













## Change your lip gloss to brighten teeth

"Blue-based colors like mauve or a sheer plum can make teeth look whiter," Roncal tells Us. Lip hues to avoid? Orange-reds and corals. "The yellow tones in these shades can reflect onto your teeth."

## Remove mild stains

"Chewing a piece of sugarless gum after a meal prevents staincausing foods or liquids from adhering to tooth enamel," says NYC cosmetic dentist Debra Glassman.

