



Welcome to our Salt Cave Halotherapy & Wellness Centre!
Our Salt Cave Halotherapy & Wellness Centre
is a natural holistic centre with integrated complementary services
that will able to rejuvenate your health and maintain your well-being.

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Cosmetic Teeth Whitening



Cosmetic Teeth Whitening

Charges for this service per person per session ranges from \$ 450.00 onwards

Welcome to our Salt Cave Halotherapy & Wellness Centre!

Our Salt Cave Halotherapy & Wellness Centre is a natural holistic centre with integrated complementary services that will able to rejuvenate your health and maintain your well-being.

Cosmetic Teeth Whitening is one of the many services we provide at the Salt Cave Halotherapy & Wellness Centre. Most of the structures at our Salt Cave Halotherapy & Wellness Centre have been made from Himalayan Rock Salt blocks. All of the Himalayan Rock Salt that we use has been retrieved from the world's best organic Himalayan Rock Salt Caves. You will get benefits of the Himalayan



Rock Salt by having any sessions in our premises. The Himalayan Rock Salt attracts positive ions from you and replaces negative ions in your body. The founder with extensive medical background and experience together with the support of a highly competent team proudly bring this Cosmetic Teeth Whitening service to you. The staff are Certified Cosmetic Teeth Whitening Therapist and registered with



NZCTWA Registered Cosmetic Teeth Whitening Practitioner and Certified Teeth Whitening Aestheticians (<http://www.nzctwa.org.nz>). We use one of the world's best Cosmetic Teeth Whitening systems in our centre. Each of the devices used in the Salt Cave Halotherapy & Wellness Centre have been approved by one or more of these following bodies: CE, FDA, MSDS, SGS, TGA.

Our main aim is to provide effective Aesthetic Teeth Whitening solutions to our clients. Cosmetic Teeth Whitening helps you gain confidence and restores your lovely smile.

Cosmetic Teeth Whitening treatment, can either affect restoration of the natural tooth shade or whitening beyond natural tooth shade. Restoration of the underlying, natural tooth shade is possible by removing surface (extrinsic) stains (e.g. from colour food & drinks, tea, coffee, red wine and tobacco etc.) and calculus (tartar).

To whiten the natural tooth shade, a chemical along with a simple device is required. This is common procedure in cosmetic dentistry, and a number of different techniques are used by dental professionals. In our Salt Cave Halotherapy & Wellness Centre we use LED light and hydrogen peroxide (<12% concentration). This is considered to be a safe practice for



Cosmetic Teeth Whitening.

While we'd all love to have a picture perfect smile, years of drinking tea, coffee and red wine, smoking, or eating certain foods can leave you with stained, discoloured teeth and a smile you'd prefer to hide.

You'll look younger and more attractive with a whiter smile.

In a recent survey, 100% of respondents, when shown a photo of a person with a healthy white smile, considered that person to be younger, more attractive and successful than seeing the same person's photo with stained and unhealthy teeth.

Now affordable:

Now you can get affordable specialist professional ***Cosmetic Teeth Whitening*** services at less than 1/3rd of the price



charged by some dental offices.

Trusted specialist experience:

- We whiten more teeth in a month than many dentists whiten over a single year.
- Long-lasting results & revisits for ***Touch Up Cosmetic Teeth Whitening*** treatment.



- It is 100% guaranteed that the ***Cosmetic Teeth Whitening*** procedure will improve teeth shades, usually between 2-10 shades. The results you get and it's long-lasting effects depends on your life style; particularly what you eat and drink. Personalized treatment plans can be made during consultation. ***Touch Up Cosmetic Teeth Whitening*** refresher treatments are recommended every 3-6 months to maintain optimum whiteness after undergoing complete ***Cosmetic Teeth Whitening*** treatment. in the past.

