

your life



Smile, Mom!

These at-home teeth-whitening tricks from Beverly Hills cosmetic dentist Kevin Sands, D.D.S., really work—and won't make so much as a dent in your daily routine.

Chew on This

The extra saliva your mouth produces as you chew gum helps to break up the food particles that can stick to and stain teeth. Pop a piece of sugarless gum with xylitol, an ingredient that's been proven to prevent decay, after every meal.

Add Some Color

It's no secret that teeth look whiter against darker skin tones. To give yourself an instant glow, mix a few drops of liquid bronzer with your moisturizer or switch to the tinted kind. Voilà—your teeth will look up to a shade brighter.

Eat More Fruit

Strawberries contain acids that can help remove surface stains when you slice them up and rub them directly on your teeth. Just be sure to do this right before you brush in the morning or at night, since this fruit also contains a lot of sugar.