



## Heather DeJonge | The Relaxed Hygienist

REGISTERED DENTAL HYGIENIST | SOCIAL MEDIA INFLUENCER

### ABOUT HEATHER

Hi, I'm Heather- dental hygienist, entrepreneur, certified stress & burnout coach, registered yoga teacher, and freelance marketer specializing in digital growth. I'm the founder of The Relaxed Hygienist and MeTreats: Virtual CE's and Wellness Experience, where I help hygienists prioritize their health without stepping away from their careers.

What started as me sharing my own experience with stress and burnout quickly turned into something bigger. As more hygienists opened up, I realized just how many of us were struggling- and how little support we were given to handle it.

Now, I'm here to change that. Through education, tools, and real conversations, I help hygienists find balance, feel better, and show up fully- not just in the operator, but in their lives.

### COLLABORATION OPPORTUNITIES

I love working with brands that care about both patient outcomes and the wellbeing of the professionals providing that care. By combining industry insight with strategic marketing, I create collaborations that genuinely support and resonate with the dental community. If you're passionate about making an impact, I'd love to explore how we can work together.

### PRICING

- IG Reel | \$300
- IG Story Set (1-3 frames) | \$100
- 1 Day Takeover | \$500

 @the\_relaxed\_hygienist

15.7k+  
followers

200k+  
monthly reach

96%  
of audience is female

18k  
accounts engaged/month

**YOUNG**<sup>®</sup>  
SPECIALTIES

**Pac-Dent**<sup>®</sup>  
Passion for Excellence

**Dentach**<sup>®</sup>  
Oral

**DentiCalm**



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