Do the white thing:

- Make your appointment now - book your appointments ***ONLINE*** via our website OR simply call the professionals at ***Salt Cave Halotherapy & Wellness Centre.***
- Whitest results- using the worlds most advanced technology
- Globally, no other system can cosmetically whiten your teeth more. We use one of the world's best ***Cosmetic Teeth Whitening*** systems in our centre. All our devices used in ***Salt Cave Halotherapy & Wellness Centre*** has been approved by ***CE, FDA, MSDS, SGS,***



TGA.

Your comfort is important to us:

- You no longer need to endure uncomfortable trays, invasive application of gum protection or sticky gummy strips. You just fully relax in our comfortable chair while we give you your brightest smile in just one hour.
- Caring, fully informed experience.
- Our claim is not just to whiten your teeth, but also to ensure you feel safe, fully informed and comfortable from the moment you arrive at our *Salt Cave Halotherapy & Wellness Centre*. Our staff are *NZCTWA Registered Cosmetic Teeth Whitening Practitioner* and *Certified Teeth Whitening*



a *specially designed lamp*. The treatment involves using the gel and lamp in conjunction with each other to produce the whitening action.

- Each visit begins with a briefing session and step by step examination of your oral cavity. As a standard *Cosmetic Teeth Whitening* treatment procedure: the whitening gel is applied to the teeth and the teeth will be exposed to the light from the lamp for two consecutive 15-20 minutes sessions [this method is ideally suitable for mild to moderate stained teeth, for heavy stained teeth the same treatment should be done for two consecutive days]. For those requiring *Touch Up Cosmetic Teeth Whitening* treatment, 1 session of 15-20 minutes cycle will be done [ideally suitable for maintenance purposes after having previous *Cosmetic Teeth Whitening* treatment. in the past].
- After the treatment is completed, the retractor and eyewear is removed and mouth will need to be rinsed. Before and after the treatment, the shade of your front teeth will be assessed, shown to you, and recorded.



Aestheticians (<http://www.nzctwa.org.nz>).

Description of the procedure:

- *Cosmetic Teeth Whitening* treatment at *Salt Cave Halotherapy & Wellness Centre* treatment is designed to lighten the colour of the teeth using a combination of *hydrogen peroxide based gel* and



Clinical Trials have shown that indications for Cosmetic Teeth Whitening Treatment are:

- Restoration of the underlying, natural tooth shade is possible by simply removing surface (extrinsic) stains (e.g. from colour food & drinks, tea, coffee, red wine and smoke/tobacco etc.)
- Stain from medicines such as tetracycline.
- Calculus (tartar).
- Genetic (aging) yellow teeth.
- Wants to achieve cosmetic beautiful look.

Contraindication for Cosmetic Teeth Whitening Treatment for people with following factors:



- Carries, decay, crack or broken teeth, gum disease.
- Pregnant or lactating female.
- Cannot undergo treatment if you are susceptible to peroxides or glycol.
- Clients under the age of 16 year



Some tips to help you get the best from your Cosmetic Teeth Whitening:

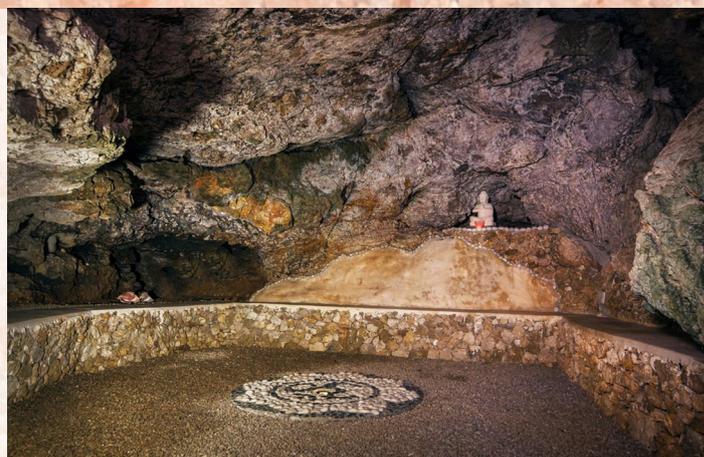
- Girls - don't wear lipstick to the session. This is so that you don't risk getting any lipstick onto your teeth.
- Do not brush within 2-hours of having the whitening session - this is because some toothpastes contain fillers that can actually block the microscopic 'pores' in your teeth enamel making it harder for embedded stains to be released; we suggest you have a good brush & floss the previous night, take care not to brush your gums too hard, especially the lower front. On the morning of your whitening session, just rinse your teeth with water only; don't be concerned about the possibility of any breath odour...it's natural, and it's totally fine.
- Come relaxed - Your job is to simply 'chill out' and forget the world for one hour as you listen to soft music, or can even bring your iPod/MP3 Player to relax during the treatment.

