

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

# NEW BEAUTY

**\* THE LATEST  
ANTI-AGING DIET  
AND SKINCARE PLAN**

**MOISTURE MOLECULES THAT  
ERASE LINES  
IN SECONDS**

# MAKEOVER ISSUE

**CELEBRITIES  
WITHOUT  
MAKEUP...**  
THEIR PERFECT SKIN SECRETS

**THE 10-MINUTE  
CELLULITE  
SMOOTHING  
MACHINE**



newbeauty.com



## Make over your smile

If you want to preserve your smile for years to come, it's important not to neglect at-home care. Without it, in-office procedures such as professional dental cleanings, whitening treatments, veneers, crowns and bonding become less effective, as plaque deposits can wear down the tooth's structure and inflame surrounding gum tissue. To keep your smile in tip-top shape, brush teeth at least twice a day (and after meals) and floss before bedtime. Once your teeth are clean and healthy, at-home cosmetic treatments like whitening can be considered. Bleaching trays fitted to your teeth by your dentist allow you to whiten your smile yourself. Once you've reached a shade you're happy with, move on to maintenance. This involves caring for the teeth and gums via proper brushing and flossing, professional cleanings every six months, and frequent at-home bleaching touch-ups when your smile is in need of a quick enhancement.



When drinking dark-colored beverages, try sipping through a straw to minimize contact with the teeth.



### SNAP ON A NEW SMILE

Custom-designed to fit the arches and grooves of your teeth, **Snap-On Smile** is a noninvasive, stain-resistant dental appliance that snaps snugly over your natural teeth. It provides you with a temporary smile makeover that you can remove at the end of the day. There are a variety of different shades and tooth shapes available through your dentist. Although not a permanent solution like crowns, veneers and orthodontic treatments, it is an option for those who wish to "test-drive" a new smile or are looking for an easy smile fix. *Starting at \$1,200, [snaponsmile.com](http://snaponsmile.com)*

### QUICK FIX

brush and floss your teeth after meals and before bed to remove accumulated debris

### ENHANCE AND MAINTAIN IN-OFFICE RESULTS

use at-home products aimed to keep the smile white and clean

### DRAMATIC RESULTS

try at-home, professional-strength bleaching for an instant, powerful pick-me-up



### HIGH-TECH TOOTH CLEANER

**Crest Weekly Clean Intensive Cleaning Paste** is a once-a-week, nonabrasive polishing paste that utilizes silica to buff away surface stains and plaque, leaving your teeth feeling smooth and clean, like you just left the dentist. \$4, [crest.com](http://crest.com)



### ONE-STEP TOUCH-UP

A mint-flavored, lipstick-shaped whitening stick with a built-in mirror, **WhiteICE** contains stabilized peroxide that combines with the heat and moisture of your mouth to brighten your smile. Rub a thin glaze over your teeth, and watch as it dissolves. The kit also comes with 20 deep-cleaning Fresh Up tooth wipes that you slip on your finger to remove buildup prior to using the stick. \$60, [whitescience.com](http://whitescience.com)



### BLEACH-FREE WHITENING

A collagen- and antioxidant-enriched smile line wrinkle filler on one end and a smile-brightening lip gloss on the other, **It Cosmetics My Youthful Smile** instantly creates the illusion of whiter teeth. Available in blue (which goes on clear), pink and red, all three shades contain blue-based microcrystals that counteract the yellow tones of your teeth, while the wrinkle-filler end helps plump up the appearance of the lips. \$32, [itcosmetics.com](http://itcosmetics.com)

### CAN WHITE WINE STAIN YOUR SMILE?

According to a 2009 study by NYU dental researchers, white wine can make your teeth more prone to staining. The researchers soaked six bovine teeth in white wine for one hour and then in black tea, comparing them to bovine teeth that were only soaked in black tea. The results showed that teeth exposed to white wine experienced more staining than those that weren't because acids in the wine create rough, absorbent grooves that soak up stains, embedding them deep inside your teeth.



### DISSOLVE DISCOLORATION

Supersmile Professional Whitening Fluoride Toothpaste is now available in two new flavors: Icy Mint and Cinnamon Burst, in addition to the popular original version. Formulated with Calpro, an ingredient that gently dissolves the protein pellicle where stains like coffee, tea and red wine adhere over time, the toothpaste can be used to whiten natural teeth and artificial tooth surfaces like bonding, veneers, crowns and dental implants, without causing sensitivity or the use of harsh abrasives. \$21, [supersmile.com](http://supersmile.com)



After two treatments using SolarWhite, this patient reduced nicotine and coffee stains on her teeth.



BEFORE



AFTER

THE LATEST  
INNOVATION

03

## At-home solar whitening

**THIS INNOVATIVE TECHNOLOGY BRIGHTENS TEETH VIA HEAT AND LIGHT FROM THE SUN.**

**HOW IT WORKS** | "While the concept of solar tooth whitening may seem pretty far-out, it's not such a crazy concept," says New York City cosmetic dentist David S. Tarica, DMD. Solar tooth whitening goes back nearly 30 years, when patients were advised to spend time in the sun after in-office bleaching. "In a sense, it's almost like Zoom!, which uses ultraviolet energy from a lamp to speed up the whitening process," he adds. SolarWhite employs the same concept, only it relies on sunlight, reducing post-procedure sensitivity. However, "Since it is over-the-counter, the peroxide isn't as strong as in-office treatments or custom-made bleaching trays from your dentist," says Dr. Tarica. Therefore, the effects won't be as dramatic. Dr. Mormino adds, "Supervised procedures are the safest because you can unknowingly cause damage to the teeth and gums with at-home products by using too much bleach or leaving the bleach on for too long."

### SOLAR BLEACHING

The SolarWhite kit contains pre-bleach cleaning wipes to remove any debris, and foam strips saturated in peroxide to prevent over-bleaching. After you place the upper and lower trays in your mouth, simply go outside and smile. Like a lens, the clear mouthpiece channels sunlight into the peroxide pads. As the sun activates the peroxide, heat and light jump-start the process. In order to maintain the results, you may need to repeat the process every three to six months.

**COST** Starting at \$59, [whitescience.com](http://whitescience.com)

Deep Cleaning Teeth Wipes



whitescience™

The art of the smile



solarwhite

Teeth whitened by the power of the sun.