



Zen Smile Spa

It was that time of year again, those café con leches and the Spanish tinto had left my teeth in quite a state to a point where I was becoming embarrassed to smile and more inclined to keep my mouth shut. (My husband would say that is a good thing!). So when I heard that Zen, the luxury medical and dental Spa had opened its doors in Jávea, I was curious to have a sneak peak.

I still have memories of the school dentist so my heart was pounding as I parked in front of Zen Smile Spa’s impressive black and chrome exterior. Luckily it was easy to find opposite Sofia’s and The Sign Shop and there was lots of free parking all around.

As I pushed open the door of the Spa itself, I stepped into a different world. Scented candles were burning, lighting was soft and as the sound of trickling water reached my ears, my gaze was drawn to a fountain on my right. A plush silver sofa awaited me on my left and the smiling receptionist greeted me by my name as I walked in.

I was instantly put at ease and I must highly commend the delightful staff. The surroundings were truly luxurious but minimalistic decorated with taste by Dr Carolyn Carbasse, owner and founder of the Spa. The toilets (always an insight to the cleanliness of a place) were out of this world - a shrine to Buddha, free toothbrushes and toothpaste to freshen up. I could actually have spent all my time in there in awe but I was ushered into a relaxation area with Tosca stone walls and bamboo filled vases where chill-out music played.

I felt the stress melting away, and until Carolyn came to lead me into the gold dental spa room I had completely forgotten about my appointment! Carolyn is delightful, charming and a consummate professional. I trusted her immediately, she examined my mouth thoroughly, took photos, X-Rays, listened to my qualms, answered my queries and explained everything in detail.

I felt totally calm and safe in her hands and she made me want to start my treatment as soon as possible.

Next stop - Catherine the hygienist for my Diamond sparkle stain removal clean with air-flow.

I can honestly say I can’t wait. Going to have your teeth done has really become just another part of your body to pamper! Which gets me thinking..... when can I book for that personal body and mind assessment with the female Doctor at Zen, or shall I have the head and scalp Ayurvedic massage first? *Farrah Walker.*

For more information about treatments available at Zen Smile Spa call 96 579 3810 and visit their website at www.zensmilesa.es.

**C/Jorge Luis Borges nº 8, Jávea. Open Mon to Fri
10am - 5.30pm and Sat mornings 10am - 1pm.**

Serenity Massage Therapy

Hot Stone Massage
Swedish Massage
Reiki Treatment

Fully qualified Massage therapist and Reiki practitioner
Physical Therapy Clinic - Villamartin (opposite the Plaza)

For appointments please call Christine on:
0034 966841476 or 0034 608136001
or email: chris-serenity@hotmail.com




ZEN-SMILE-SPA

estética dental y facial

- SMILE MAKEOVERS, VENEERS, IMPLANTS.
- ORTHODONTIST - Invisible Braces INVISALIGN.
- Children’s Specialist Dentist.
- ANTI-AGING MEDICINE.
- FEMALE DOCTOR SPECIALISING IN WELLNESS.
- Anti-Stress Therapy.

DR. CAROLYN CARBASSE B.D.S (GUY’s) Lon MSc and Specialist Associates.
Calle Jorge Luis Borges 8, Bajo, Jávea, 03730.

www.zensmilesa.es Call us on 96 579 3810

