

Pearly Whites

Beauty
with Janine Donovan,
Fashion & Beauty Editor

Brightening up your smile is easy if you know how

Fast whitening fixes...



EVERY DAY...
Colgate Total Whitening, 110g, \$4.97
This trusted whitening toothpaste will help remove plaque and clean away surface stains each day.

TIP
Chewing sugar free gum for five to 10 minutes after meals increases saliva flow and neutralises acids.

IN AN INSTANT...
Pearl Drops Instant White Ultra, 5ml, \$19.99
This product brushes a white veneer over the tooth's surface that dries in seconds and lasts until you eat or brush your teeth.



Daily whitening tips

- Avoid vigorous brushing every six months in order to remove surface stains from tea, coffee and wine.
- Avoid highly coloured food such as curries.
- Always have your teeth professionally cleaned
- Wear dark burgundy-based lipsticks – they give the illusion of whiter teeth.

Tips courtesy of Dr Jeffery Albert of Sydney Dental Professionals: visit www.sydneydentalprofessionals.com.au *Colgate survey

DID YOU KNOW?

50 per cent of women are more concerned with having whiter teeth than good oral health.*

OVER SEVEN DAYS...

GO SMILE Smile Whitening System – 7 Day System, \$139.95.
Rub the tip of these ampoules over teeth day and night for a week. The product aims to whiten teeth up to six shades. Touch-up treatments are also available.



AT THE DENTIST...

Consider take-home whitening. This involves a custom-made mouth tray and whitening gel. Once you have the tray, you only need to buy the solution for touch-ups. The complete kit is about \$600.

COLGATE: 1800 802 307; DOVE: 1800 061 027; GO SMILE: (03) 9504 8899; L'OCCITANE: (02) 8912 3000; OLAY: 1800 028 280; PEARL DROPS: 1800 222 099



Reader roadtest

Mallory Barclay, Seaford, Vic.

Cleansers

Dove Essential Nutrients Deep Cleansing Cream, 100ml, \$8.29
This felt smooth and moisturising, and was strong enough to remove make-up. But it was a little oily on my skin. It may be better for people with dry skin.



★★★★

L'Occitane Red Rice Foaming Rice Cleanser, 200ml, \$29.95
I loved this cleanser! It had a beautiful natural scent that made me feel refreshed. The rice extract gently removed make-up. My skin felt lovely and soft.

★★★★★



WINNER!

Olay Definity Illuminating Cream Cleanser, 150ml, \$19.95
This had micro-exfoliators and is gentle enough to use every day. It cleaned my skin well, giving me a fresh look.

★★★★★



WIN!

Reader's tip

Use clear mascara on your eyebrows to help keep them neat.

Karen Corkery, Forest Lake, Qld.



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