



Angelina Jolie shows off her pearly whites.

## Get a GORGEOUS Smile at Every Age

Great buys and tips for keeping your TEETH their WHITEST



20s

Rembrandt Whitening Mouthwash and Crest Whitening Expressions



30s

Sally Hansen Smile Brightening Lip Treatment

### 20s Establish Good Habits

"It's important to follow a three-step, consistent routine as early as possible for your smile to age beautifully," says New York City dentist Michael Apa. "Everyone should brush for two minutes twice daily as well as floss and rinse." Use an electric toothbrush like Oral-B Pulsaric (\$69.99), which removes more plaque than manual brushes. Plus, look for a toothpaste and mouthwash that provide health and whitening benefits. Try Crest Whitening Expressions (\$3.99) and Rembrandt Whitening Mouthwash (\$7.99).

### 30s Choose the Right Makeup

A sun-kissed complexion is an easy way to make teeth look whiter. Brush on a bronzer if your skin is looking sallow, but "avoid ones with gold sparkle, which can enhance yellow," says Carmindy, makeup artist from TLC's *What Not to Wear*. We like By Terry Bronze-Expert in Sun Kiss (\$55). Certain lip colors can also brighten your smile. Look for reds, berries, and pinks that have cool undertones. "If your gloss has shimmer, make sure it's silver, not gold," Carmindy advises. Try Sally Hansen Smile Brightening Lip Treatment (available in five shades; \$6.95 each). And for a quick whitening fix, chew on Supersmile Professional Whitening Gum (\$4), which uses Calprox to remove stains.

40s

Go Smile Whitening System

### 40s Try At-Home Treatments

"When you reach your 40s, your teeth begin to change color and darken," says New York City cosmetic dentist Marc Lowenberg. At-home whitening products are an easy way to brighten your smile. "Research shows using a high percentage of hydrogen peroxide that remains on your teeth for a minimum of 20 minutes works best," he says. "Strips or trays allow the gel to take hold, and you should see whiter teeth in three or four days." Try Aquafresh White Trays (\$34.99). "If you have crooked teeth, strips won't stick on evenly," notes Lowenberg, so opt for a brush-on treatment like Go Smile Whitening System (\$89).

50s Go to a Professional If you're willing to invest money (about \$400), "customized trays give you whiter teeth in the least amount of time," notes Apa. "You'll see a difference in just one day and full results within a week because they contain a 20 percent concentration of hydrogen peroxide, as opposed to

at-home treatments." If your doctor uses trays, you'll see results faster, but still

"At this age, your teeth are more yellowed and stained," says Lowenberg. "If you have crooked teeth, trays won't stick on evenly," notes Lowenberg, so opt for a brush-on treatment like Go Smile Whitening System (\$89).



60+

iWhite Maintenance Stick

See Where to Buy for details