

People

OCTOBER 2008

STYLE WATCH



**BEST
NEW
FALL**

BOOTS!



**An
Every
Price!**

**LOOK
BETTER
WITH LESS
MAKEUP!**



**GREAT
BUYS
UNDER
\$99!**



**Hot
Bags**



**Pretty
Tops & Fun
Jewelry**



**Cute
Flats**



**359
LOOKS YOU'LL
LOVE!**

**Get
John
Cary Style**

Cool Coats & Cozy Sweaters
Plus! Work Styles for Every Budget



Whiten Your Smile ON THE GO!

We found three simple ways to get your teeth in tip-top shape—you'll be flashing a sparkly grin in no time flat!

1 Brightening mints

How they work Used twice daily after brushing, these mints contain hydrogen peroxide to whiten teeth, zinc phosphates to help keep teeth and gums healthy.

The result You should notice a difference in 30 days.

• **SmileFree Professional For Oral Care**, \$19.97 for 30 mints, drugstore.com



scrub the
KIT in your
makeup bag!

2 Stain-preventing gel

How it works Applied to teeth immediately after meals, the flavored gel—loaded in a single-use applicator—stops stains from setting.

The result Removes new stains, and regular use (up to three times a day) will whiten teeth up to two shades in two weeks.

• **Go Smile! Tooth-Up Travel Variety Pack with Carrying Case**, \$24 for 14 applicators, go-smile.com



3 Wear-anywhere strips

How they work Store for 30 minutes a day, these easy-to-use strips (you can talk and drink water while using) attack stains on the surface and below the enamel.

The result Super teeth-to-be brighter after three days, but it takes 14 days to see the full effects.

• **Crest Whitening Advanced Gel Strips**, 14 for \$16 at drugstore.com

EVERYDAY TIPS

• **Brush after every meal.** Increasing healthy mouth bacteria (acidobacteria) is best for two minutes with a whitening toothpaste, says celeb dentist Dr. Debra Glusman. Don't forget your tongue—it can harbor detrimental bacteria.

• **Steer clear of acidic foods and drinks.** Lemons, cranberries, and other sour can make teeth enamel more porous and susceptible to staining. Brush your teeth after consuming them, but wait 30 minutes before you do—the fluoride in your toothpaste doesn't mix well with acid.

• **Drink lots of water.** It doesn't just keep you hydrated; it can also help neutralize food and drinks from staining your teeth, says Glusman.



Whitening Toothpaste Gel
Whitens with
New Bright Strip,
\$2.99 at drugstore.com