



Q&A

I want a whiter smile, but when I went to the drugstore, I was totally overwhelmed. Help!

Now that teeth whitening is all the rage, store aisles seem flooded with gels, strips, wands, and pastes pledging to get the yellow out. Where to put your money? "Studies show that gel procedures work best," says Debra Glassman, D.D.S., a Manhattan-based cosmetic dentist. **Try:** Oral-B Rembrandt 2-Hour White Kit, \$20, a tray-and-gel system. Whitening toothpastes offer a good way to maintain the pearly color. **Try:** Arm & Hammer Enamel Care Natural Whitening With Liquid Calcium, \$3.50. **More tips:** Slick your lips with a rusty brick or burgundy shade to bring out the white; stay away from orange hues.