

HAPPINESS FOR THE QUEEN AS PRINCE PHILIP JOINS HER ON HOLIDAY

HELLO!

CANADA

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'Nazanin is a natural mother, so nurturing and full of joy. I'm so fortunate' - PETER



EXCLUSIVE FIRST PHOTOS

PETER MacKAY

THE CANADIAN POLITICIAN
AND HIS WIFE NAZANIN
INTRODUCE BABY SON
KIAN AND OPEN UP ABOUT
THEIR LIVES AS PARENTS

LEA
MICHELE'S
TEARFUL
TRIBUTE
TO CORY
MONTEITH





1 EAT AND DRINK STRATEGICALLY

It's no secret that a set of pearly whites can take years off your appearance, but just how many? "Just by having whiter teeth you can look 10 years younger," says cosmetic dentist-to-the-stars Dr. Kevin Sands. A brighter smile can start in the kitchen if you are willing to avoid dark beverages and stay away from acidic foods that can erode your enamel. Since red wine is a major stainer, Dr. Sands, whose patients include Emma Stone, Elle Macpherson and Kim Kardashian, suggests switching to white wine.

"Drink coffee with a straw, if possible, and put lots of milk in it so that it's not so dark." And put down that cup of tea. "Tea is definitely worse than coffee because it has tannic acid."

2 GO ABOVE AND BEYOND YOUR TWICE-DAILY BRUSHING

A trip to the dentist is never complete without a lecture on flossing. But it's one lesson worth learning. "Flossing removes all of the tough plaque and it keeps your teeth extra-clean so nothing can adhere to them," says Dr. Sands. Follow the flossing session with a swig of mouthwash – look for a brand designed to help restore your teeth's minerals and strengthen their enamel.

Oral-B Glide 3D White Floss Picks, \$4 for pack of 75, drugstores, oralb.com



Listerine UltraClean Anti-Stain Mouthwash in Cool Citrus, \$7, drugstores, listerine.ca

BEAUTY

5

WAYS TO A DAZZLING SMILE

Your arsenal of anti-aging creams are working their magic on your skin, but what about your teeth? How to look years younger through your grin

3 WHITEN AT THE DENTIST ...

Get between two and 10 shades lighter with an in-office whitening system such as Zoom. The one-hour session uses a high-intensity light to activate the gel ingredients, which work to remove stains and bleach the enamel. Worried about sensitive teeth? "We use a de-sensitizing gel and I don't get any complaints," says Dr. Sands. Or pick up a whitening pen from your

dentist for on-the-go brightening.

5 CHOOSE YOUR LIPSTICK WISELY

The quickest way to fake a brighter grin is through your lipstick. A bold red with a blue base

plays down yellow tones for instant whitening gratification.



Bourjois Paris Rouge Edition Lipstick in Rouge Jet Set, \$20, Shoppers Drug Mart and Murale, bourjois.com

4 ...AND AT HOME

"The active ingredient for whitening is carbamide peroxide," says Dr. Sands. "The kind you get at the dental office is stronger, but the take-home products have a good concentration of the compound." Whitening toothpastes that remove surface stains in conjunction with an at-home ionic kit are the best for quick

results. A few at-home remedies that Dr. Sands recommends include using baking soda on a damp toothbrush – a trick Julia Roberts loves – or rubbing cut strawberries on your teeth. "They contain an ingredient called malic acid which is a natural enzyme that removes stains."

Crest 3D White Luxe Glamorous White Toothpaste, \$5, drugstores, crest.com



Pearl Brilliant White Ionic Teeth Whitening System, \$195, Hudson's Bay, ionicpearl.ca

