



# Calvert County NEWS

175 Main Street  
Courthouse  
Prince Frederick, Maryland 20678  
Phone: 410-535-4583 • 301-855-1880  
www.co.cal.md.us

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## FOR IMMEDIATE RELEASE

**Date:** | November 21, 2009

**Contacts:** Danita Boonchaisri, Marketing/Communications Specialist  
410.535.4583 E-mail: [danitab@co.cal.md.us](mailto:danitab@co.cal.md.us)

Mark Volland, Public Information Specialist  
410.535.4583 E-mail: [vollanrm@co.cal.md.us](mailto:vollanrm@co.cal.md.us)

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### Expert Dental Care Without the Anxiety

*Meraj Dental Spa's Pairing of Dental Care with Facials and Massages  
Calms Even the Most Fearful Patient*

**PRINCE FREDERICK, Md. – November 21, 2009** – “Everyone wants to go to the spa but not to the dentist,” muses Dr. Sharmin Meraj, owner of Meraj Dental Spa in Prince Frederick, Md. “People will cancel their appointment for a dental cleaning, but not for a massage,” she says.

That light-bulb realization was what led her to create Southern Maryland’s first combination spa and dental office in spring 2009. The beautiful facility – decorated in rich terra cotta colors, peppered with aromatherapy candles and featuring large, open windows and warm wooden floors – is a traditional dental practice that offers standard services like cleanings, implants, tooth whitening, cavity fillings and porcelain veneers. But those services come with an understanding and appreciation for the fear and apprehension that many people have for dental procedures.

“I recognize that most people don’t like having dental work done,” Meraj says. “Even simple cleanings can be very frightening for some. But I’ve created a cozy space that doesn’t feel like a dental office; it’s a place where people can feel comfortable, relaxed and rejuvenated – all while taking care of their oral health.”

In addition to offering hot towels, heated neck wraps and warm mittens during dental treatments, Meraj also uses quiet drills and ultrasonic equipment and applies a gentle touch to all her procedures. “You have to replace people’s bad experiences with good experiences,” she says. “You can’t just say ‘I’ll be gentle,’ you actually have to create a warm and pleasant experience that will make people want to return.”

## Expert Dental Care Without the Anxiety

Page 2

November 21, 2009

Part of that experience includes spa services for men and women like classic European facials and body massages. All spa services are provided by a licensed esthetician or massage therapist. Dental patients can enjoy a facial or body massage as a means of relaxation before or after dental treatment.

“When I was in dental school, I had a professor who used Shiatsu massage as a method of relaxation for her patients,” Meraj says. “I found that concept very intriguing and saw the benefit it provided for both the patient and the dental staff. Since then, my dream has been to create a dental spa and pair my professional skills in general and cosmetic dentistry with the comfort and pampering that goes along with a professional spa treatment. One of my favorite things is to make a very nervous patient feel comfortable. When I can achieve that, I know I have created a long-term patient who will happily keep dental appointments, maintain good oral hygiene and enjoy a healthy, beautiful smile.”

Dr. Meraj graduated from Columbia University College of Dental Medicine in New York in 1998, completed a general practice residency and then spent four years in private practice in Manhattan. For five years, she worked as an associate dentist in St. Mary’s County. She is affiliated with the American Dental Association, the Maryland State Dental Association, Patuxent Dental Society, the Academy of General Dentistry, the American Academy of Implant Dentistry and the American Academy of Cosmetic Dentistry.

Meraj Dental Spa is located in the Market Square Shopping Center at 995 North Prince Frederick Boulevard, Suite 108, in Prince Frederick. Office hours are Mondays and Fridays, 8:30 a.m. to 5 p.m. and many dental insurance programs are accepted. For more information or to make an appointment, call 410.414.2199, e-mail [merajdentalspa@yahoo.com](mailto:merajdentalspa@yahoo.com) or visit online at [www.merajdentalspa.com](http://www.merajdentalspa.com) or on Facebook.

For more information about the Calvert County, Md., Department of Economic Development, our visitor sites and attractions and the services available to assist County businesses, call 410.535.4583, 800.331.9771 or 301.855.1880; send an e-mail to [info@ecalvert.com](mailto:info@ecalvert.com), or visit online at [www.ecalvert.com](http://www.ecalvert.com).

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*Calvert County is Maryland’s smallest county in land area with 213 square miles. It is home to approximately 90,000 people and has one of the highest standards of living in Maryland. There are more than 5,000 businesses in the County and a labor force of at least 1.8 million resides within a one-hour drive. Major industries include defense contracting, information technology, tourism, utilities, light manufacturing and administrative services.*