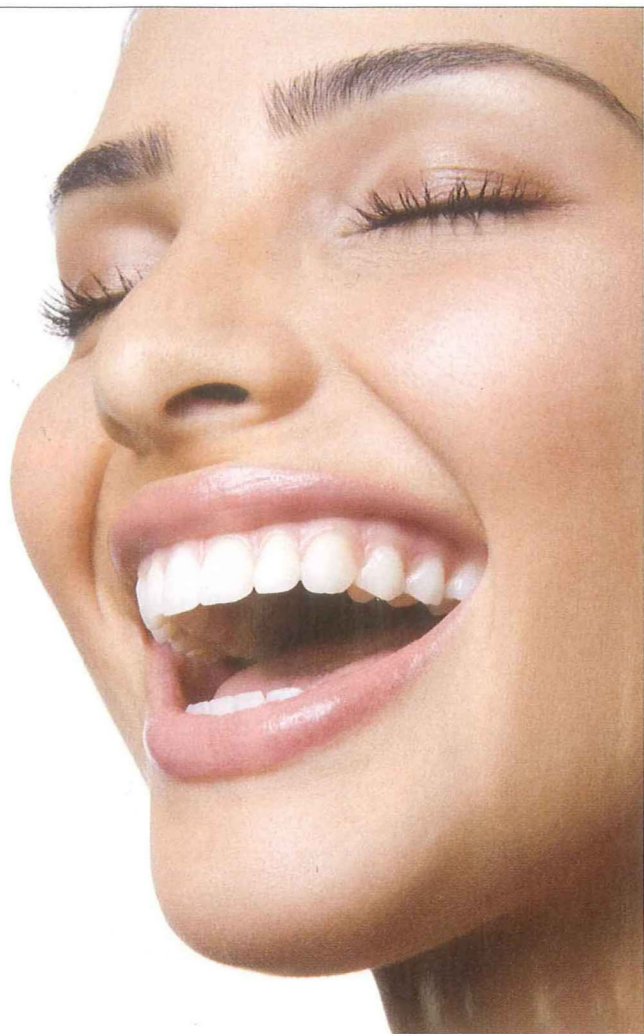


HOW TO GET A Bright Smile

Nothing looks better with summer's pared-down pretty than a radiant, confident smile. If yours leaves you feeling more pouty than proud, read on. We've found the newest whiteners for everyone, whether you have five seconds on the go, an hour at home, or are ready to commit to the pros



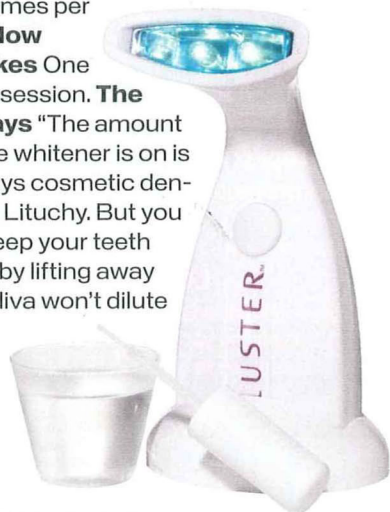
Whitening at Home

LIGHT SYSTEM: Luster

The promise Whitens up to six shades. **The drill** Swish the rinse in your mouth; paint on whitening gel. Activate gel by shining a handheld light across teeth for two minutes. Repeat all steps 10 to 20 times per session. **How**

long it takes One one-hour session. **The expert says** "The amount of time the whitener is on is a plus," says cosmetic dentist Gregg Lituchy. But you need to keep your teeth exposed (by lifting away lips) so saliva won't dilute the gel.

Cost \$40; at drug-stores.



TRAYS: Aquafresh WhiteTrays Revive

The promise Removes stains that brushing alone can't. **The drill** Wear the prefilled, one-size-fits-all whitening trays once a day. **How long it takes** 45 minutes a day for two days. **The expert says** "With trays, it's a question of time and fit. These keep the whitener on the teeth long enough to be effective," Lituchy says, but he notes that you might get less overall bleaching if the trays don't fit well.

Cost \$13; at drugstores.



STRIPS: Crest Whitestrips Daily Whitening Plus Tartar Protection

The promise Whitens and protects teeth from tartar buildup. **The drill** Apply the disposable strips daily to teeth. **How long it takes** Five minutes every day. **The expert says**

"For some, strips can be a good at-home whitening option, but since you only wear these briefly, you won't see results as quickly as you would with strips that stay on for 20 minutes," says Lituchy.

Cost \$40 for 38 days; at drugstores.

