

AND FINALLY...

Written by Rhona Eskander



Cosmetic dentist Rhona Eskander from Chelsea Dental Clinic talks trekking, meditation and Instagram

What got you into dentistry?

My parents are in the medical profession and my aunt was a dentist in USA. Visiting her since age 11 always fascinated me. I loved the way in which dentists saw their patients on a regular basis and were able to form strong relationships with their patients.

What do you like most about it?

I think that giving people the smile they deserve is one of the most fulfilling parts of cosmetic dentistry. This is my main area of interest. I do believe that there's an element of artistry involved. Giving someone a smile can be life-changing and that is the type of dentistry I love to be doing.

What would you be if you weren't a dentist?

Honestly I know it sounds crazy but I could not think of doing anything else. It is my passion and my love. I have wanted to be a dentist since I was 11 and can not imagine going anything else.

What's your biggest achievement? (dental or non-dental)

I recently trekked the Sahara for charity. It was amazing to be with like-minded people and conquer the sand dunes. I also got shortlisted for Best Young Dentist and for the Aesthetic Awards. To be in the same calibre as these people is truly amazing.

What gets you out of bed in the morning?

Going to the gym. I have daily rituals and mantras to keep me positive and motivated. I



wake up at 6am, mediate for 10 minutes and then go to the gym for an hour.

And what keeps you awake at night?

Usually thinking about dentistry! I'm always thinking about the next challenge and how to improve my career further. The world is constantly evolving and I always feel the need to keep up.

How do you relax?

I read non-dental books. Get a massage, go to the theatre and travel. I find it difficult to sit still.

What are you reading at the moment?

Shantaram

What was the last film you watched?

Youth with Michael Caine. It was one of the most beautiful films I have ever seen. It is about the

brevity of life and the fear of death.

What was the last thing that made you laugh out loud?

Being tagged in a meme on Instagram by a friend this morning.

What would your 'luxury item' be if you were stranded on a desert island?

Tweezers - I tend to look like Frida Kahlo without them.

What's your favourite food?

Grilled lobster

What's your guilty pleasure?

Has to be Suits (the

TV programme)

What's your favourite album?

Jungle

Where's your favourite holiday destination?

Costa Rica

Describe yourself in three words

Happy, positive and motivated ●

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COMMENTS TO PRIVATE DENTISTRY

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