

# MOUTH MATTERS

WITH  
ONKAR DHANOYA



Onkar Dhanoya is clinical lead and principal dentist at Honour Health, providing NHS and private dental care and skin treatments at three practices across the North East - Jesmond, Stanley and Ponteland.

Onkar, who has more than 30 years of dentistry experience, sits on the board of the Faculty of General Dental Practice and holds a fellowship from the Royal College of Surgeons (London).

## LOVE YOUR SMILE WHEN YOU WALK DOWN THE AISLE >>

Are you in the midst of making plans for a wedding? Perhaps you're a soon-to-be bride, groom, best man, maid of honour or bridesmaid? So many of our patients say that they would love to feel more confident about their smile on the big day, especially for those all-important photos.

If you're newly engaged, then it's never too early to start working towards a smile you'll be proud of by the time you say your vows. Have you always wished for straight teeth, but don't want 'train-track' braces? There are now several orthodontic options available, which don't involve traditional fixed metal braces. Invisalign, for example, uses a series of clear, removable trays to align the teeth. They are nearly invisible and you can take them out to eat, drink, brush and floss. It's important to start treatment as early as possible before the big day, as it can take 12-18 months or more, depending on the complexity of your case.

At your consultation, the dentist will examine your teeth and advise you about the timescale to expect. At Honour Health, we also offer complimentary teeth whitening after every Invisalign treatment, to boost the whiteness of your newly transformed smile.

Are you concerned about unsightly gaps? You may have heard of dental implants - the gold standard treatment to replace missing or falling teeth. When an implant is in position, it's both indistinguishable from and as comfortable as your existing teeth, allowing you to eat or drink anything, so this could be the ideal solution for you.

Several other aesthetic dental options are available to help you improve your smile, such as composite veneers and crowns, but don't forget - dental health assessments and mouth hygiene appointments are also incredibly important.

Our signature hygiene package, Honour Diamond Airflow, is a state of the art hygiene treatment, featuring an Airflow machine that cleans and polishes the teeth with a mix of water, compressed air and fine powder particles. It's hugely effective for stain and plaque removal and is ideal for implant patients, orthodontic patients, smokers and those who have veneers, crowns, bridges and sensitive teeth.

The Honour Health Club offers up to 20% off private dental treatments, 10% off skin treatments, two Dental Health Assessments each year, at least two Honour Diamond Airflow hygiene treatments each year, the flexibility of Saturday and weekday evening appointments and worldwide dental insurance.

Book your appointment online at [www.honourhealth.co.uk](http://www.honourhealth.co.uk) or call your chosen practice below - and start your journey towards a smile you'll love, in time for the big day.



**HONOUR HEALTH**  
DENTAL | SKIN

**Honour Health Jesmond**  
Tel: 0191 281 3913  
Email: [jesmond@honourhealth.co.uk](mailto:jesmond@honourhealth.co.uk)

**Honour Health Ponteland**  
Tel: 01661 821 412  
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**Honour Health Stanley**  
Tel: 01207 232 725  
Email: [stanley@honourhealth.co.uk](mailto:stanley@honourhealth.co.uk)



### >> SPRING SENSATION

Reflect the season in your household with a scented L'artisan Parfumeur candle. The four magical pots cover all bases with one for all seasons. Each season's each candle transforms the landscape into a sensation that will have you in touch with the time of year. The spring sensation diffuses an aroma of rosemary, thyme and myrtle that will light up the room with refreshing floral longevity. £54 per candle, [lartisanparfumeur.com](http://lartisanparfumeur.com).



### >> ILLUMINATE

Think fresh, younger and more illuminated-looking skin with Indeed Laboratories' super smoothing Retinol serum. Pop this magic number on after cleansing to stimulate the production of collagen plumping out those fine lines and wrinkles for a gorgeous youthful glow. £19.99 (30ml) on counter at Boots.

# beauty: update

Bright colour pops, sparkling serums and a youthful natural glow, Chloé Laing guides you through the beauty musts to put a spring in your step this season

### >> DITCH THE DULL

Say goodbye to dull skin with Institut Esthederm's Intensive AHA Peel. The sparkling serum gives you a revitalised and refreshed feel. Smooth onto your skin to reduce the appearance of pores and to refine your skin's surface. You'll be radiating the light and refreshed shine to see you into the spring. £59 (30ml) [feelunique.com](http://feelunique.com).



### >> CAPTIVATING COMPLEXION

NARS welcomes the brand new Natural Radiant Longwear foundation in 33 skin-matching shades that will have you fresh-faced from morning into the night. Their first ever 16-hour fade-resistant blend optimises your complexion hour after hour, smoothing out skin texture. £35 on counter.



« LEASE OF LIFE

Paul Mitchell's Lavender Mint duo is the deep conditioning team that your locks need. Smooth on a new lease of life with the deep conditioning mineral hair mask (£19.95 for six sachets) to intensely moisturise and hydrate for immediate silky smooth hair. Spritz on the lavender mint conditioning leave-in spray (£17.95) before you get your hands on your heat styling tools. A protective veil that will fight off your curling iron's heat or the sun's rays while adding definition and bounce to your overall do. Selected salons and paul-mitchell.co.uk.

» OVERNIGHT OILS

Get the most out of midnight hours with NEOM's Perfect Night's Sleep Face Oil. Wake up your face with a 100% natural oil that will have your skin looking fresh, glowing and restored. Massage the oil on your skin before bed and let the almond and rosehip oils do their magic while thirteen other essential oils work to help you relax. £42, neomorganics.com.



» MOISTURE MASK

GOLDFADEN MD launches a brand new Skin Balancing Mask in April and we can't wait to get our hands on it. A formula filled with alpha hydroxy acids that are known for reducing fine lines, wrinkles and increasing skin hydration. A gorgeous blend of ginseng, honey, flower extracts, jojoba oil and vitamin E infuse moisture, vitality and nourishment back into the skin. £65, www.spacenk.com.



makeup bag musts

» POPPING PASTELS

Glide into spring with Chanel's le vernis longwear nail colour in one of the pop-out pastel's that are perfect for this season. This long-wear protective nail polish will dazzle with sophisticated shine and vibrant tones. £20, on counter.



» DESIRE AND DEPTH

Chanel's Les 9 Ombres exclusive creation eyeshadow collection is surely on everyone's springtime wishlist. A pallet of nine shadows in soft and lively shades that covers the bases of your day and night time eyes. On their own or mixed together, the light, nude or pearly shades illuminate and add depth, while the darker shades, from brown to petrol blue, define more intense and mysterious eyes. £67, on counter.



» GORGEOUS GLOW

Highlight your cheek bones with one of Chanel's limited edition Joues Contraste blushes, we recommend Foschia Rosa for a silky smooth blush that blends in seamlessly creating a natural looking springtime glow. £34, on counter.



» DREAM TEAM

Add colour to your lips with a touch of your finger tips with Chanel's poudre à lèvres exclusive creation lip balm and powder duo. This dream team duo allows you to build up intensity for any occasion. A moisturising balm glides on with your fingertips and the bright powder pats on the top where you can take the colour from a natural pop to a knockout red lip. £31, on counter.

