

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 pearlys to sparkle in record time.

By Kelsey Castañon



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.

TIME
2
MINUTES

Brush away stains

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

TIME
5
SECONDS

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.

TIME
1
MINUTE

TOTAL TIME THAT PEOPLE BRUSH A DAY: 1 minute, 52 seconds

SOURCE: Delta Dental Oral Health and Well Being Survey

Swish your way white

The alcohol-free **Crest 3D White Luxe Diamond Strong Mouthwash**

(\$6; drugstores) is packed with strengthening fluoride to protect enamel while it brightens.

TIME
2
MINUTES

Take the organic route

Eat strawberries. They are loaded with malic acid, a natural astringent

that can help remove surface discoloration, says Brian Kantor, cosmetic dentist at Lowenberg, Lituchy & Kantor in NYC. He recommends eating a handful daily, as long as you remember to "brush as usual to avoid any tooth decay." And stock up on tough vegetables like carrots and celery—the crunch you get when you bite down acts as a mechanical scrub for your teeth.

TIME
7
SECONDS

Sport blue-red lips

The beauty of a blue-based red, like the cherry-hued **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.

TIME
5
SECONDS

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.



Model photograph by Greg Delves. Still life photograph by Claire Benoit; styling by Sarah Guido—Lookso for Halley Resources