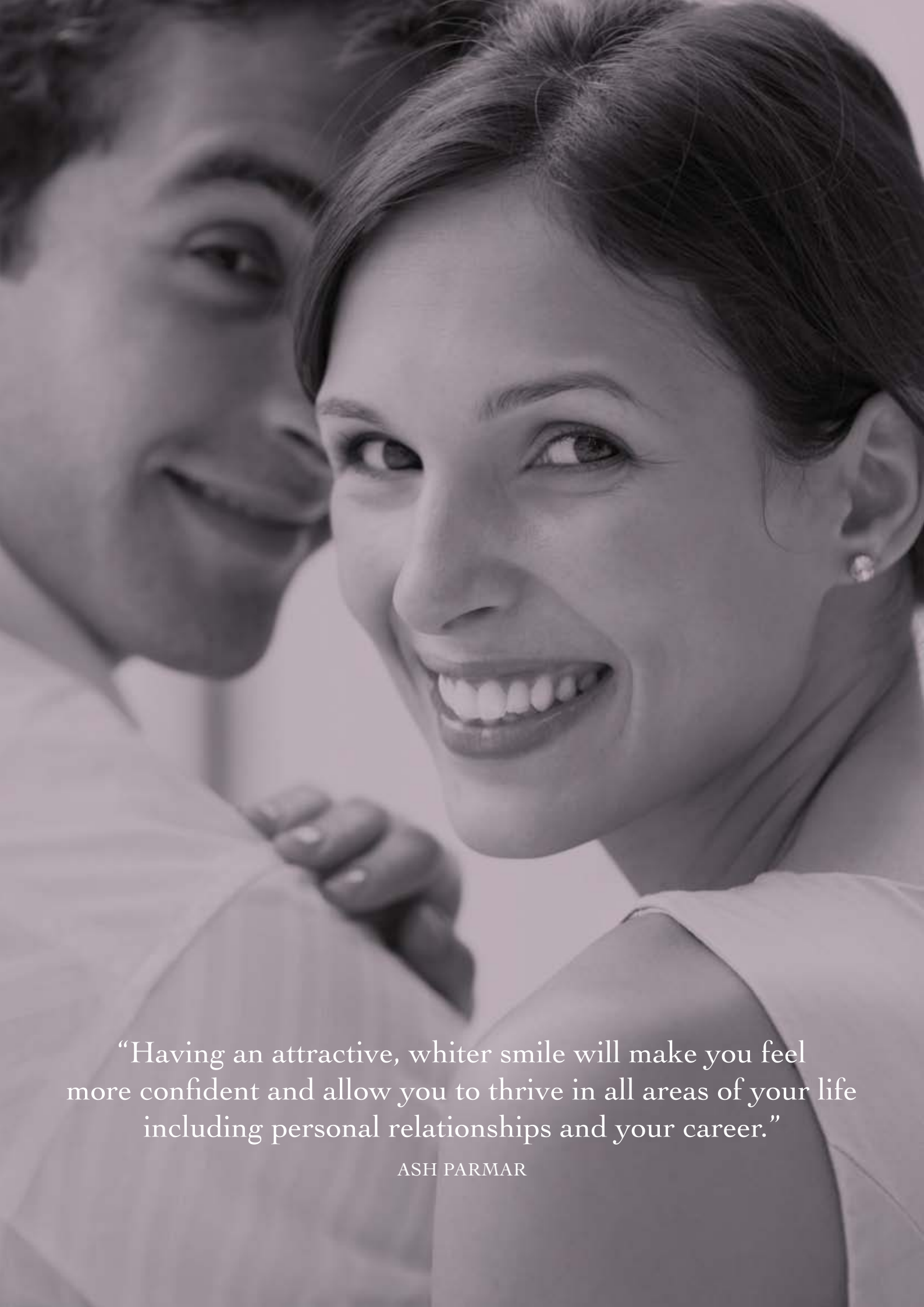




*When you look good,
you feel great!*



Feel good DENTISTRY



“Having an attractive, whiter smile will make you feel more confident and allow you to thrive in all areas of your life including personal relationships and your career.”

ASH PARMAR

Some important facts about Smiles:

SMILES ARE MORE ATTRACTIVE THAN MAKEUP

A research study discovered that 70% of people find women more attractive when they smile than when they are wearing makeup.

SMILING HELPS YOU GET PROMOTED

Smiles make a person seem more attractive, sociable and confident, and people who smile more are more likely to get a promotion.

IT'S A UNIVERSAL SIGN OF HAPPINESS

While hand shakes, hugs, and bows all have varying meanings across cultures, smiling is known around the world and in all cultures as a sign of happiness and acceptance.

SMILES RELIEVE STRESS

Your body immediately releases endorphins when you smile, even when you force it. This sudden change in mood will help you feel better and release stress.

FORCING YOURSELF TO SMILE CAN BOOST YOUR MOOD

Psychologists have found that even if you're in bad mood, you can instantly lift your spirits by forcing yourself to smile.

IT BOOSTS YOUR IMMUNE SYSTEM

Smiling really can improve your physical health, too. Your body is more relaxed when you smile, which contributes to good health and a stronger immune system.

SMILES ARE CONTAGIOUS

It's not just a saying: smiling really is contagious, scientists say. In a study conducted in Sweden, people had difficulty frowning when they looked at other subjects who were smiling, and their muscles twitched into smiles all on their own.

