

WHITE TEETH

That morning coffee or glass of red wine with dinner can yellow your teeth as you age.



AT HOME Over-the-counter kits are easy to use and whiten teeth from three to five shades in as little as two hours. "If one strip isn't long enough to cover your front eight to 10 teeth—the amount that shows when you smile—you can use two," says Lana Rozenberg, D.D.S., a cosmetic dentist in New York City. Touch up as needed every six months. The right lipstick can also give your smile an instant brightening boost. Choose a berry shade; the cool blue undertones make teeth appear whiter.

TRY 1 Crest 3D White 2 Hour Express Whitestrips, \$55 per box **2** Avon Healthy Makeup Lip Conditioner in Berry, \$9

SEE A PRO Want to get a more dramatic whitening improvement? An in-office treatment, such as Zoom 3 Advanced Power Teeth Whitening (\$650), can whiten seven to 10 shades in one 45-minute session and lasts for two years.



FUZZ-FREE UPPER LIP

It's common to sprout dark hairs as early as your 30s. Changing hormones, especially during menopause, make the problem worse as you age.



AT HOME "The upper lip is fairly easy to wax yourself, since the hair is very fine," says Cindy Barshop, founder and owner of Completely Bare Spas in New York City. Prep the area with rubbing alcohol or witch hazel to remove any oils, then dust with baby powder so the wax will grab only the hairs. Apply a low-temperature strip wax (it's gentler on skin) in the direction of the hair growth. Hold your lip taut and peel back quickly.

TRY 3 Dickinson's Original Witch Hazel Oil Controlling Towelettes, \$5.50 for 20 packets **4** Completely Bare Ouchless Wax, \$25

SEE A PRO Laser hair removal (up to \$150 per session) is a permanent solution to those annoying hairs. You'll need a series of six treatments, since upper-lip hair is notoriously stubborn, says Dr. Dover.



NEAT BANGS

Brow-grazing bangs are super stylish but high maintenance. To keep them out of your eyes, you need a trim at least every three weeks.



AT HOME While we always recommend leaving a major haircut to a pro, a DIY bang trim is manageable in between appointments. You just need a pair of drugstore hair or cuticle scissors, says Tommy Buckett, a stylist at the Marie Robinson salon in New York City. On dry hair, hold the scissors vertically (parallel to your nose) and make quarter-inch cuts up into your bangs in tiny sections. "Essentially, you're shortening your hair by thinning out the ends," says Buckett.

SEE A PRO Most salons offer a bang trim gratis to regular customers, so don't hesitate to stop by for a quick clip if you don't feel confident doing it at home.

