

# LIFESTYLE



Max Dolberg

## **SAY 'AHHH'**

### **Sutra Dental Spa**

7851 UNIVERSITY AVE., SUITE 206, LA MESA,  
(619) 589-6060 AND WWW.SUTRADS.COM.

**Sutra Dental Spa** merges tranquility with technology. This new dental practice boasts an oxygen bar, virtual-reality glasses, aromatherapy pillows and full-body massage chairs along with services such as periodontics, digital X-rays and cosmetic imaging. The ambience isn't too shabby, either — a water wall, Asian art and Buddhist statues. The fine print: This dental spa does not accept HMOs and is not signed up with any PPOs. The good news: It uses an outside financing company to help accommodate patients' needs. With all of this appeal, dental visits may have to increase from semiannual to monthly.

— NICOLE REINO