

HEALTH & BEAUTY

Something to Smile About...

The sweet scent of aromatherapy candles wafts through the air as the sound of classical music soothes the spirits. Relax as the chair reclines and massages away the troubles of your day. Pamper your hands with warm mitts and lotion as you watch your favorite movie. Sounds like a day at the spa, right? A trip to the dentist has never been better. Just imagine the thrill you'll feel as you leave the office completely relaxed and beaming to show off your fabulous smile. For fifteen years now, Dr. Debra Glassman has been making the world a more beautiful place, one smile at a time.

Dr. Debra Glassman enchants television audiences as well as her patients with her charm, style and enthusiasm. Many men have remarked, "If my childhood dentist was as good looking as you are, I'd have taken better care

of my teeth." As one of the only female cosmetic dentists in New York, Dr. Debra Glassman brings a new perspective to the field. Her gentle touch, calm demeanor and individuality make her my dentist of choice. If she's good enough for Diane Sawyer, she's good enough for me!

What is the first thing you notice about someone? If you are like most people, it's their smile. Does yours radiate confidence and sincerity? Would you like it to? I spoke with Dr. Debra at length about cosmetic dentistry and I was amazed with the miraculous transformations that many of her patients have undergone. People fly in from around the world for a "Glassman Smile." Whether you need a laser whitening or a full mouth restoration, Dr. Debra will create the smile you have been dreaming of all your life. Laser whitening technology evolves constantly

and Dr. Debra embraces improvements in her field.

I arrived early for my appointment and took a few minutes to look at the "Smile of the Month" hanging on the Glassman wall of fame. I was amazed to find that many of my favorite models and television personalities trust their smiles to the care of Dr. Debra. I turned around to see a handsome man in his early forties with an enchanting grin. He left the office aglow with confidence and with my phone number. Dr. Debra greeted me with warmth, encouragement, a choice of CD's and, of course, a dazzling smile of her own. The laser whitening procedure took a little longer than an hour and it felt just like a routine cleaning. I could not stop smiling! Dr. Debra informed me that I could only eat and drink white or clear items for the remainder of the day and the day after. I must say, that was the only downside to the procedure. She also supplied me with custom whitening trays to use whenever I feel my smile needs a little lift. I feel confident and glamorous. I smile at everyone I see!

Not everyone is a candidate for laser whitening, veneers are often a better option. Applying veneers to straighten and even out your teeth will provide support for your lips, making them appear much fuller. Many of Dr. Debra's patients choose to do a "smile lift" in conjunction with a face-lift, or instead of collagen injections.

Dr. Debra Glassman's interests extend beyond perfecting smiles. In addition to being the proud mother of three delightful children, Dr. Debra won the Liberty Angel Award for her involvement in raising funds for the pediatric AIDS dental clinic at the Jersey City Medical Center. If you don't already know Dr. Debra Glassman, you should. She really knows how to put a smile on your face!

—Chandi Neubaer

Glassman Dental Care, 160 West End Avenue on 66th street near Lincoln Center (212)787-4860. On-line at www.GlassmanDentalCare.com

