

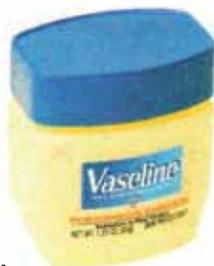
BEAUTY

10 SMILE TIPS TO TRY NOW!

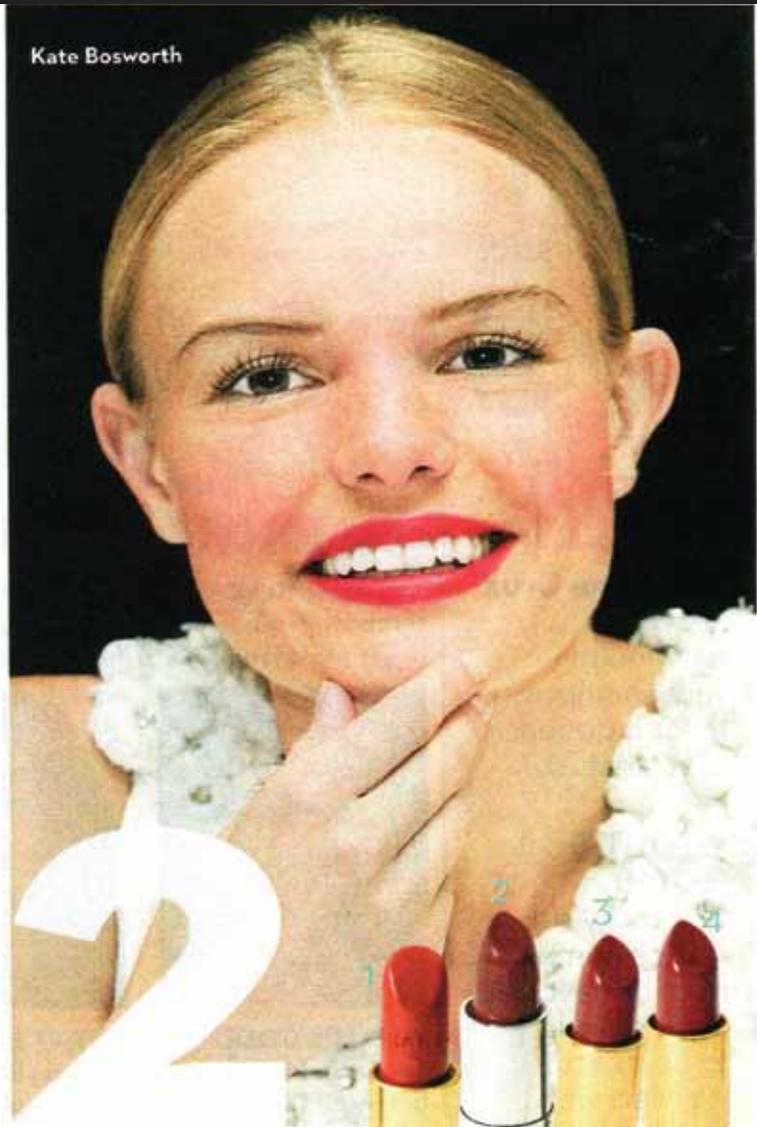
OK! ROUNDED UP THE EXPERTS FOR SOME EASY, YET BRILLIANT, TRICKS FOR ACHIEVING . AND KEEPING GREAT TEETH

1 BE A BEAUTY QUEEN

"To avoid coffee, tea or wine stains, rub Vaseline over your teeth before going out. The petroleum jelly acts as a barrier to prevent staining your teeth." — Gregg Lituchy, dentist at Lowenberg & Lituchy Dentistry
Vaseline Petroleum Jelly, \$2; drugstores



Kate Bosworth



2 RUBY-RED

"The best lip color to show off your smile is a red



lipstick with blue undertones. It gives an instant whitening effect." — Dr. Jill DeBiasi, NYC cosmetic dentist

3 CREATE A CLEAN SLATE

"Whitening clean teeth is always the best. Think of it like painting your house: You would wash the walls before you paint to get the best results! By having a thorough cleaning and checkup, your dentist can decide where and what teeth to whiten." — Laura Kelly, American Academy of Cosmetic Dentistry



4 GET THE EDGE

"Keep a silver spoon with your toothbrush, and use it each time you brush. How? Tilt the spoon inward, and scrape your tongue back to front. The friction will help to remove odor-causing bacteria, aid in reducing bad breath and improve your palate. When you brush your tongue with your toothbrush, you're just spreading bacteria around." — **Dr. Cheryl Tomasulo, NYC cosmetic dentist**



5 WHITEN ON THE GO

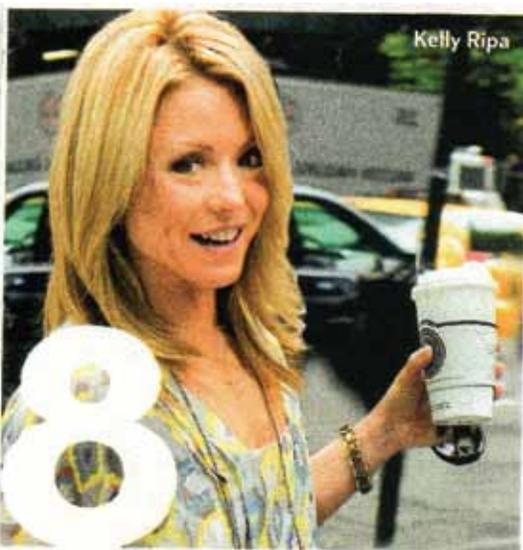
"For a sparkling, fresh smile like Jessica Alba's, carry a whitening pen in your purse. It safely removes stains before they set and helps freshen breath." — **Dr. Jennifer Jablow, dentist**



Jessica Alba

6 START SIPPING

"A good rule of thumb: If it stains a white shirt, then it will stain your teeth. Drink dark colored drinks like soda through a straw. Less contact with the teeth means fewer stains." — **Dr. Lana Rozenberg, cosmetic dentist**



Kelly Ripa

8 GO GREEN

"Celebs love Starbucks, but I suggest switching to green tea. It has catechins, which kill bacteria in your mouth that turn sugar into plaque. So the next time you need a pick-me-up, sip some green tea!" — **Dr. Jeff Golub-Evans, NYC celebrity dentist**

9 JUST DO IT



"Floss! We've been told this our entire lives, but it's true. Flossing really is your first line of defense against plaque buildup, bad breath and gum disease. By eliminating those nasty, hard-to-reach food particles, you are also protecting yourself against bone loss and even heart disease — all linked to poor dental health." — **Michael Kosdon, dentist to the stars**

10 CHEW ON THIS

"I tell my clients like Chloe Sevigny to snack on cucumbers and carrots. They require lots of chewing which increases saliva production to help flush away stains, and the vitamin A helps build strong teeth." — **Dr. Michael Apa, celebrity cosmetic dentist**



Chloe Sevigny