaw pain, etc, please let us know so we can pay extra attention to the problem areas during our examination.

We will always explain what is involved with different treatment options, but if there is something you are unsure of please don't be embarrassed to ask. Similarly, if you need time to think something over, just say so.

Great news for chocaholics!



At last – someone has developed a chocolate that is friendly to teeth, so you will no longer have to feel quite so guilty when you indulge your sweet tooth.

The new tooth-friendly chocolates have been created by two Belgian chocolate companies, using chocolate which has been awarded a 'Happy tooth' label by non-profit dental health organisation, Toothfriendly International.

The chocolate has been developed using a special production process and unique ingredients, such as natural sugar isomaltulose instead of refined sugar and milk proteins instead of milk powder.

Men & smile makeovers

More men than ever are investing in smile enhancements, according to a recent UK survey.

The British Academy of Cosmetic Dentistry found that almost 40% of all cosmetic dental treatments carried out in the UK were on men, a noticeable difference on the previous year.

The most popular procedures for men were white fillings, crowns, veneers and tooth whitening, with an increasing move towards less invasive procedures that enabled patients to keep more of their natural tooth.

The survey also showed that orthodontic treatment (tooth straightening) has leapt in popularity, with almost three times as many procedures being carried out. Over half of these used removable and often virtually invisible appliances, which are becoming increasingly popular.

