

Whiten & Brighten

Just as with white fabrics, keeping your teeth looking their whitest involves some upkeep. Start with a peroxide-based whitening system, *below*, then brush up your routine with the right equipment to deliver a fresh, clean smile every day.

1 Whiten

ONE HOUR

Luster 1 Hour

White replicates the light-activated bleaching done by many dentists, minus the tooth sensitivity, Paint on the whitening gel then shine the provided light; repeat this process several times over the course of the hour for teeth that are up to 6 shades lighter; \$40.



3 DAYS

Crest Advanced Seal White Strips

offer improved adhesion to hold the strip in place and keep the peroxide solution flush against the tooth surface. Wear for 30 minutes over 3 days; \$45 for 14 applications



ON THE GO

Go Smile's

Touch Ups

contain a mild 1 percent hydrogen peroxide gel that can be rubbed on teeth, no water required. Great for immediately removing the discoloring effects of caffeine and wine. Flavors like peach, pear, and mint sweeten breath; \$8 for 5 ampoules.



2 Maintain

Listerine Total Care Anticavity Mouthwash goes beyond minty-fresh. It also fights plaque and strengthens enamel; \$4.

Colgate Wisp is a single-use mini toothbrush that cleans and freshens breath discreetly; \$3 for a 4-pack.

Radius Original Toothbrush has a large oval head that covers the entire tooth's surface to effectively sweep away debris. Its ergonomic and Earth-friendly cellulose handle (available for righties and lefties) positions the brush's soft bristles at the correct 45-degree angle; \$8.

Zapi Toothbrush Sanitizer uses a germicidal UV light to kill bathroom germs on toothbrushes; \$30.



Crest Pro-Health Enamel Shield Toothpaste whitens and protects against the discoloration caused by acids in sugary snacks; \$5.

Tom's of Maine Natural Anticavity Fluoride Toothpaste uses naturally sourced calcium fluoride, making it the only natural toothpaste to carry the ADA seal; \$5.



Oral B Advantage Floss Picks easily slip between tight teeth, providing a cleaner option for those with an aversion to flossing; \$4.

