

# YOU & YOUR SMILE

## Benefits of a Confident Smile!

### ENJOY A BOOST IN SELF-ESTEEM

Feeling proud of, rather than embarrassed about, your smile can translate to higher self-esteem in general.

### MAKE MORE POSITIVE FIRST IMPRESSIONS

A confident smile can make engaging in social interactions easier.

### LOOK AND FEEL YOUNGER

A beautiful, healthy smile can take years off your appearance, and smiling is shown to reduce stress.

### IMPROVE YOUR ORAL HEALTH

People with more attractive smiles tend to invest more when it comes to their dental health.



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Sources: Psychology Today, Psychological Science, WebMD.