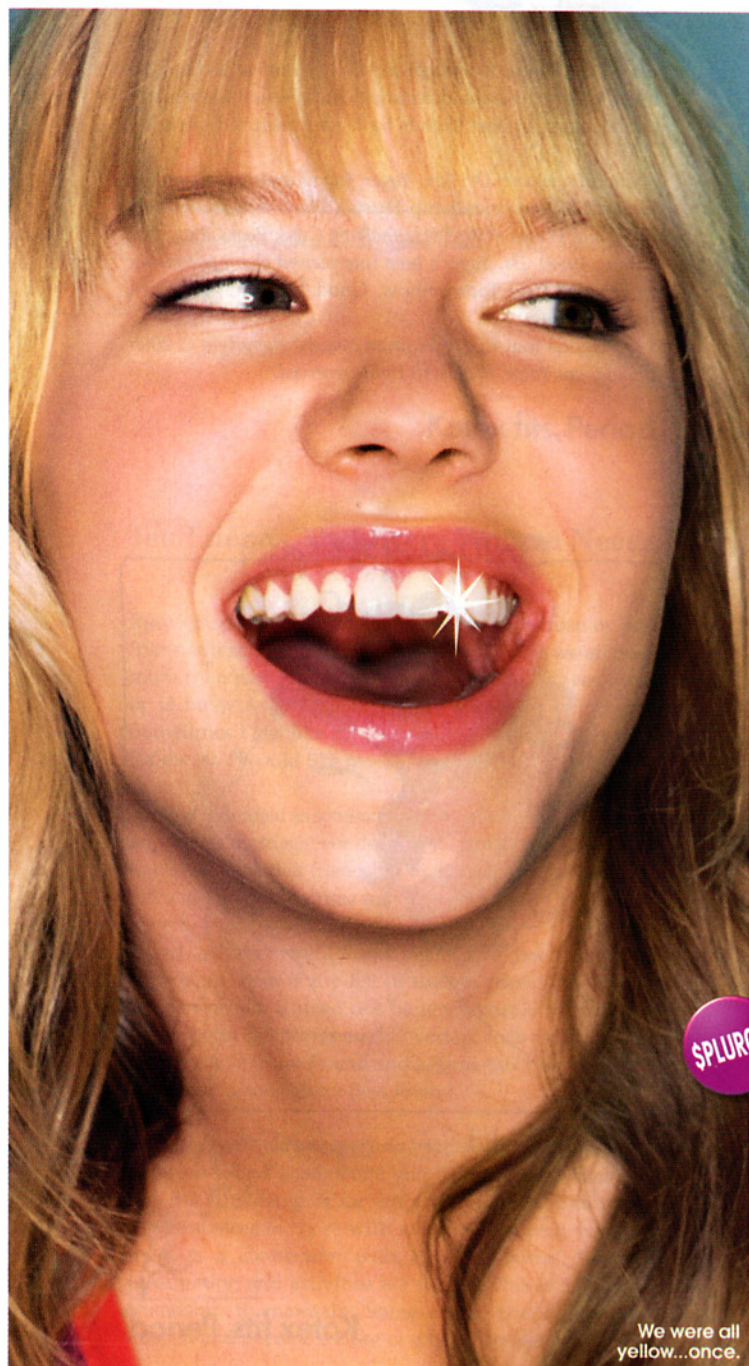


## the cg! look: tricks of the trade twinkle teeth!

Believe it, baby! You can get choppers as white as any celeb's. Here's how.

**Remember** that *Friends* episode with Ross and the black light? It was pee-in-your-pants hilarious, because his teeth were way too white—blinding even! Here, Dr. Debra Glassman tells you about four ways you can get a Hollywood smile that's just right.



**SPLURGE!**

We were all yellow...once.

### WHITENING TOOTHPASTES

They contain baking soda, calcium phosphate, and/or peroxide. Baking soda buffs off stain-causing plaque, while calcium phosphate fills pores in your teeth so plaque won't collect there. And hydrogen peroxide helps to lighten stains.

**PROS:** You can safely use them with other whitening products. **CONS:** Pastes can't remove major stains like other whiteners can. **THE**

**CG! TEST:** "My teeth were whiter in about a month." —Isis, 16, Melbourne, FL



Try Arm & Hammer Enamel Care Toothpaste, \$4, at drugstores.

### STRIPS

The hydrogen peroxide on each strip brightens enamel. Stick them over your teeth for 30 minutes.

**PROS:** Your smile will be a shade whiter in a few days. Strips are flexible, so they'll still fit even if your bite isn't perfectly straight.

**CONS:** They taste kind of funny. And if you have big teeth, the strips might not cover them. **THE**

**CG! TEST:** "I sounded like Donald Duck with them on, but they made my teeth model-white for months." —Jill, 21, Brooklyn, NY

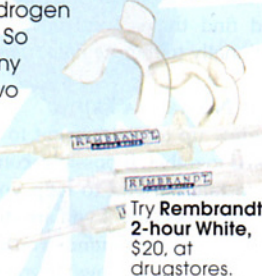


Try Crest Whitestrips Premium Plus, \$40 for 40 strips, at drugstores.

### TRAYS

A tray filled with a thin ribbon of hydrogen peroxide gel fits over your teeth, lightening them half a shade with each use. **PROS:** The gel seeps between teeth to get to hard-to-reach stains, and the trays protect the inside of your mouth and your lips from irritation. **CONS:** Exposing the gel to air makes the hydrogen peroxide less effective. So recap and throw out any unused portion after two weeks. **THE CG! TEST:**

"There wasn't a strong taste and I saw results almost immediately." —Jess, 16, West Seneca, NY



Try Rembrandt 2-hour White, \$20, at drugstores.

### LASERS

**HOW THEY WORK:** A dentist squirts a gel with a high percentage of peroxide onto your teeth. Then she shines a laser on them in 15-minute intervals for 1 hour. **PROS:** You can end up 10 shades whiter in one visit. And if you use other whiteners, the results are long-lasting. **CONS:** It's expensive (about \$600 a session) and a dentist has to do it because of the high percentage of peroxide. Plus, your teeth can feel sensitive for a couple of days. **THE CG! TEST:** "My teeth tingled during the procedure, but the results are great!"

—Hannah, 15, Athens, GA