Common things can happen during Cosmetic Teeth Whitening Treatment:

1. Tooth Sensitivity - During the first 24 hours after the *Cosmetic Teeth Whitening*



treatment, some clients can experience some tooth sensitivity. While rare with our **Cosmetic Teeth Whitening** treatment system, tooth sensitivity is a common side effect of hydrogen peroxide based teeth whitening. It is usually mild, but it can be worse in susceptible individuals. Normally, tooth sensitivity following the use of hydrogen peroxide - based whitening products subsides within 24 to 72 hours. This sensitivity may vary in individuals. People with existing sensitivity, recently cracked teeth, abrasions (micro-cracks), open cavities, leaky fillings, or other dental conditions that cause sensitivity may find that those conditions increase or prolong tooth sensitivity after the **Cosmetic**



immediately, with colour change in the gum tissue reversing within 30 minutes. This time may vary in individuals. When this occurs there may be some mild inflammation or irritation when brushing.

3. **Dry Lips - Cosmetic Teeth Whitening** treatment involves two 15-20 minute sessions during which the mouth is kept open continuously for the entire treatment by a plastic retractor. Lip protection cream is applied as needed, however, there is a small chance of dryness or chapping of the lips or cheek margins, which can be treated by application of lip balm, petroleum jelly, or Vitamin E cream.
4. **Relapse - After the Cosmetic Teeth Whitening** treatment, it is natural for the teeth to regress somewhat in their shading over time. This is natural and should be very gradual, but it can be accelerated by exposing the teeth to various staining agents. It is important to understand that the results of the treatment are not intended to be permanent and that repeat or **Touch Up Cosmetic Teeth Whitening** treatments may be needed to maintain the tooth shade desired for individual teeth.



Teeth Whitening treatment.

2. **Gum Whitening / Irritation -** In rare cases, whitening gel may come in contact with the gum tissue during the treatment and may cause whitening of the gums or gum line. This is due to exposure of a small area of those tissues to the whitening gel and the gum whitening is usually temporary and will subside almost



Post procedure instructions:

Here are some tips to help you get the best from your *Cosmetic Teeth Whitening* treatment. For 24 hours after the *Cosmetic Teeth Whitening* treatment:

- Do not eat or drink dark, staining substances such as: coffee, tea, red wine, soy sauce, and cola.
- Do not eat staining foods such as: beetroot, carrots, blueberries etc.; try to stick to a “white” diet such as Fish, Chicken, Potatoes, Cauliflower.
- Do not smoke cigarettes or use any tobacco-containing products.
- Do not use coloured toothpaste.

