

HOW TO GET A...

HOLLYWOOD SMILE

DREAMING OF A WHITE CHRISTMAS? GET WHITE TEETH!



Hilary Duff instantly fixed her uneven teeth with a set of veneers, which made the young star look sophisticated.



Miley Cyrus shot to fame even with crooked teeth. But once she got veneers, her star climbed even higher.

Ever wondered how the celebs get such picture-perfect smiles? Well, if you've watched those dramatic makeover shows, then you know a fine set of sparkling white teeth—a la Scarlett Johansson or Oprah Winfrey—can not only take years off your look, but give you a confidence boost as well.

Marvin F. Dorotheo, DMD, tells us how beautiful teeth can make a huge difference. "Celebrities need to have perfect teeth because it is their job to look good on screen. Most often, we see celebrities' faces up close on our TV or movie screens. Facial flaws including teeth stains are magnified and are a real turn-off to viewers." Dr. Marvin adds that "a beautiful smile is a requirement and these celebs' teeth play a very important part on whether or not they get a project or an endorsement. Celebs not only need a perfect figure to look great, they also need a perfect smile!"

If you're thinking that a perfect smile can only be achieved by spending painful hours in a dentist's chair (and therefore you would rather stick to your not-so-pearly whites), think again!

The good news is, with the great new advances in cosmetic dentistry, improving your smile can be quick and pain-free!

GET A MINI MAKEOVER

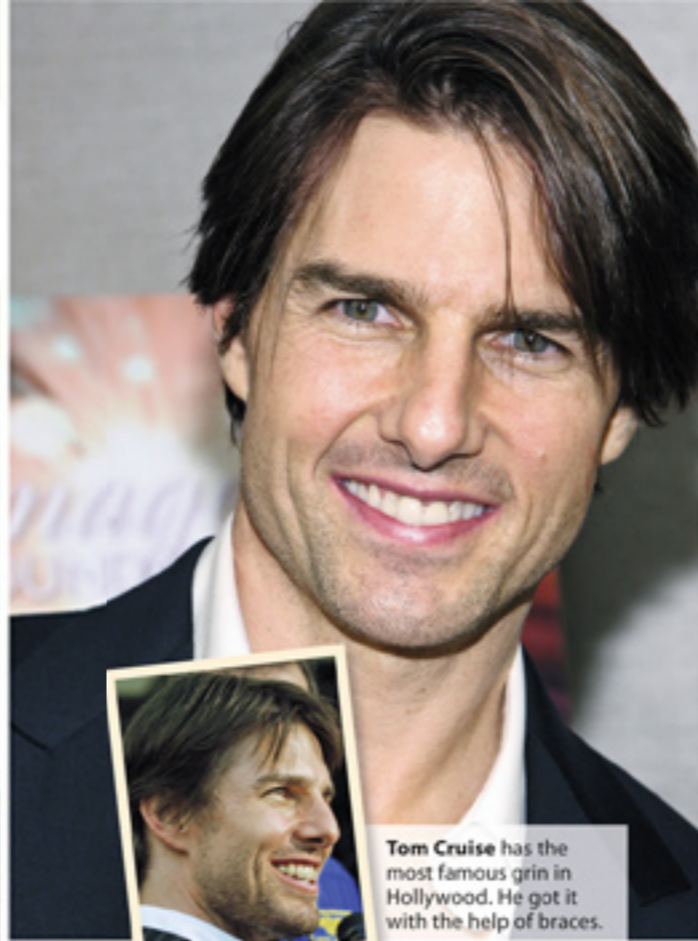
Super-fast makeovers, like laser whitening and veneers, are becoming the new cosmetic must-do. In just a lunch hour, you could get laser-whitened teeth! Hollywood stars and supermodels regularly get their teeth whitened. Fergie, Chanel Iman, Coco Rocha and Eva Longoria Parker all swear by teeth bleaching. Whiter teeth not only means a nicer smile, they also make you look younger.



Dr. Marvin explains, "It is proven in recent studies that as we grow older, our teeth tend to turn yellow. For this reason, white teeth make us look fresher and younger. A brilliant smile gives the impression of vitality and confidence compared to damaged and discolored teeth that look unkempt and dull."

We also see from reality makeover shows that dental treatments are the first step to looking younger. Dr. Marvin agrees: "Nowadays, the market is saturated with skin products that promise to delay and reverse the sign of aging. It is important to note that to look younger, we should not only take care of our skin; it is equally important to take care of our teeth because shiny white teeth are guaranteed to brighten up the face and give you a dazzling smile."

