

Secrets to a Star-Worthy Smile

Celebrities are known for their blinding white teeth and luscious lips...and you can be too. Here, we asked experts for advice on glamming up your grin.

There's a reason why most men say a sexy smile is the first thing that attracts them to a woman: "Unlike other facial expressions, a smile can be seen from as far away as 145 feet," explains Paul Ekman, PhD, professor emeritus of psychology at the University of California at San Francisco School of Medicine and a pioneer of research on facial expressions. That's easily the length of a bar or dance floor—which means there's simply no excuse not to have a gorgeous, guy-grabbing grin. To nail a notice-me pout, you need bright white teeth and lush, full lips, says New York City dentist Lana Rozenberg. We'll give you all the info to make your mouth a total man magnet.

Sneaky Whitening Trick

"To really bring out the crisp white color, use a cool, blue tone-based lipstick like soft plum cherry. This will downplay any yellowness in your enamel and make your teeth look as white as possible," says Paul Starr, celebrity makeup artist for Estee Lauder. He suggests Estee Lauder Pure Color Long Lasting Lipstick in Maraschino, \$22. Another great blind-them-with-your-smile buy: Cover Girl Wetslicks in Bergandazzle, \$4.99.



Twinkling Teeth

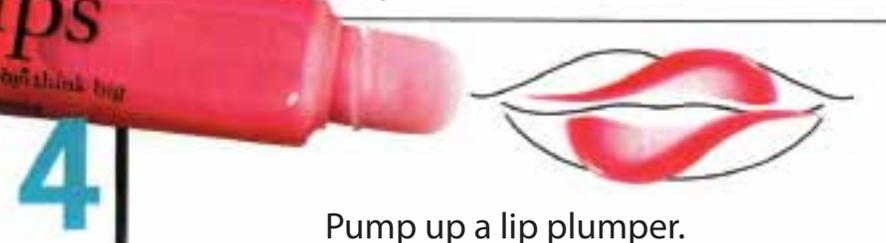
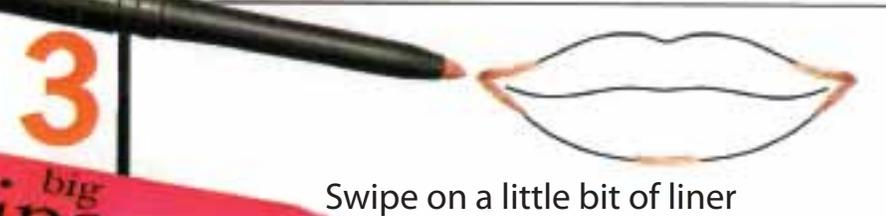
Between coffee, tea, soda, and wine, there are a ton of tooth-staining culprits. Thankfully, "whitening is as easy, and painless," says Dr. Rozenberg. Her bleaching basics:

On-the-go. Paint-on whiteners, like BriteSmile To Go whitening pen, \$29.95, are convenient because you can keep them in your purse and dab a drop or two on your teeth whenever you feel the urge—in your car, after a lunch date, or even at work. "Just be sure to keep your lips from touching your teeth before the substance dries," Dr. Rozenberg says. "Otherwise, it'll wash right off in your mouth." But don't expect to notice a major change, she says. Products like this are a temporary fix and typically don't whiten more than a shade or two max. and you'll be out of the dentist's office in under an

At home. Dr. Rozenberg recommends Crest WhiteStrips Renewal, \$39.99. "They don't whiten as well as in-office treatments, but they're far less expensive and can lighten up to four whole shades,"

she says. Another option? Prescription-only Opalescence Bleaching Gel. Unlike OTC tray whitening kits, this one contains trays prefilled with bleach so it's mess-free. Also, since the trays mold to your teeth, the whitening agent is more evenly distributed and is less likely to be rinsed off with saliva.

Professional procedures. Pro laser brightening is the most powerful and longest lasting of all bleaching treatments. The good news? Your buds will be blinded by your smile (up to 10 shades lighter!), and you'll be out of the dentist's office in under an hour. The bad? It starts around \$600 but also requires pricey follow-up visits. A slightly less expensive alternative: BriteSmile centers charge \$600 for a non laser, one-time treatment.



First, remove dead skin with an exfoliating balm. We like GoSMILE's Smileceuticals Balm, \$18. Or rub a baby toothbrush coated with petroleum jelly over your lips before bed. You'll wake up with a primed smacker.

Run an opalescent, shimmery highlighting pencil like Lola Highlighter Pencil, \$20, along the cupid's bow of your lip. Celeb makeup artists use this trick all the time since the illumination makes lips appear fuller.

Apply a nude liner to your outer comers—it will widen your mouth. Try Mac Lipliner in Sublime Culture (at left), \$13.50, or Cover Girl Outlast Lipliner in Nude, \$5.99. Also, trace the indent below the center of your bottom lip.

A lip plumper will make your pout stand out by temporarily stimulating blood flow. One option: Philosophy Big Lips Lip Slicks, \$20. Prefer regular lipstick? Stick to moisturizing formulas in bright or shimmery hues.

**Sly
Straightener**

"An orthodontic retainer can straighten mild crookedness while you sleep," says Dr. Rozenberg. Or "consider Invisalign, a semi-invisible form of braces."



Halle Berry's so hot, even her teeth make men melt.



Cameron Diaz's megawatt smile lights up Hollywood.



Jessica Biel's gorgeous grin puts us in 7th heaven.