24 Hour WHITE FOOD suggestions include:

COLON HYDROTHERAPY

Before colonic irrigation

- depression & anxiety
- headaches
- acne
- mood swings
- indigestion
- constipation
- flatulence
- joint pains
- painful periods
- water retention

After colonic irrigation

- feeling of well-being improved by 92%
- feeling of depression reduced by 86%
- skin improved by 60%
- indigestion reduced by 90%
- constipation relieved by 93%
- joint & muscle pains reduced by 83%
- menstrual comfort increased by 100%
- flatulence reduced by 50%
- quality of sleep improved by 92%
- headaches & anxiety reduced by 60%

SHOPPING LIST (Before): FROZEN PIZZAS, CRISPS, SWEETS, COKE, AN ACID CHEWING GUM

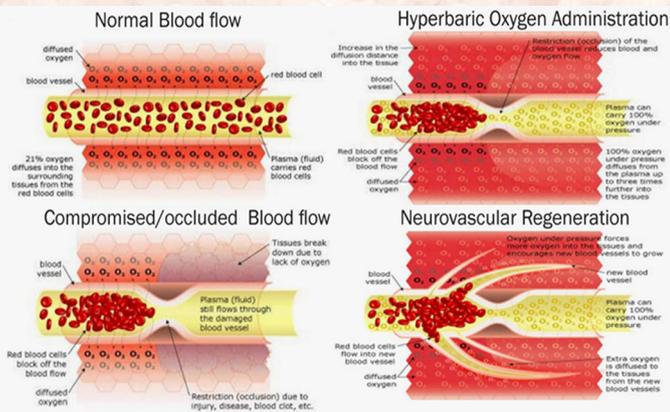
SHOPPING LIST (After): FRUIT & VEG, EXERCISE DVD, SKIPPY BUTTER, CHICKEN/FISH, MULTIVITAMIN

Stay naturally young!

Meridian Institute Colonic Irrigation Project in West Virginia (USA) - www.meridianinstitute.com © Galina Imrie 2008; www.colonicbook.com

Champagne.

- Natural or vanilla flavoured yoghurt.
- White bread – brown crusts cut off.
- White honey.
- Banana Smoothie e.g. milk, banana.
- Natural yoghurt, vanilla ice cream.
- Smoked chicken – no dark skin.
- Roast chicken – no skin.
- Poached chicken.
- Steamed white fish.
- White pasta with a white sauce.
- White rice.
- Feta cheese.
- Potatoes – boiled or mashed, no skin.
- Cauliflower – steamed.
- White onions.
- White sauce.
- Rice pudding, no skin.
- Vanilla ice-cream.
- White chocolate.
- Pavlova with cream or



- Drinks - water and cold milk.
- Water – hot with a dash of lemon barley cordial Lemonade.
- Colour - free cordial.
- Lemon barley cordial.
- White wine.
- White grape juice and of course



natural yoghurt dressed with fresh banana.

Post-Procedure Maintenance:

Now that you have completed the whitening process, it is important that you follow certain precautions to maintain your sparkling smile.

To maintain your smile over the long term:

Touch Up Cosmetic Teeth Whitening treatments are suggested every 3 - 6 months. Ask your *Cosmetic Teeth Whitening Professional* about when is appropriate to schedule your next visit.

- Brush your teeth regularly with Teeth Cleaning / Whitening Foams. For additional maintenance effect, use our Teeth Whitening Pen. Ask your *Teeth Whitening Professional*

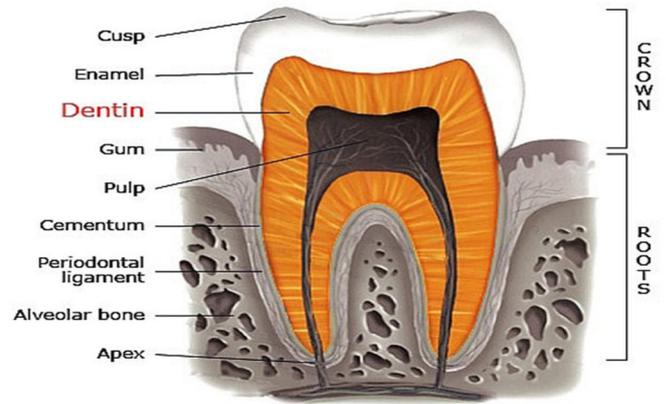


for more information.

