

Monthly Newsletter

SMILE FIRST
DENTAL WELLNESS

1 September 2025



September's Wellness Bite Holistic Healer Mode: Care Beyond the Chair Smiles, body, and soul.

September reminds us that true health is more than what we see in the mirror, it's the balance between mind, body, and smile. This month, we continue exploring our Core Value, Holistic Healer: caring for the whole person, not just their teeth.

We're celebrating the women at the heart of our practice: Cristina Pavel, the warm and grounding presence who has led our office since its founding and inspires us daily with her leadership.

You'll also meet Marquita Hynes, our Patient of the Month, her fitness-driven lifestyle and dedication to her dental wellness journey inspire us deeply.

Beyond the chair, discover our featured product that supports whole-body health, and catch up on upcoming fall events where our community will gather, restore, and grow together. As the season shifts, may this be your invitation to restore balance, connect deeply, and embrace the whole of who you are because holistic healing begins with you.

In this newsletter:

Core Value:
Holistic Healer

Team Highlight:
Cristina Pavel

Patient of the
Month: Marquita
Hynes

Product of the
Month:
Bristle
Oral Health Test

Wellness
Spotlight: Asna &
Dr. C's Work

Office Update:
Strengthen the
City Festival

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Mrs. Cristina
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CORE VALUES

Holistic Healer

Healing isn't a single treatment

—it's a lifestyle.

At Smile First, being a Holistic Healer means honoring the full spectrum of health—physical, emotional, and spiritual—and treating the person, not just the smile. We believe that restorative healing emerges when oral care becomes part of how we live: in how we breathe, what we nourish our bodies with, and how deeply we connect with ourselves and others (mind–body–spirit balance)



Intentional Harmony in Every Action

From Awareness to Alignment

Holistic healing starts with listening—to our bodies, our emotions, and our instincts. Encouraging moments like breath-centered mindfulness before appointments, gentle stretch-breaks between patients, or intention-setting journaling all renew our clarity and compassion. Awareness leads to alignment; alignment leads to authentic care.



Wellness Ripples Outward

Self-care isn't just personal
—it's communal

Holistic health is about creating spaces where stress is eased, joy is invited, and every choice nourishes wellbeing. By fostering hydration habits, mindful communication, and ease in our day-to-day rhythm, we amplify wellness—for our team, our patients, and our community. That's the power of healing beyond the chair.



HOLISTIC HEALERS

“Caring Is Her Legacy”



MRS. CRISTINA PAVEL

The heart and anchor of Smile First, Cristina is a living example of care rooted in presence and wisdom. From the earliest days of our practice, she has been a guiding force, shaping the welcoming atmosphere we’re known for and holding space for both patients and team with grace.

Every interaction, whether at the front desk or behind the scenes, carries her signature warmth and steadiness. Her influence reminds us that true healing begins with how we show up for one another. By leading with compassion and calm, she creates an environment where patients feel at ease and our team feels supported.

Cristina embodies the essence of holistic healing—demonstrating that leadership isn’t about titles, but about presence, care, and the energy you bring into every room.

Mrs. Pavel, began her journey in dentistry out of necessity: shortly after Dr. Ilie purchased his initial dental practice in 1995, Mrs. Cristina popped in on one of her days off from working as a bank teller and she realized quickly that there was a need for financial organization. She immediately cast aside her own dreams of pursuing a masters degree and she left her bank job and started to figure out how to become an office manager, all by herself! Not only did she orchestrate Dr. Ilie’s success, but she researched tirelessly for the new location and she was the master designer behind the beautiful timeless esthetic of our dental office space that was founded in 2006!

Known lovingly as “The Boss,” she has shaped our space into more than just a dental office, it’s a place of warmth, trust, and connection. Cristina brings mindfulness into the everyday moments, showing us that balance is found not in grand gestures, but in how we choose to show up for one another. We’re eternally grateful for Mrs. Cristina, the heart of Smile First Dental Wellness.



“Grounded in Care, Guided by Love”

Patient OF THE MONTH

Marquita Hynes

This month, we're proud to highlight Marquita Hynes, a vibrant example of loyalty, joy, and resilience. Since joining our Smile First family in 2021, Marquita has embraced a remarkable dental journey—transforming her smile while radiating positivity every step of the way.

What makes her story so special is her unwavering commitment. Even after relocating to the East Coast with her husband, Marquita continues to return to Chicago for her recare visits—a true testament to the trust and connection she feels with our team. Her dedication reminds us that dental care isn't just about checkups; it's about relationships built on confidence, comfort, and care.

Loyalty in Motion

Beyond the chair, Marquita's energy is contagious. She's a ski instructor, runner, and hiker who thrives on movement and the outdoors. Her love of staying active shows in the way she lives—always smiling, always pushing forward, and always inspiring those around her.

We're honored to celebrate Marquita not only for her commitment to her oral health but also for the warmth and joy she brings with every visit. Her bubbly personality lights up our office, and her presence reminds us why caring for our patients is such a gift.



PRODUCT OF THE MONTH



50% OFF



Smart Stretch & Gentle Care

Refresh your routine with floss that cleans deeper, softer, better.



Smooth Steel & Fresh Breath

Start each day with a cleaner tongue and a lighter you.



Ancient Oils & Modern Care

Refresh your mouth with botanicals that soothe and restore.

BRISTLE HEALTH: Clarity & Care



Step into wellness with the Bristle Oral Health Test, where science meets self-care. Inspired by the belief that true health begins within, this simple saliva test reveals the unique balance of your oral microbiome and its impact on your whole body. Gain clarity, confidence, and a personalized path toward lasting wellness.

Balance is here—let your healing begin!



SACRED MORNINGS CACAO



NEWSLETTER SEPTEMBER

BREATH WORK JOURNEY

Summer

www.asnawellness.com

YOGA FLOW

Last Sunday, our community gathered at Asna Wellness for an afternoon of movement, mindfulness, and deep connection. From yoga flows led by Dr. Cristian to grounding breathwork and shared cacao, the event was a reminder of how powerful it feels to pause, breathe, and restore together.

[JOIN US](#)



Mindful Movement

NEW

Flow into balance with grounding yoga practice



Guided Breathwork

NEW

Restore calm through breath and awareness



Community Connection

Connect with others in joy and gratitude



Event

Strength in the CITY FEST

We're so excited to return to Strength in the City Fest on Sunday, September 14th at Theater on the Lake! This all-day festival brings together movement, mindfulness, and music on Chicago's lakefront an incredible way to connect with wellness and community.

WHY YOU SHOULD JOIN US

This year promises even more: over 35 mini-classes, a free 5K run, a wellness marketplace, and live music throughout the day. Plus, every ticket supports the Strength in the City Foundation, making your day of movement a way to give back. We'd love to see you there!



DR. C IS HEADLINING AGAIN!

Last year and this year, our team jwill host a booth to offer Sacred Mornings Cacao and answer oral health questions. From 2-3:30, Dr. C will be taking the main stage for a back-by-popular-demand breathwork and sound healing event called Frequency! Let us know if you'd like come!