



Holistic Dental Care For Your Patients

Supporting clinicians with holistic, specialist dental care.

What We Offer:

Ozone therapy	Myofunctional therapy
Ceramic and titanium implants	Paediatric dentistry
SMART amalgam removal	Osteopathy
Biological hygiene treatment	Root canal therapy



Easy 3 Step Referral Process:

Refer → We treat → We return to you.

hello@optimaldental.co.uk
0203 921 1000 | 0778 848 7113
www.optimaldentalhealth.co.uk

Why Refer To Us?

Our goal is to support, not compete, with your practice.

Email Us:



How To Refer:

1. Send patient details, referral reason and any supporting documents.
2. We arrange a consultation
3. We treat and return to you with a summary

Post-Treatment Correspondence

Rest assured, once their treatment is complete, we will send them back to your practice for ongoing care.

Get In Touch With Our Team Today



Dr James Goolnik - Holistic Dentistry

Dr Goolnik is a renowned dentist with extensive experience in holistic dental care.



Dr Ilan Preiss - Cosmetic Dentistry

Dr Preiss is an Invisalign & cosmetic dentist with extensive experience in smile makeovers and minimally-invasive techniques.



Sara Johnstone - Paediatric Specialist

Dr Sara Johnstone is a specialist in Children's dentistry. Focusing on unique needs and dental anxiety from early ages.



Dr Andreas Jahnigen - Implant Specialist

Dr Jahnigen specialises in implant dentistry, offering both ceramic and titanium implant solutions.



Brooke Shipp - Biological Dental Cleaning

Brooke is dedicated to promoting optimal oral health through preventive care, education and bespoke oral hygienist plans.



Anna Galanoudi - Root Canal Therapy

Anna has advanced training in restorative dentistry and CBCT radiological interpretation.



Zara Stella - Nutritional Therapy

Zara provides tailored nutritional guidance to support overall health and well-being through bespoke nutrition guidance and support.



Jenny Nicoll - Myofunctional Therapy

Jenny focuses on assessing and improving oral and facial muscle function, improving breathing, chewing and swallowing.



Aoife Stack - Airway & Orthodontics

Trained in airway-focused dentistry and orthodontics, including clear aligners and fixed braces.



Chris Harris - Osteopathy

Specialises in the new field of Osteodentics as well as Cranial and general Osteopathy.