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Dr. Marian Rizk
Dr. Rod McVeigh

When to call the dentist

Dull, non-continuous ache	Non-emergency	Schedule an appointment at your earliest convenience.
Sudden, severe discomfort, accompanied by swelling	It could be an emergency	Apply a cold compress and see your dentist immediately.
Abscessed tooth/Dull continuous ache/Swollen face	Emergency	An abscess is a localised pus formation usually located at the root end of the tooth. If the condition is acute and there is infection present the dentist will likely prescribe antibiotics and analgesics before attempting to perform root canal therapy.
Knocked out tooth	Emergency	Control the bleeding by applying direct pressure with a cold compress. Do not remove or be alarmed, as there may be extensive bleeding. Transport the tooth wrapped in a wet cloth or a glass of milk. Do not rinse the tooth. Do not touch roots with fingers
Broken tooth	Emergency	Depending on the severity of the fracture it could cause an infection which is much more difficult to treat.
Extruded Tooth	Emergency	Don't try to force the tooth back into its socket. Gently reposition the tooth to its normal alignment. Hold the tooth in place with gauze or a tissue. You must see your dentist immediately.
Facial fracture	Emergency	Make sure the airway is open and transport the victim to medical aid as soon as possible, either a hospital emergency room or call 911.
Sensitivity to cold	Non-emergency	Your tooth could be sensitive for a number of reasons. Never apply aspirin or heat to the tooth. Call the dentist and arrange an appointment as soon as possible.
Sensitivity to heat	Urgency	Sensitivity to heat can indicate that a tooth nerve is very inflamed. See your dentist as soon as possible. If swelling and/or fever are present, consider it to be an emergency. An abscess could be forming.
Broken Braces and Wires	Urgency	If the broken appliance can be removed easily, take it out carefully. If not, cover the sharp or protruding portion with gauze, cotton balls or even chewing gum. Do not remove this and see your dentist immediately.

FACIAL CONTOURING & SKIN TIGHTENING WITH Accent RFT

Your guide to looking better, feeling better and living better

CALM WATERS DAY SPA & LASER CLINIC

WHEN YOU LOOK IN THE MIRROR DO YOU SEE AN UNFAMILIAR PREMATURELY AGING FACE THAT DOES NOT CORRESPOND WITH THE WAY YOU FEEL INSIDE?

Are you troubled by an unsightly double chin, jowls, marionette lines and large shadows of the nasal labial fold? Are you troubled by an unsightly double chin, jowls, marionette lines and large shadows of the nasal labial fold? Are you troubled by an unsightly double chin, jowls, marionette lines and large shadows of the nasal labial fold?

Looking for impressive results, but not willing or able to consider plastic surgery? Accent Radio Frequency Technology facial contouring and tightening therapy is the answer for you as featured in *Elevate Magazine, Elle Magazine, City TV and Global News.*

Facial contouring and skin tightening treatments with Accent RFT can spot treat these specific areas to reduce and often eliminate the excess fat and fullness of these troublesome areas remodeling the facial contour. This system represents the newest method of selective dermal heating to reduce fat as well as stimulating the production of new collagen improving the overall skin surface texture.

Accent RFT is an effective, non-invasive and an easy, comfortable, affordable treatment to rejuvenate, tighten and remodel the facial contour.

RESTORE YOUR YOUTHFUL GLOW WITH IPL/AFT PHOTOREJUVENATION AND PEELS

CALM WATERS IS OFFERING A SPECIAL PRICE OF

\$199.00

PER IPL TREATMENT WITH PEEL

An IPL Photo rejuvenation procedure administers scientifically adapted light into the skin to improve and often eliminate disorders such as melasma, brown age spots or hyper pigmentation, small dilated capillaries, sun damage, lines and wrinkles as well as redness and rosaceous conditions, leaving the skin with a rejuvenated radiant glow and reduced pore size. IPL and peels are a wonderful combination to address the surface and deeper layers of the skin to improve tone and texture. We at Calm Waters are offering a special price of \$199.00 per IPL treatment with a peel customized to your specific needs at no additional charge.

Now is the time to begin treatments to look your very best for the holiday season. Come in for a free consultation with one of our Certified Laser Technicians for all your beauty needs and take advantage of our special package pricing.

Calm Waters Day Spa & Laser Clinic
80 Queen Street North
Downtown Bolton
905-857-6466

Calm Waters

Day Spa • Laser Clinic

Fall Promotions

NOVEMBER / DECEMBER

Offering the latest technology in Cosmetic Laser Treatments, Accent Body and Facial Contouring and Tightening, Microdermabrasion, Chemical Peels, Ion Detox Cleanse and Advanced Esthetic Services for Men and Women

REVITALIZE, REJUVENATE, RELAX, ENJOY

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905.857.6466

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BEFORE **AFTER**

RFT SKIN CONTOURING & TIGHTENING Reduce double chin and jowls while stimulating collagen production to tighten and rejuvenate the skin

SPECIAL PKG PRICE



BEFORE **AFTER**

AFT/IPL PHOTOREJUVENATION improves brown spots, dilated capillaries, redness, lines and wrinkles.

\$199 INCL PEEL

Shop Early for Christmas

A portion of all Special Christmas Spa Package Gift Certificates sold between November 15 and December 15 will be donated by Calm Waters to the Caledon Community Services Santa Fund in support of giving local families in need a Happy Holiday.