MORE Style



REAL-LIFE SOLUTIONS
BY FASHION AND BEAUTY
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Whiten up!

hite is my favourite colour - not just for home decor, but for teeth. I've tried a number of at-home whiteners: dentistmade moulded plastic trays used with syringes of a hydrogen peroxide solution, white strips that you peel and apply, toothpastes, gum, even little self-brushon products. All of these had a positive effect to some extent. But I recently

bit the big enamel bullet, and went for a professional "Zoom" treatment with cosmetic dentist Jordan Soll of Toronto's Aesthetics in Dentistry.

Zoom is a bleaching process that lightens the discoloration of the enamel. The results can be immediate and dramatic. And while the two-hour procedure is not the most enjoyable I have ever had done, it is certainly not unbearable. Your lips and gums are covered with a retractor and a dental dam, leaving only your teeth exposed. Whitening gel is applied to each tooth, and then a specially designed light is focused on your teeth. This process is repeated three times, with the gel removed and reapplied every 15 minutes. In my case, the two hours passed quickly. The unexpected delight? I was treated to a warm paraffin hand treatment while "zooming."

Afterwards, I followed a

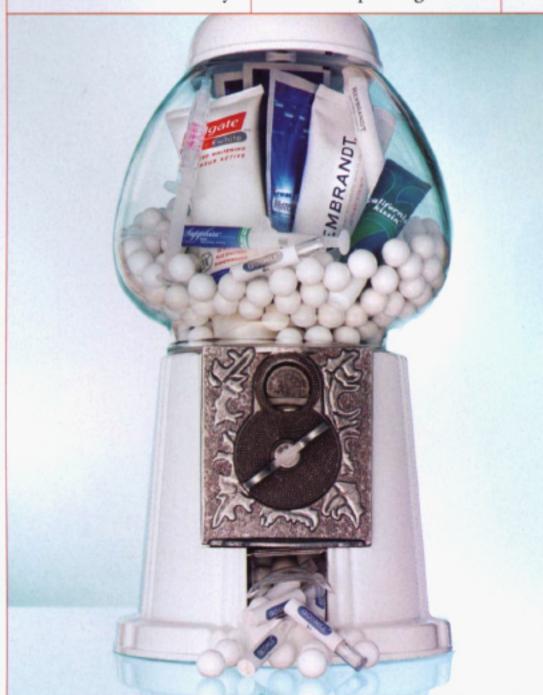
"white food only" diet for three days to achieve the best results. Oh, sure, I missed red wine, but the results have kept me smiling.

Not everyone may want to spend \$595 for Zoom, however, so here are some at-home products that are worth sinking your teeth into.

- Colgate's Visible White Advanced Whitening Fluoride Toothpaste (\$6) helps remove surface stains.
- Used five minutes a day, the
 Crest Whitestrips
 Daily Multicare

strips (\$50) gradually whiten teeth. They really work!

- The Rembrandt Whitening Pen (\$25) provides a convenient way to erase stains before they set in.
- Rembrandt's Intense Stain Toothpaste (\$10) is another of this trustworthy line's specialty products.
- The slight, aqua-blue tone of Benefit's California Kissin' Smile Brightening Lip Shine (\$19) makes teeth appear whiter.
- The Sapphire Professional Home Whitening System (\$250) is to be used with a dental mould for 30 minutes a day.
- The syringes in Rembrandt's Professional Treatment Kit (\$60) come complete with a tray applicator — squeeze gel from the syringe into the tray and pop it into your mouth.
- GoSmile's Advanced Formula B1 ampoules (\$120) can go with you anywhere. Rub the minty-flavoured liquid onto your teeth and wait 20 minutes. With continued use, you'll obtain a radiant smile.
- You'll only see the BreathRx bubble gum machine at your dentist's office. It dispenses toothwhitening gum: truly an adult confection!



We know beauty takes a little attitude and a lot of experience. Share your age-defying tales: Email me at hilary@moremagazine.ca.