



Monthly Newsletter



DECEMBER 2025 NEWSLETTER & YEAR-IN-REVIEW WRAPPED A Christmas Edition of Smile First Wellness

December arrives with a softer pace – warm lights, quiet moments, and a gentle invitation to reflect. It's the time we look back on the smiles we restored, the stories we shared, and the growth that shaped our wellness community this year.

This month, we're honoring the heart of 2025: the patients who inspired us, the team members who lived our values with intention, and the everyday wins that made this year meaningful. Our recap highlights the six Wellness Pillars, our Core Values, and the moments that reminded us why mindful dentistry matters.

We're also celebrating our Patients of the Year – individuals whose dedication and trust reflect true whole-body wellness. And as the holiday season settles in, we're embracing connection, gratitude, and the joy of caring for each other with presence.

Enjoy a festive look back at community events, this year's favorite products, and a warm holiday message from the Smile First family. May this season bring you rest, joy, and a grateful smile for all the growth you've made.

In this newsletter:

Patient of the
Month: Carmel

Product of the
Month:
Curodont
(Holiday Special)

Year-End Recap:
Patients of the
Year

Wellness
Reflection: Core
Values of 2025

Holiday Feature:
Smile First
Christmas
Edition

WELLNESS

2025 brought a full year of healthier gums, stronger teeth, brighter smiles, and a deeper commitment to whole-body wellness. As we move into the holiday season, we're reflecting on the progress our patients made, the care we delivered, and the dental transformations that shaped our Smile First community in real and meaningful ways. This year, we focused intentionally on prevention, early detection, and mindful patient education – from lowering gum inflammation and restoring missing teeth to improving sleep, bite alignment, and everyday oral habits. Month after month, our team centered each appointment around presence and clarity, making space for calmer experiences, personalized guidance, and treatment plans rooted in compassion and intention.

OUR YEAR OF TRANSFORMATION.

PREVENTION & WHOLE-BODY CARE

We celebrated major milestones across hygiene, cosmetic dentistry, implant placement and restoration, airway health, TMJ support, and long-term maintenance. Every cleaning, every scan, every restored tooth, and every implemented habit became part of the foundation we're building toward healthier, more resilient smiles in the years ahead. As Christmas arrives, we feel grateful for every patient who trusted us with their health, every transformation we witnessed, and every moment of growth shared together. Here's to a year of mindful dentistry and to the renewed, confident smiles lighting up this holiday season and the new year that's just ahead.





6 PILLAR

A WARM WELCOME

Dear Smile First Family:

As the holiday season approaches, we warmly welcome you to our annual Christmas wellness page, filled with reflection, gratitude, and renewed intention. We hope this message finds you well and at peace as we revisit the foundations that shaped your health and your smile throughout the year.

REFLECTIONS ON THE YEAR

This year brought meaningful transformations, steady progress, and a deeper focus on whole-body dental wellness. We witnessed healthier gums, improved breathing, restored teeth, and brighter smiles. Every visit, whether a routine cleaning, a restorative appointment, or a first-time consult reminded us of the importance of prevention, intention, and partnership in your health journey.

HEALTHY GUMS



HEALTHY TEETH



HEALTHY BITE



EDENTULOUS AREAS



BEAUTIFUL SMILE



SLEEP AND PAIN



PILLAR HIGHLIGHTS

Healthy Gums: A year centered on inflammation control, deep cleanings, and long-term gum stability.

Sleep & Pain: Advancements in airway support, TMJ relief, and deeper, more restorative sleep.

Beautiful Smile: Personalized cosmetic treatments that boosted confidence and renewed joy.

Healthy Bite: Functional alignment through Invisalign and bite-balancing care that improved comfort.

Missing Teeth: Implant solutions that restored strength, chewing ability, and natural aesthetics.

Healthy Teeth: Enamel protection, cavity prevention, and daily habits that supported long-term resilience.