If you need more than just brightening, you could order a completely new smile without resorting to dentures. This miracle treatment is called veneers and stars like Chloe Sevigny, Miley Cyrus and Hilary Duff have them. Veneers straighten the look of uneven teeth, filling in small gaps and give long-lasting whiteness. Chloe says, "I broke my front teeth so I had to get



Tom Cruise has the most famous grin in Hollywood. He got it with the help of braces.

them." This popular treatment works by digitally mapping your teeth, then you return a few weeks later to have the porcelain veneers adhered—without having to grind down or destroy your natural teeth.

GOOD TEETH START WITH YOU!

If, like Madonna, you prefer to keep your dental imperfections, there are still simple steps for whiter, brighter teeth—starting with actually going to the dentist! Research shows half of us can't even be bothered to go for regular check-ups or even brushing and flossing!

Matthew McConaughey insists his great teeth are down to brushing numerous times each day, however, over-brushing and abrasive toothpaste can lead to receding gums and, in turn, decay at the root of the teeth. Brush for about 2-3 minutes in short gentle strokes using a soft brush and a gentle toothpaste. A low-acid diet (see sidebar) can also help. Gum inflammation or gingivitis is also on the rise—which isn't only bad news for your teeth. Dr. Marvin says, "An improved smile

Acid trip

What you eat contributes to enamel erosion and staining. Red wine, tea, blueberries, soy sauce, balsamic vinegar, tomato sauce, and grape and cranberry juice are the main teeth stainers while apples, celery, and carrots are natural stain removers, and greens like spinach, broccoli, and lettuce create a stain barrier on teeth. Juice, soft drink (especially citrus and cola flavors), caffeinated beverages and alcohol are the main culprits that dissolve enamel, so use a straw, rinse your mouth with water afterwards and include these foods to keep teeth strong.

- » **Green and black tea:** contain catechins that prevent cavity-producing plaque and may reduce gum inflammation.
- » **Chewing gum:** sugar-free varieties containing xylitol increase saliva and protect enamel.
- » **Dates:** are natural teeth whiteners, rich in fluorine—an enamel-friendly compound that can help reverse early tooth decay, strengthen enamel and guard against plaque.
- » **Yogurt:** sugar-free varieties help keep a

positive bacteria balance in your mouth as well as your gut. Yogurt also helps cure bad breath.

- » **Cranberry juice:** may stain your teeth but it also stops bacteria from sticking to them and causing plaque, too.



Breath of fresh air

Bad breath affects about half of the population, but recent research suggests that some mouthwashes can do more harm than good! "According to the Dental Journal of Australia, there is now sufficient evidence that alcohol-containing mouthwashes contribute to the increased risk of oral cancer," said Narelle Chenery, creator of the organic oral care range Miessence.

"Bad breath is caused by bacteria in the mouth and fibres of the tongue that feed on protein and release sulphur compounds," Narelle added. "They're not harmful—in fact, you need them to digest proteins—so the only long-term solution is

to keep the bacteria in check." Control the bacteria population in your mouth with regular brushing, lots of water and a mouthwash that is free from alcohol.



makes you look good because you feel good. It is not only meant to enhance you physically, but more so to address dental problems that may be affecting your health and over-all well-being." Indeed, a link has been made between gingivitis and a higher risk of cardiovascular disease, diabetes and stroke, so floss and see your dentist if you notice any plaque, redness or gums that seem to be coming away from the teeth.

Dr. Marvin reiterates, "A smile is one of the most noticeable features of a face. Having missing, damaged, crooked or stained teeth may take away one's confidence in smiling or even in simple daily conversation. Imagine being conscious every time you smile at someone or pose for pictures!" We can't stress enough how important it is to care for your teeth! Dr. Marvin concludes, "Having an improved smile can have a dramatic impact to your self-confidence and self-esteem. In fact, studies in the United States and Canada have cited significant development in the careers and personal relationships of millions of people who have sought dental procedures in improving their smiles." So brush, floss and see your dentist now!

Guess who'll be smiling with your help?



Make this Christmas season even happier by helping children with cleft palates and cleft lips. This facial deformity not only disfigures a child, it also leads to malnutrition, respiratory ailments and other infections. Children with cleft deformities face ridicule, and often these kids would rather not go to school or even go out of the house in fear of being humiliated. They then grow up without the social, communication and work skills needed to become productive members of society.

Like celebrities **Jessica Simpson**, **Annette Bening**, **Mariah Carey**, Jackie Chan, Queen Rania and many more, you can help. For every item purchased from GUESS stores, P100 will be donated to Operation Smile, which provides free operations to these children. So you've not only bought a fashionable item, you've also brought a beautiful smile to a child's face. And we all know the difference a smile makes!



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