- Visit your dentist regularly.
- Minimize consumption of coffee, tea, and other staining foods and drinks. Also, minimize cigarette smoking.

White Smile Tips:

White Teeth make you look younger -



yellow or greyish teeth are associated with age.

Therefore, here are a few ‘Hollywood’ tips you can use to whiten your smile and keep you younger looking for longer:

- Choose darker lipstick colours with blue undertones because they make your teeth appear whiter. Avoid coral and orange lipsticks, which can make your teeth, appear yellowish.
- Blue tones in shirts and tops seem to make your teeth look whiter, whereas wearing white clothing can make your smile appear dull.
- Because gold seems to exaggerate any yellowish tones in teeth try to avoid wearing gold near your face. Instead wearing white stones and silver jewellery makes your teeth appear whiter.
- Try a stain-resistant eating and drinking plan - “White foods + White drinks = Whiter Smile (for longer)”.
- Dark foods such as red meats, beetroot, carrots, blueberries and the like can stain your teeth.
- Drinks such as coffee, tea, cola, artificially coloured



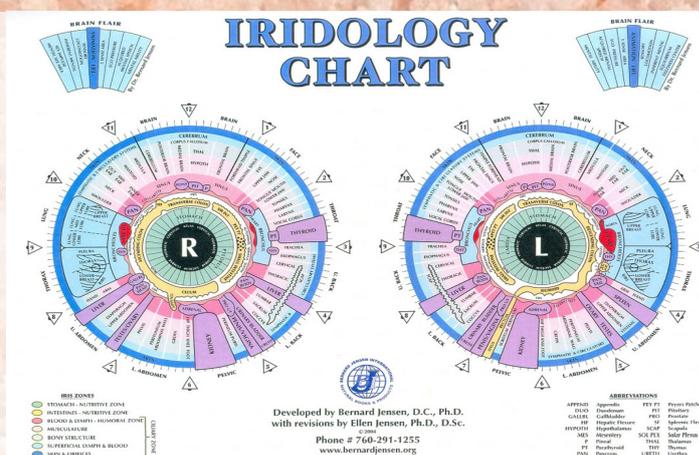
drinks, red wine, cranberry juice, grape juice can stain your teeth. Instead drink.... water, grapefruit juice, ginger ale, and chamomile tea.

- Also watch out for soy sauce, balsamic vinegar, and tomato sauce. Instead try white wine vinegar, olive oil.
- If you do eat or drink staining food or beverages, brush your teeth as soon as possible and try drinking hot drinks through a straw. (In counties where power whitened teeth are becoming the norm, many cafes and restaurants now provide heat resistant straws).
- Hot (and cold) foods and drinks can rapidly change the temperature of your teeth. This may cause



your teeth to expand, and contract allowing stains to more quickly penetrate your teeth. At worst, rapid temperature changes may crack the glass-like enamel of your teeth.

- Acidic foods such as sugar, citrus etc. open up the pores of the tooth enamel, allowing stains to more easily move into your teeth.



- Smoking is one of the biggest offenders in ruining white smiles.
- Watch out for tongue piercing, it can lead to metallic staining making your teeth appear grey. Apart from teeth looking less than sexy, this type of staining is sometimes almost impossible to remove.
- Brushing your teeth twice a day for at least two-minutes, and floss once a day at least.
- Bleaching hair can make your smile appear dull.
- Use an electric toothbrush; it can do a better job.

Once have your gorgeous smile, you want to keep it that way, so a smart move is to get a regular dental check-up and cleaning every 3 - 6 months. To keep your teeth their whitest we recommend **Touch Up Cosmetic Teeth Whitening** treatments every 3 - 6 months depending on your lifestyle and needs. Talk to your **Cosmetic Teeth Whitening Professional** on how to schedule your next visit.

Smile Quotes:

1. Beauty is power; a white smile is its sword. ~ Charles Reade.
2. A smile is a curve that sets everything straight. ~ Phyllis Diller.



