



# TOOTH TIMES



Something To Make You Smile About

De La Warr Dental Surgery 01424 730827 www.delawarrdental.co.uk July 2014

## Summer Days Are Great For Relaxation And Recreation!

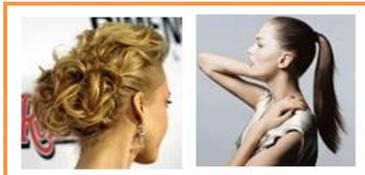


The sun is literally brighter, the days are longer, and the warm weather is ideal for just spending time with family and friends or for taking off on sightseeing or shopping jaunts. But, you would want to remember that summer is also a time when different rules of hair care apply.

The hot, lazy days can take their toll if you are not too careful about your regimen. Here are a few tips for getting through summer while looking as good as you would want to feel.

### Summer hair care

- If you want to have natural-looking highlights, just comb a little lemon juice through your hair if you plan on spending a few hours out in the sun. The sun will lighten those strands and you will have a subtle sun-streaked look without having to budget for the salon.
- Deep-conditioning is essential for hair at least once a week in summer. Hair tends to become dry, dull or brittle if it is exposed to frequent cycles of soaking and drying, such as if you sweat a lot or go swimming.



- Summer is the right time for that messy bun hairstyle. Just make sure that you apply a little shine serum to towel-dried hair before you put up your hair so that natural texture can be enhanced. This style is so comfy and will also have you feeling relaxed.
- A slick ponytail can accentuate your features while also getting annoying tendrils of hair out of your way. A side part can also work wonders and give you a changed look if done right. To prevent frizzy hair, use a leave-in conditioner or hair tonics that are specific for frizzy hair.

## Summer Skin Care!



**Face:** Use a fork to mash a few slices of cantaloupe melon and apply the fruit mask on your complexion. Leave the treatment on for 10 minutes then wipe it off with a damp washcloth. Repeat this ritual each time your skin needs a quick energy boost.

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**Hands:** The most important home remedy for hand care is half glass of rosewater and then mix glycerine in it. Mix them thoroughly and then make a smooth paste. After making a smooth paste, apply on hands and give a gentle massage. leave it for 10 minutes and then rinse hands with water.



**Feet:** Simply mix sugar and a foot lotion in a bowl and work the mixture into your feet. The sugar granules will exfoliate your skin while you massage. Rinse the mixture off your feet with cool water and pat dry.

## Win Free Cinema Tickets!

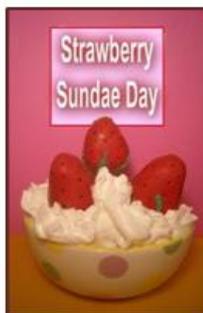


We have 2 Free Tickets to a local cinema near you.

All you have to do is book an appointment between 1<sup>st</sup> and 31<sup>st</sup> July and you can enter our free prize draw to win 2 **Free** cinema tickets!

Call Rita To book your appointment

## Funny Days In July



July 7<sup>th</sup>

**We share in the Summer Fun!!**

July 1 is ... Creative Ice Cream Flavour Day

July 5 is ... Workaholics Day

July 7 is ... National Strawberry Sundae Day

July 16 is ... International Juggling Day

July 21 is ... National Tug-Of-War Tournament Day

July 28 is ... National Milk Chocolate Day

July 31 is ... Parent's Day

## Top Tips For Baby Teeth

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You can take your child to the dentist as soon as they are born, even before they have any teeth.

Your dentist will be able to advise you about how often your child should attend dental appointments for a check-up.

This will usually be at least once a year.

If you take your baby to the dentist when their first teeth start to appear this would be at around six months of age.

Your dentist will be able to check that their teeth are developing correctly.



They can also give you guidance about how to care for your baby's teeth and how to ease problems such as teething (when a baby's teeth begin to emerge through their gums).

It is also a good idea to take your child with you when you go to the dentist as this will help them become familiar and comfortable with the surroundings.

Getting your child used to the sights and sounds of a dental surgery will help put them at ease when they have to go for their own check-ups.



## Get Out And About This Summer

**Dens in the Woods** A day out in the woods brings out the den builder in us all and with all the logs, sticks and fallen leaves it's too much fun to resist.



**Blanket and Sheet Dens** The options are limitless here. Given a selection of blankets, towels or sheets and left to their own devices they will happily play for hours, inside or outside. No instructions needed – just give them the stuff and they will do the rest!



For instant den making whilst you're out and about, a play mat is compact and easy to transport and will provide hours of fun with a little imagination.



You Could Be The Winner of a  
**Free Meal For 2**

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**WHERE IN THE WORLD?**



The first person to bring in this newsletter with the correct answer to the name of this famous landmark and the country it is in...

Wins a **FREE meal for 2 at**

**Dipaola's Restaurant**

**Bon Appetite**



Thank you to our wonderful patients for all your referrals.

We really appreciate it!

"There is a thought in your mind right now. The longer you hold on to it, the more you dwell upon it, the more life you give to that thought. Give it enough life, and it will become real. So make sure the thought is indeed a great one."

-- **Ralph Marston**

# Horoscope



21<sup>st</sup> June to 22<sup>nd</sup> July

## 2014 Overview for all of Cancer.

While there are some ongoing conflicts to iron out in 2014, overall, it's a stabilizing, positive year for you, dear Cancer. Until June, Jupiter continues to move through your solar twelfth house, and you pay more attention to your spiritual life as well as your need for privacy. You can be especially supportive of others during this period, sometimes to an extreme extent.

At times as well, you might feel like escaping into your own little private world, where it seems safer and happier. In a general sense, with Jupiter in your privacy sector, you don't feel especially equipped to make big changes or choices.

By June, you are ready to ask for what you deserve. This is when Jupiter begins its year-long transit of your own sign. In August especially, this can cause some friction, possibly because others, especially partners and close friends as well as family, have grown accustomed to your "laying low" and the support you've given them with few conditions.

However, overall, this is a positive transit in which you are coming into your own, discovering your need to express yourself, and drawing upon inner stores of confidence. Freedom is something you seek, but be wary of the costs of freedom when it's pursued without necessary attention to responsibilities.

## Continued...

This is a good period for attention to physical fitness and health routines, as you are more aware of how these positively impact your energy and confidence.

Work may be especially available to you at this time, and you tend to take charge instead of hide from its responsibilities. Love is likely to be complicated, as you begin to demand a little more from it. You may be dealing with difficult personalities, and if you're single, you might feel a lack.

However, for many of you, a romance might stabilize and move to a new level. For those with children, the need for more structure becomes apparent, particularly with a first child who may be going through some growing pains.

Career continues to be a sort of wild card for you. Either you are moving towards identifying with a new path, or some changes are introduced upon you, forcing you to rethink things.

Even so, you feel successful, particularly in the second half of the year, and you bring a positive spirit to many areas of life, including career. 2014 is about blossoming and demanding a little more from your life, and you're likely to get it.

## July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NATIONAL SMILE MONTH WAS GREAT SUCCESS!! OUR TEAM AND PATIENTS CONTRIBUTED. WATCH OUT NEXT MONTH FOR OUR LETTER FROM MRS EVE BRANSON-MOTHER OF SIR RICHARD BRANSON!!

LOOK BETTER, FEEL BETTER, LIVE BETTER-USE OMEGA 3 PLUS FROM GNLD-10% DISCOUNT AT RECEPTION