



## **SUTRA DENTAL SPA** **PHILOSOPHY**

Named *Sutra* Dental Spa, this modern cosmetic dental practice was designed and developed with the Buddhist and Taoist philosophy in mind to ensure that each patient walks away feel refreshed and relaxed. The word *Sutra* comes from the Buddhist teachings or Sutras.

The Buddhists and Taoists believe in doing no harm to any living form. They also believe in an inner strength or peacefulness that is found through proper meditation and breathing.

Buddhism is more than a religion; it is a philosophy, a 'way of life'. It is based on three basic principles: 1) to lead a moral life, 2) to be mindful and aware of thoughts and actions, and 3) to develop wisdom and understanding.

Taoism is based on the basic philosophy of obtaining long life and good fortune in an unassertive and simplistic conformity to the Tao, everything that surrounds us, envelops and even flows through us, referring to the natural balance of life.

Sutra Dental Spa has intricately placed mementos throughout its facility to give its guests a strong sense of relaxation that flows through all of their senses, including water fountains in each operatory, an Oxygen Bar with six different types of aromatherapy, aromatherapy head and neck pillows, a relaxation recovery room with a full body massage chair, soothing music throughout, and will soon include an in-house massage therapist. The new office décor speaks volumes about the practices dedication to perfection.

In addition, Sutra Dental Spa is dedicated to providing the latest in technological advances and placing only biocompatible materials to ensure that the quality of care is the best available. Sutra Dental Spa also takes a holistic approach to dentistry to ensure that each case is treated with an awareness of dental care as it relates to the entire person, ensuring they are provided with appropriate information to make informed choices that will enhance personal health and wellness while feeling loved, accepted, and understood.