

get gorgeous

Make Over Your Smile on Any Budget

It doesn't cost a fortune to get a million-dollar grin—these solutions prove it. Choose one that works for your wallet. REPORTED BY NICOLE POLDIAK



Get them white!

\$1.50–\$15

TOOTHPASTE

HOW IT WORKS Those that contain silica as one of the first three ingredients (such as BriteSmile, below) can re-create a gleam that's similar to a pro cleaning. "Silica buffs away the stains caused by coffee, wine and dark foods," says Michael Apa, D.D.S., a cosmetic dentist in New York City. **Whiteness Rating:** ★

\$14–\$50

AT-HOME STRIPS, WANDS AND AMPOULES

HOW THEY WORK These over-the-counter whiteners use hydrogen or carbamide peroxide to bleach away stains. Of the three, most dentists recommend strips, packaged as kits. "They press and hold the whitening solution against teeth, preventing it from weakening or becoming diluted," says Jason Olitsky, D.M.D., a dentist in Ponte Vedra Beach, Florida. **Whiteness Rating:** ★★★

\$300 & up

TAKE-HOME TRAYS

HOW THEY WORK After making a mold of your mouth, your dentist will create plastic trays to be filled with a prescription-only 25 percent carbamide peroxide gel. Traditionally, patients are told to wear the trays for 30 minutes twice a day for two weeks. But "eight minutes a session is all it takes—any more and the result is barely noticeable," says Dr. Apa. **Whiteness Rating:** ★★★★★★

\$600 & up

POWER BLEACHING

HOW IT WORKS This method gets teeth as white as take-home trays do—only immediately. Your dentist paints a 37 percent carbamide peroxide gel on teeth, then activates it with a laser or light source. Thirty minutes later, you'll have a dazzling smile. Warning: The fast results can be fleeting. You'll need to use trays and gel at home for two weeks to maintain brightness. **Whiteness Rating:** ★★★★★★

Keep them bright!

Reach Ultraclean Floss, \$3.99, drugstores. The silky string gently slides between teeth to rid them of trapped, stain-causing particles that can settle over time.



BriteSmile Professional Whitening Toothpaste, \$17.99, britesmile.com. This silica-rich paste works like a face scrub, removing grime and brightening. Fluoride helps fight cavities.



Listerine Whitening Vibrant White Pre-Brush Rinse, \$6.15, drugstores. The polyphosphates in this rinse fight plaque buildup and control tartar (stains can stick to both).



Oral-B Pulsonic, \$69.99, drugstores. Sonic vibrations (more than 27,000 a minute!) break up plaque, loosening the stains that attach to and tinge your teeth.



Go Smile Flashlites Smile Touch Ups, \$10 for a pack of seven, go smile.com. One ampoule deposits a small (1 percent) dose of hydrogen peroxide gel on teeth, ideal after a cup of joe.



LOG ON!

Go to www.fitnessmagazine.com/smile for before-and-after photos of women who tested the newest whiteners.