

Smile more in '24

By Dr. Horacio Falcón

The start of a new year is the perfect time to say goodbye to the old and offer a welcome to the new. As you are considering your goals and aspirations for the new year, have you thought about investing in your smile? Many people spend money on gym memberships and weight loss programs — why not prioritize your self-care by getting the smile you've always dreamed of?



If you have big goals for 2024, then you need a confident smile that makes it easy to connect with others. Not only does a beautiful smile have an impact on personal and business relationships, but it feels good to look in the mirror and love what you see.

Research shows that those who consciously or subconsciously smile more live better and longer. Your body releases three hormones that make you feel good when you smile. They include dopamine, endorphins and serotonin. These signal to your body that you're happy, and in turn, you feel happier.

Dental aesthetic procedures, such as porcelain veneers, are minimally invasive and can help turn any insecurities you may have about your smile into your best asset. In most cases, it can make a person look and feel 10 years younger.

If you are ready to make 2024 the best year yet, then my team and I at Falcon Dental Group are here to help you create the smile that you deserve. We invite you to give us a call for an exam and consultation. We'll discuss your goals and discuss the various cosmetic dentistry services that are a good fit for you.


Happy Holidays and warm wishes for 2024!

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