THERE ARE 19 DIFFERENT TYPES OF SMILES

There are 19 types of smiles in two categories: polite "social" smiles which engage fewer muscles, and sincere "felt" smiles that use more muscles on both sides of the face.

SMILES USE FROM 5 TO 53 FACIAL MUSCLES

Smiling can require your body to use up to 53 facial muscles.



“Smile Design By Ash is a brand that offers lifestyle smiles. As an artist, my role is to create a bespoke smile that will individually suit your face perfectly. When you have a beautiful smile, you will want to dress well, have a great hairstyle and look your best. This will make you look younger and more attractive. To change someone’s life is a priceless gift I have as a cosmetic dentist...”

Ash Parmar

ASHISH B PARMAR

IN THE MEDIA

One of the most featured dentists on television and media. Ash has appeared many times on all three series of Extreme Makeover UK (Living TV), This Morning (ITV1), twice on The Only Way Is Essex (ITV2), Body Shockers (Channel 4), and Channel 5 news. Because of his experience and credibility, national newspapers and magazines regularly consult him as a key opinion leader.



ACADEMY BY ASH

Founder of The Academy By Ash. Ash has a well-respected training academy attracting dentists from all over the UK and internationally. He runs a unique 8-day training programme highly sought after by dentists striving to become the best.



INTERNATIONAL LECTURER

National and international lecturer – Ash has lectured many times in the UK and has also been invited to lecture to dentists in Germany, Sweden and India. He regularly writes professional dental articles in the dental press in the UK and internationally.



ADVANCED TRAINING

Ash has been personally trained by some of the most skilled dentists in the world including: advanced implant training from Dr Hilt Tatum of The Tatum Institute of Implantology (UK and France); up to mastery level of training with Dr Larry Rosenthal of The Rosenthal Institute (New York and Palm Beach, USA); up to mastery level of training with Dr Frank Spears of The Seattle Institute of Advanced Dentistry (USA); up to the highest level of training with Dr David Hornbrook of the Hornbrook Group (Seattle, USA), and many others.



OUR JOURNEY

Qualified at the prestigious Guy's dental hospital in London. Owned three dental practices in partnership before he set up Smile Design by Ash in January 2011 with the support from his father Bhikhu and his wife Jyoti.



KEY OPINION LEADER

Key opinion leader to a number of world class dental companies including DMG (Germany), GC Europe (Belgium), Periproducts (UK), T Scan (USA) and Elixion lasers (Germany).



Cosmetic Dentistry Options

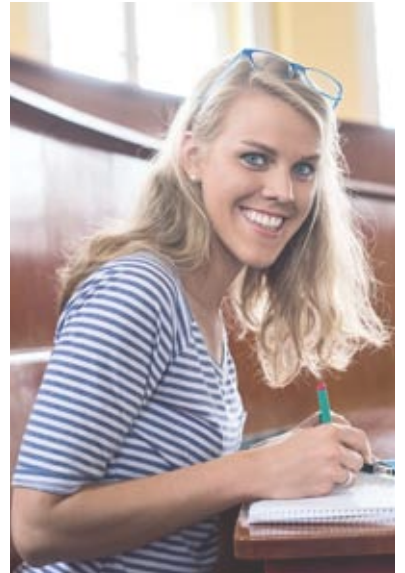
Hygienist Treatment

Smoking, tea, coffee, red wine and certain foods can stain teeth. By simply cleaning and polishing your teeth will make a dramatic improvement to your smile.



Teeth Whitening

Professional teeth whitening is safe, easy to do and will give predictably whiter teeth. Is the color of your teeth similar to the whites of your eyes?



Braces

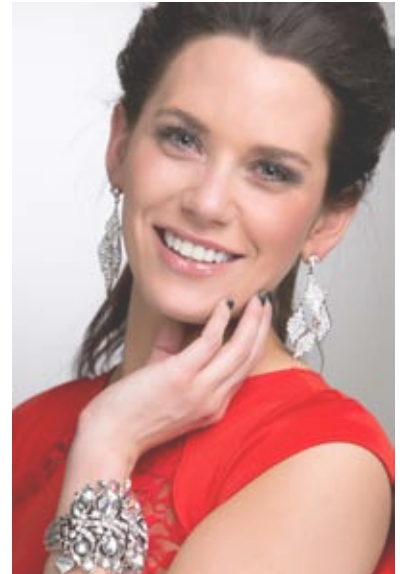
Straight teeth will create an impression of tidiness, good health and confidence. There are many braces options to correct crookedness or close gaps between teeth.



Cosmetic Dentistry Options

Tooth Coloured Fillings & Porcelain Veneers

Tooth coloured fillings or porcelain veneers can be used to change the shape of teeth, close unsightly gaps and correct discolourations or marks on teeth.



Dental Implants

Implants can be used to replace missing teeth. This will allow the person to smile with confidence and enjoy their favorite foods without being embarrassed.



ADVANCED TECHNOLOGY AT SMILE DESIGN BY ASH



LASERS
For gum
reshaping to create
the perfect smile



CT SCANNER
For bone
measurements in
implant dentistry



TSCAN
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for long lasting and
comfortable dentistry



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Feel good DENTISTRY