# **EXPRESS BEAUTY** White teeth, white now

Get a bright smile without suffering through weeks of trays and treatments. The latest products, tips, and pro services get your pearlies to sparkle in record time. By Kelsey Castañon



### Brush away stains

... with silica. a mild abrasive that polishes teeth. Find it in Colgate Optic White Platinum Express White Toothpaste (\$4; drugstores).

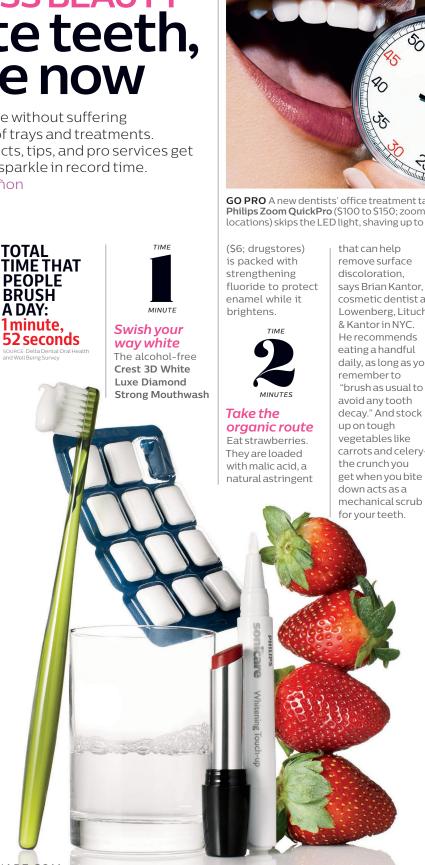


## Chew this gum

Pop in a piece of Supersmile Professional Whitening Gum (\$5; supersmile .com) right after you finish a smile-staining glass of wine or cup of coffee. "It increases saliva production, which washes away surface spots," says NYC-based

aesthetic dentist

Michael Apa.





GO PRO A new dentists' office treatment takes a mere 5 minutes: Philips Zoom QuickPro (\$100 to \$150; zoomwhitening.com for locations) skips the LED light, shaving up to an hour off chair time.

says Brian Kantor, cosmetic dentist at Lowenberg, Lituchy He recommends daily, as long as you "brush as usual to decay." And stock carrots and celery get when you bite



## Sport bluered lips

The beauty of a blue-based red. like the cherryhued Avon Ultra Color Indulgence Lipstick in Red Tulip (\$8; avon.com), is that the shade contrasts with the yellow in your teeth (they are on opposite ends of the color wheel). making them look whiter in comparison.



#### Spot treat

Maintain your dazzling smile with Philips Sonicare Whitening Touch-up (\$24; drugstore.com), which allows you to give yourself a midday re-touch. The flavorless formula goes on clear, so you can swipe away stains before they set in.