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beauty basics

by Ilana Blitzer

Smile Pretty

Whiter, brighter teeth, easy as 1-2-3



brush up

MIX A SQUEEZE

of toothpaste in a small bowl with a teaspoon of baking soda and a drop of lemon juice, says NYC cosmetic dentist Lana Rozenberg. (The baking soda removes surface stains, and the acid in the juice is a natural brightener.) Brush as usual for two minutes. Your teeth will be whiter after a few applications.



sip on this

USE A STRAW

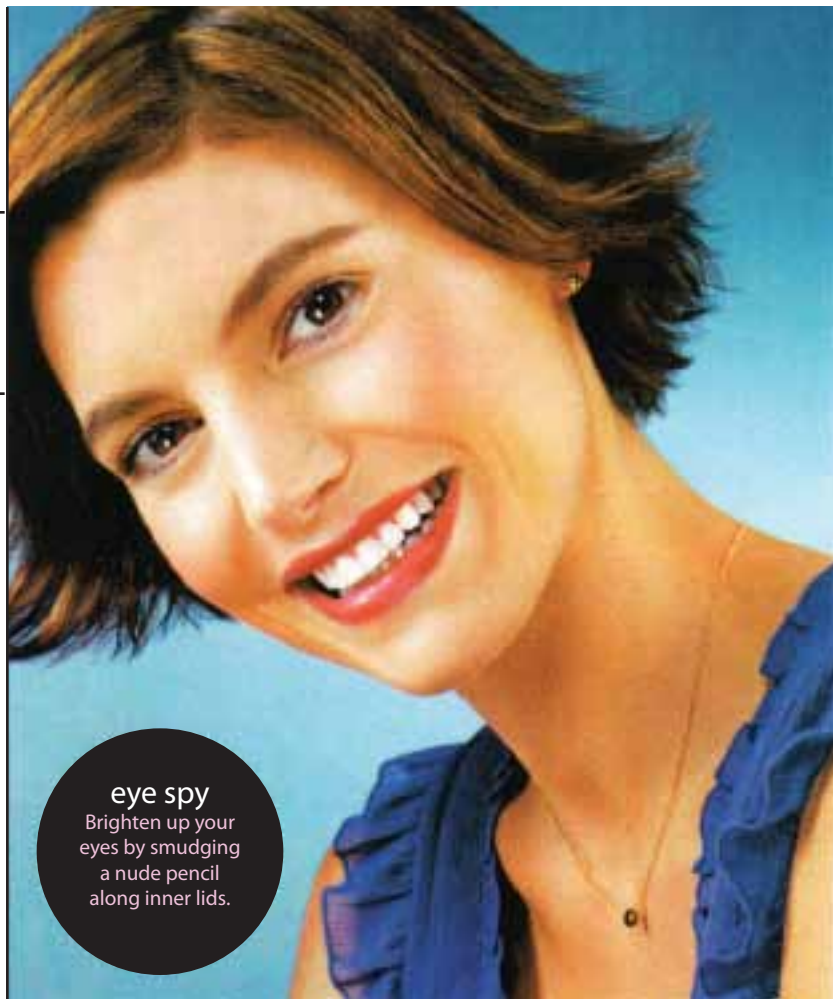
whenever possible to drink dark beverages like tea, coffee or cola to minimize the liquid's contact with your teeth. It's also smart to brush and floss immediately after drinking. A next-best alternative: Sip some water. "It really does rinse stains off teeth," says Rozenberg. Chewing sugarless gum or crunching on an apple, a carrot or stalk of celery also increases saliva, which helps prevent spots.



apply color

Swipe On

a red lipstick that has cool (blue or purple) undertones, says Monika Blunder, a celebrity makeup artist in Los Angeles. The contrast downplays yellowish discoloration. Top with a dab of gloss at the center of your upper lip. And since tan skin makes teeth appear whiter, dust a little bronzer on cheeks, nose and forehead.



eye spy

Brighten up your eyes by smudging a nude pencil along inner lids.

white now

1. On superbusy days, keep handy one of these tiny ampoules of **Luster On-Demand White**. Push down the cap to release the gel, and apply a thin layer on each tooth after eating or drinking. Drugstores, \$20

2. **Crest Extra White Plus Scope Outlast** contains gentle silica to polish away surface stains. Added bonus: built-in breath-freshening. Drugstores, \$4

3. Two shades for all skin tones: **Clinique's Lip Collection for a Brighter Smile in Different Lipstick (Ice Bloom) and Butter Shine Lipstick (Cranberry Cream)**. Clinique.com, \$14 each