FESTIVE ACTIVITIES

Year-End Hygiene Visits: A final opportunity to refresh your smile before the holidays.

Wellness Education: Tips for maintaining gum and enamel health through the season of sweets.

Holiday Whitening: A bright, confident finish to the year's celebrations.



WISHING YOU JOY

As we close this reflection, we send our warmest wishes to you and your loved ones. May this Christmas season bring rest, gratitude, and radiant smiles. We look forward to another year of wellness, growth, and meaningful moments together. Merry Christmas and Happy New Year from the Smile First family.

★ PATIENT OF THE MONTH ★

WARM GREETINGS

Wishing you a joyful Christmas season. This month, we're celebrating Carmel, our Patient of the Month who turned a hopeless prognosis into miraculous healing!

HOLIDAY HIGHLIGHTS

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Carmel had been dealt a heavy hand in terms of her dental health, and she always loved her smile

She was told by another dental office that she needed dentures.

We believed in her and thanks to her dedication, we began seeing severe gum disease regeneration!



YEAR IN REVIEW



LOOKING AHEAD



We look forward to supporting Carmel's continued growth and celebrating new milestones together in 2026.

Carmel came to us early this year for a second opinion. We got to know her and we applauded all the major health and wellness changes she had made in her recent years. She was very grateful for the time we spent getting to know her and then she was brought to tears when we told her that we will do our best to get her gums healthy and save her teeth! She had severe gum disease and the previous dentist said her only option is dentures. Carmel knew it wouldn't be an easy road, but she did everything necessary to regenerate a healthy oral microbiome. We're so proud of her dedication!



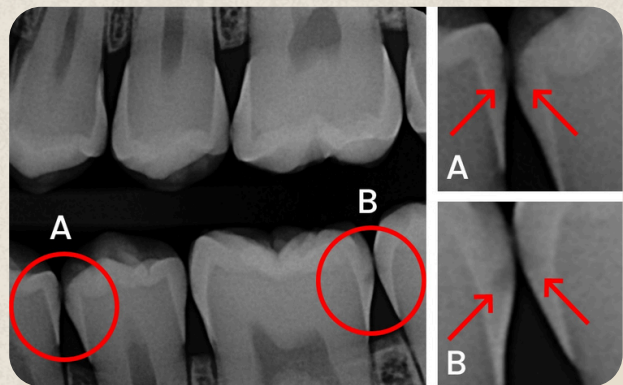
Holiday Curodont Special

Curodont is our favorite gentle, drill-free way to stop early cavities and strengthen enamel – perfect for a season full of sweets.

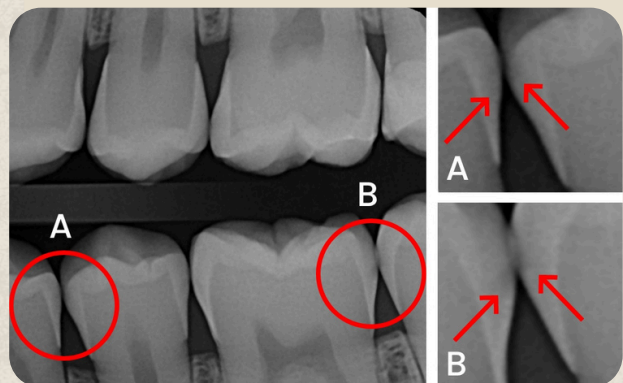
50\$ OFF



Before



After



Special Holiday Price \$150
(Regular price \$250)

A Moment of
Calm



Christmas NEWSLETTER

Seasonal Wellness

Seasonal Wellness

At Smile First Dental Wellness, the holiday season inspires us to revisit the core values that shaped our year. Wellness Warrior, Holistic Healer, and Loving Leader guided every appointment, every patient interaction, and every moment of growth. These values helped us create calmer visits, deeper connections, and truly mindful care throughout 2025.



