

NEWSLETTER

5 DENTAL & SKIN



Oral health is
whole body health

50%
OF ADULTS OVER 30
HAVE GUM DISEASE

"Most people know to look after their teeth. Fewer know that the state of your gums is one of the strongest predictors of your overall health."

Heart disease



Gum bacteria can enter the bloodstream, contributing to arterial inflammation.

Diabetes



Gum disease makes blood sugar harder to control - and vice versa.

Cognitive Health



Emerging research links chronic gum disease to increased dementia risk.

The mouth-body connection

Most of us wait until something hurts before we pick up the phone. But pain is your mouth's last resort and by the time it arrives, the problem has usually been developing quietly for months, sometimes years. A small issue caught early takes minutes to treat. Left alone, it can become a filling, then a crown, then a root canal. The treatment gets bigger, the recovery longer, and the cost significantly higher.

What many people don't realise is that regular dental visits aren't really about your teeth, they're about your health. The mouth is one of the earliest places the body signals that something isn't right. Gum disease has been linked to heart disease, diabetes, and cognitive decline. Treating dentistry as something to deal with only when it hurts means missing the window when it matters most.

That's exactly why we created our dental membership plan. For a simple monthly cost, your routine care is covered, your clinician knows you, and problems are caught before they have the chance to develop.

The best dental treatment is the one you never need.

* [Join the Practice Plan Now!](#)

Welcome Rachel



We're delighted to introduce Rachel, who has recently joined our team as another dedicated Receptionist.

As many of our patients know, reception is a busy hub of activity, helping to keep everything running smoothly throughout the day. Rachel's friendly manner, organisational skills, and commitment to excellent customer service make her a wonderful addition to the team.

If you haven't met Rachel yet, be sure to say hello next time you're in the practice!

Dental anxiety

You're not alone

For millions of people, dental anxiety isn't mild nerves, it's the reason years go by without a check-up. A difficult experience or an unkind word and suddenly another year has gone by. We understand that completely and we're here for exactly those people.

At 5 Dental, there is no pressure, no judgement, and no rush. We take time to understand what worries you before anything else. For patients who need a little more support, we offer dental sedation, so that care that once felt impossible, feels manageable (or dare we say - even easy).

A lot of our patients come to 5 Dental because we have a reputation for being gentle, patient and kind. We have assembled a team who genuinely care about customer experience.

Your oral health matters too much to be held hostage by fear. The first step is simply getting in touch. Just to talk. We'll take it from there.



**5 Stars
Children's Clinic**

School holidays are a great time to book
children's check-ups.
Your child is in very good hands.

Summer Specific Tips & Tricks

- Fizzy drinks, prosecco, and fruit juices are highly acidic — rinse with water after
- Chewing sugar-free gum after meals stimulates saliva, your mouth's natural defence
- Chlorine in swimming pools can erode enamel - rinse your mouth after swimming

Stay in Touch

- * [@5dentalskin](https://www.instagram.com/5dentalskin)
- ✉ info@5dental.co.uk
- ☎ [01428 605594](tel:01428605594)
- 📍 [Google Maps](#)

* [Join the Practice Plan Now!](#)

Community Spotlight

You'll often find us at local events. Not because we have to be, but because we want to be. Whether it's a free treatment at a village fair, a raffle prize for a local school, or simply a familiar face at a community morning, we believe a good practice is more than what happens inside its walls. Hindhead is where we work, where many of us live, and where we want to make a small difference - one event at a time.

If you're organising a local event and think we could help, we'd love to hear from you. Get in touch at info@5dental.co.uk



***TOM WAS VERY
HAPPY WITH HIS
IMMEDIATE
RESULTS WITH
ZOOM
WHITENING***

A brighter smile, in 1 hour and just in time for summer.

ZOOM
Professional Whitening System

Summer brings holidays, celebrations, and more photographs than any other time of year. It's also the perfect moment to do something simple that makes a real difference to how you look and feel and how confidently you smile in those pictures.

ZOOM teeth whitening at 5 Dental isn't just a whitening appointment, it's a complete smile experience. It begins with a professional hygiene clean, so your teeth are in their best possible condition before treatment starts. Then the ZOOM treatment itself delivers several shades of improvement in a single session - visibly, noticeably brighter in around an hour.

Where needed, contouring refines the shape of your smile for an even more polished result.

And it doesn't stop when you leave. Every patient goes home with custom-fitted whitening trays and professional-grade home whitener, so you can maintain your results and build on them, in your own time.

If you've been thinking about it, summer is the time. Whether you have a holiday coming up, a wedding to attend, or simply want to feel your best in the months ahead. Your ZOOM appointment is the easiest decision you'll make this year.

Book yours today and smile all summer long. ☀️



STEP 1 — BEFORE

The hygiene clean

Every ZOOM appointment begins with a professional clean — removing the build-up that dulls natural tooth colour.



STEP 2 — DURING

The treatment

Teeth clean and prepared, ZOOM targets discolouration at a level no home kit can reach — in around an hour.



STEP 3 — AFTER

The result

Several shades lighter in a single session. Tom left with custom take-home trays to maintain and build on his result.

* **Book your ZOOM now!**

SKIN NEWSLETTER

Client Testimonial

“Amazing experience, wonderful facial, very relaxing skin felt very soft and clean.”



Client Testimonial

“My Hydrafacial was amazing. Lou has a good touch and the facial was a relaxing indulgence in my busy life. Afterwards my skin was left glowing and a week on looks visibly brighter and a better texture. THANK YOU .. can't wait to indulge myself again”



Client Testimonial

“The full body massage was absolutely amazing. Very professional and relaxing, just perfect in every way.”



| Book 3. Glow for FREE.

Getting holiday-ready shouldn't mean a dozen separate appointments. Book a Hydrafacial plus any two of Lash Lift & Tint, Brow Tint, or Waxing and we'll throw in a spray tan, completely free.

How to get the most out of it:

Waxing & Hydrafacial first

Brows & lashes 24-48 hours before your tan

Spray tan last, right before you jet off

Offer ends 31st July - plenty of time before the summer holidays, but not forever.

Email: info@5dental.co.uk or call us on [01428 605594](tel:01428605594) to book

Stay in Touch

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Summer Specific Tips & Tricks

- Always apply SPF 30 or above, even on cloudy days
- Reapply sunscreen every two hours. Not just once in the morning
- After sun exposure, hydration is everything, inside and out
- A HydraFacial post-holiday resets sun-stressed skin beautifully