3. The world always looks brighter from behind a smile. ~ Author Unknown.
4. Before you put on a frown, make absolutely sure there are no smiles available. ~ Jim Beggs.
5. A smile is an inexpensive way to change your looks. ~ Charles Gordy.
6. Wrinkles should merely indicate where smiles have been. ~ Mark Twain, *Following the Equator*.
7. The robbed that smiles, steals something from the thief. ~ William Shakespeare, *Othello*.
8. A smile is the light in the window of your face that tells people you're at home. (Unknown).



9. If you smile at someone, they might smile back. ~ Author Unknown.
10. Life is like a mirror, we get the best results when we smile at it. ~ Author Unknown.
11. Everyone smiles in the same language. ~ Author Unknown.
12. If you don't have a smile, I'll



give you one of mine. ~ Author Unknown.

13. I've never seen a smiling face that was not beautiful. ~ Author Unknown.

14. Wear a smile and have friends; wear a scowl and have wrinkles. ~ George Eliot.

Booking requirement:

Booking is essential subject to availability. For booking confirmation please provide needful information to supplier or booking tool. 24-hour cancellation or re booking policy applies. For voucher client(s) failure to do so, voucher is forfeited. Same day cancellation or no show is not entertained unless by law. For this service(s) minimum number client(s) can be booked is 1.

Your requirement(s) for the session(s):

Please come relaxed with comfortable clothing. Each person visiting for *Cosmetic Teeth Whitening* please must bring two big bath towels, one hand towel and bottle of water for your *Cosmetic Teeth Whitening* session. Please come 5 – 10 minutes prior to your booked time.

How to come for a Cosmetic Teeth Whitening session?

When we arrive, please be comfortable and relaxed for your *Cosmetic Teeth Whitening* session.



Please read through the information on the website for the do's and don'ts. We play standard, soothing music for you if you like during the **Cosmetic Teeth Whitening** procedure. You are welcome to bring your own music to enjoy using your headset. You will not be able to eat or drink anything after the teeth whitening treatment for at least 15 minutes (restoring phase). After 15 minutes, you can eat non-coloured or white food but you can only eat or drink coloured food 24 hours after the treatment. This should be strictly followed for best results. If you have eaten anything before the **Cosmetic Teeth Whitening** session, make sure you brush your teeth before the treatment. Female clients should remove lipstick before **Cosmetic Teeth Whitening** session as lipstick can stain the teeth during the whitening process. During your session(s)



As per New Zealand Cosmetic Teeth Whitening Association [NZCTWA] industry price guide schedule, the recommended professional charges for Cosmetic Teeth Whitening fees are as follows:

Retail price per person per session for Pre – **Cosmetic Teeth Whitening** Consultation: \$40.00 for 15-20 minutes [Begins with a briefing session and step by step examination of your oral cavity. Usually free if you have booked for **Cosmetic Teeth Whitening** treatment with us. Please come 5 – 10 minutes prior to your booked time.]

Retail price per person per session for One Cycle x Touch Up **Cosmetic Teeth Whitening** treatment: \$ 250.00 [Involves Pre – **Cosmetic Teeth Whitening** Consultation. 1 session of 15-20 minutes cycle, done same day of visit. Ideally suitable for maintenance purposes - you should have had a **Cosmetic Teeth Whitening** treatment in the past about 3-6 months ago. Please come 5 – 10 minutes prior to your booked time.]

Retail price per person per session for Two Cycle x **Cosmetic Teeth Whitening** treatment: \$450.00 [Involves Pre – **Cosmetic Teeth Whitening** Consultation. 2 sessions of 15-20 minutes cycle, done same day of visit. Ideally suitable for mild to moderate stained teeth requiring this **Cosmetic Teeth**



please try to be in an **upright position**, so your teeth needs to be exposed to **light** for **good results**. **Align your teeth close to each other** in such a way that there is **no over lapping of teeth** during your session(s). During the session(s) you might have **saliva** build-up in your mouth, please **swallow your saliva in intervals** to **avoid discomfort** as there is no harm in swallowing the saliva during treatment.