Wellness Warrior

This value reflects balance, presence, and healthy habits. Throughout 2025, our team embraced calmer routines and intentional care to support emotional and physical wellness for patients and providers.



Holistic Healer

We focused on seeing the whole person, not just the tooth. Gentle communication, clear education, and deep listening helped us create a safe, supportive patient experience.



Loving Leader

This value shaped our teamwork through clarity, kindness, and accountability. With shared huddles and steady collaboration, we stayed united in providing care from the heart.

Team Highlights of 2025

Our team brought warmth and intention to every day this year, shaping our clinic with steady leadership and genuine care for each patient who walked in.

They supported one another through growth and change, keeping compassion, clarity, and teamwork at the center of our routines and patient experience.

As the year ends, we celebrate their dedication and the meaningful moments they created. Their presence made 2025 a year of connection, service, and shared purpose.

Christmas Reflection



Dr. Cristian: Led our wellness-focused care with breathwork, education, and grounded leadership.

Dr. Danielle: Provided exceptional care while navigating her year with grace and beautiful milestones.

Dr. Ilie: Brought joy, clarity, and whole-body awareness to every patient he cared for.

Ms. Cristina: Supported our office with steady organization, dedication, and genuine kindness.



Let your days be merry, your heart be light, and your home be filled with love.



End-of-Year Appreciation: Honoring each team member's unique contributions.

Holiday Moments: Decorating the office and sharing gratitude together.

Community Spirit: Supporting local events and wellness initiatives with heart.

A SEASON OF SURRENDER & AWARENESS

REFLECTIONS

FROM DR. C 



Becoming a parent, a guide, and a student of life has shown me that real strength isn't in controlling every outcome, it's in observing, surrendering, and responding with presence. Dentistry, yoga, fatherhood, cacao, community work... each one cracked me open in unexpected ways this year. The curveballs taught me more than the victories, reminding me that growth doesn't happen when things go "right," but when we trust the moment in front of us.

What is life offering me here?



How can I make this even better?



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This year reminded me that purpose isn't a destination it's a process of curious creation. Every moment of overwhelm, every shift in schedule, every doubt-filled morning became an opportunity to choose presence over panic. Even in chaos, there is guidance when we slow down enough to hear it.

Dentistry, yoga, breathwork, and fatherhood may look like different worlds, but they all taught me the same truth: life expands when we pay attention. When we let go of the story of how things "should" be, we begin to see the synchronicities that connect everything.

MAKING IT COUNT

Every day, I remind myself to take no breath for granted – to pause, to notice, and to slow down enough to question the beliefs that hold me back. These small moments of awareness have shifted my entire inner landscape. What once felt like anxiety now becomes clarity, and what once felt like pressure now becomes possibility. When we treat each breath as a teacher, even the difficult moments start revealing something meaningful.

This mindset is what we carry with us into the new year – a commitment to trusting the unknown, letting life unfold at its own pace, and meeting each moment with curiosity instead of fear. When things don't go as planned, we're invited to choose gratitude, adjust our perspective, and respond with intention. That's where transformation begins: in the quiet decision to see differently, breathe deeper, and make each moment count.



UPCOMING OPPORTUNITIES

Revive Mission 9.0 and Frequency are invitations to reconnect with yourself and with the community around you. These experiences blend service, breathwork, movement, cacao, and transformation – spaces where you're encouraged to show up fully, breathe deeply, and let life meet you with its lessons. And as we close this year, these gatherings remind us of something essential: that growth doesn't happen in isolation. It happens when we allow ourselves to be witnessed, supported, challenged, and expanded by others.

Stepping into these spaces isn't just about healing – it's about remembering who you are beneath the noise, the expectations, and the constant motion of everyday life. It's about creating room for synchronicities, opening yourself to new perspectives, and trusting that every moment is part of something meaningful. As we welcome a new season and a new year, may you carry this spirit of presence, gratitude, and curiosity with you. May you breathe deeper, trust more fully, and continue making your life – and every moment in it – truly count.

