



Mara Sand, Nelson, British Columbia

Mara is one of the most compassionate, caring, and altruistic people I know. She is always looking for ways to help the underserved access dental care. Mara started The Dental Access Fund many years ago to help those who had no other means of accessing emergency or urgent dental care. She was also a founding member of the TEETH Clinic in Nelson, a non-profit, low-cost clinic. In addition, she volunteers countless hours in her home dental hygiene studio, providing care to people who otherwise would not be able to access dental hygiene services to help them manage their chronic health conditions.

Mara is calm, kind, and competent. She has a genuine interest in my overall health and well-being and has educated me over time to pursue better overall health to support my dental health. When you walk away from your appointment with Mara, your world just feels a little brighter.

Mara provides the personal touch and always encourages good hygiene without seeming to preach. I enjoy my visits to her office. She loves her job and it totally comes through in how she performs her dental cleanings. She is gentle and thorough, and I always leave with shiny teeth and a smile. And sometimes with vegetables from her massive garden.

I've always hated visits to the dentist. When I saw my 70-year-old mom's unusually clean and bright teeth and gums, I asked her, what did you do? Did you bleach your chompers? She said no, but this woman Mara does an incredible job and she is so gentle and kind. So, I made an appointment. I have never left a dental hygienist feeling more educated, empowered, and uplifted! She gave me more helpful information in an hour than I've learned in my entire 35 years of seeing dentists. She helped me understand the link between my teeth and gums and my overall health. She literally showed me how to brush my teeth, what was effective and why, and what wasn't. She recommended xylitol gum, showed me how to floss properly and what techniques were effective, and I was so excited. My mouth felt so good that I shared what I learned for weeks and months after seeing her. She stands miles apart from everyone in oral hygiene I have ever experienced. This woman is an angel of health.



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Best hygienist. She is thorough, gentle, and efficient. I have been seeing Mara Sand as my hygienist for the past decade. Even prior to her being my hygienist she was someone that I knew in the community who was passionate about oral hygiene and shared that wisdom with those in need. There were several occasions when her discussions with me led me to make a quick appointment with my dentist to catch something before it progressed. Since I've been her patient, my oral hygiene health has skyrocketed. She has given me several "above and beyond" suggestions that have helped me tremendously. Seeing her regularly gives her ample opportunity to give continuous feedback about what I'm doing correctly and what needs improvement. I'm so indebted to her for all of her dedication and knowledge. I hope that she continues working for years to come so that she can keep sharing her gift!

Mara is the most caring, considerate, and fascinating dental hygienist. She sings while she works, plays soothing music or engages in enlightening conversation. She informs you of the value of all her procedures. She is gentle and is one of the kindest people I know. I will be so sad when she decides to retire.

Mara has been my superhero for a long time. When I had no money, she let me work for part of the payment for hygiene services. Mara helped me get dental disability after I had heart surgery and could no longer work. When I turned 65 and had a steady income (OAS + GIS) I felt proud to be able to keep up with my dental needs. Mara has been willing to help many disabled people get their teeth cleaned. She is patient, gentle, and very kind. You will never find a more deserving superhero.

Mara is firm but kind and gentle. She is hilarious and always sends me home with fresh veggies from her garden. Honestly, I'm not sure if there is a more loving or kind person. She shines!

Mara was a major force in our community behind the establishment of the low-cost dental clinic to provide services to people in economic need. She also spends a lot of time in her personal practice in doing the same thing, providing services at discounted prices for those who need this help.



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Mara is an awesome hygienist who has devoted hours of care for people with disabilities and those with low incomes. She's a wonderful team player, helping support many new programs in our city. She is definitely a superhero!

Mara is always gentle and thorough. She plays lovely music in the background and often talks to my teeth as she cleans them (very sweet). She always promotes good oral hygiene and is a dear friend. I am spoiled forever by experiencing Mara's thorough, caring hygiene service. She's the best!

Mara Sand is a caring dental hygienist, who is thorough and conscientious. She keeps me informed about flossing and appointments, and she works at home in a very cozy environment. I've been frightened of the dentist since I was a child, but Mara puts me at ease.

Mara's gentle teeth cleaning makes my day. She's even provided care with my two-year-old crawling around on my lap. A very kind and compassionate lady who truly cares about her patients. She's my superhero!

Mara Sand is the best dental hygienist I've ever had, and I've been seeing dentists and hygienists for 70 years! She is patient, kind, thorough, knowledgeable, and effective. I can't imagine life without her and her dental care.

Mara is the absolute best!! She cares a lot for her patients. She does a lot of education and she takes time to explain in detail how to keep your teeth healthy. She helped me change my way of cleaning my teeth. I used to have serious infections but since she has been my dental hygienist, I have no more problems.

Mara is the best dental hygienist I've ever met. She is the most thorough by far, and yet extremely gentle and considerate of our needs. She takes more time to educate her patients than anyone else I've ever met, and I'm always impressed by her depth of knowledge and the quality of information she provides. She has saved my husband and me from all sorts of preventable dental complications.



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Mara runs her practice from her home. For me it is always nice to have a less institutional feel to a health care service. She also takes care of seniors who cannot get to her place in their own homes. She is always giving us ideas about things we can do to better our oral health. My wife had gum recession and Mara gave her strategies to help stop it. My wife did this diligently and it worked. Mara also sends the results of our visits to our dentists. She seems to have a very good rapport with them. Mara is cheerful, enthusiastic, and professional. An exceptionally good oral health care provider.

Mara's amazing! She does a very thorough examination and is so kind! When I changed jobs a few years ago and lost health benefits, Mara let me do a work trade so I didn't have to miss a single cleaning!

Mara is efficient, gentle, compassionate, and always has good tips for improving my self-care. I enjoy the relaxed and private atmosphere of her home and admire all the work she does in our community.

Mara Sand is an exceptional dental hygienist who brings such a warm and grounded sense of safety, kindness, and gentleness to her work. Going for a check-up and cleaning with her is like a breath of fresh air! Mara is generous with her knowledge and skill, and I always feel inspired to take better care of my oral health after my time with her. One of the things I love most about Mara's work is her holistic approach. She views the whole person and educates her clients on what they need to know to work towards best overall health and wellness.

Mara is amazing! She is wise and shares lovely stories and wisdom every time I get a treatment. She is so thorough and gentle. I feel so relaxed while she works on me and am so grateful to her. ❤️



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