Whitening treatment. Please come 5 – 10 minutes prior to your booked time.]

Retail price per person per session for Three Cycle x **Cosmetic Teeth Whitening** treatment (90 minutes x 1 day): \$650.00 [Involves Pre – **Cosmetic Teeth Whitening** Consultation. 3 sessions of 15-20 minutes cycle, done same day of visit. Ideally suitable for mild to moderate stained teeth requiring this **Cosmetic Teeth Whitening** treatment. Please come 5 – 10 minutes prior to your booked time.]

Retail price per person per session for Four Cycle x **Cosmetic Teeth Whitening** treatment (60 minutes x 2 days back to back or in gap of few days): \$750.00 [Involves Pre – **Cosmetic Teeth Whitening** Consultation. 2 session of 15-20 minutes cycle done within two consecutive days or in a gap of a few days. Ideally suitable



for heavily stained teeth requiring this **Cosmetic Teeth Whitening** treatment. Please come 5 – 10 minutes prior to your booked time.]

Clinical trials have shown that **multiple sessions** of **Cosmetic Teeth Whitening** provide **relief** from **existing chronic & other medical conditions**. **Multiple sessions** are **recommended** to attain **best results**. Please contact **Salt Cave**



Halotherapy & Wellness Centre for more clarification about present or about any other treatments provided at **Salt Cave Halotherapy & Wellness Centre**.

Research article(s) for **Cosmetic Teeth Whitening**:

Y. Li, Safety issues of tooth whitening using peroxide-based materials, 2013.

Clifton M. Carey, Tooth whitening: what we now know, 2014.

Janaina Freitas Bortolatto, Low concentration H₂O₂/TiO₂ in office bleaching, 2014.

Janaina Freitas Bortolatto, A novel approach for in-office tooth bleaching with 6 % H₂O₂/TiO₂ and LED/laser system—a controlled, triple-blinded, randomized clinical trial, 2016.

Opening Hours:

We are open: 10 am- 7 pm: Mondays to Sundays (Including Public Holidays).

Location:

We are based at: 11 / 326 Sunset Road, Windsor Park, North Shore, Auckland 0632, New Zealand.

There is availability of onsite as well as off street parking for our clients.

Contact us:

Phone: (+64) 9-3907886



Mobile: (+64) 220608886

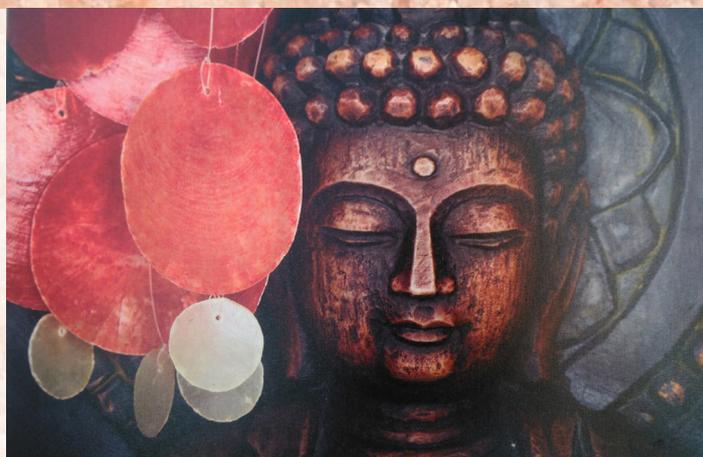
Email: infosaltcavenz@gmail.com

Website: <https://www.saltcavenz.co.nz/>

Also visit us on:

[Website](#) or [Facebook](#) or [TripAdvisor](#) or [Instagram](#) or [Google](#) or [Yelp](#) or [YouTube](#).

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advice, prescribe or dispense medication, or diagnose any disease(s).

