



Halle Berry

At-Home Teeth WHITENERS

Beauty Tool Kit!

A smile can be your best asset. Get a glowing grin—minus a trip to the dentist—with one of these new solutions

WORKS IN AN HOUR

This high-tech system makes teeth noticeably whiter with one use. After prepping with mouth rinse, apply the professional-strength whitening gel and activate it with the handheld light.

- **Luster** At-Home Tooth Whitening Light System, \$39.99; 800-823-5272; lusteroralcare.com (available in April)



TWO IN ONE

This weeklong system combines a cleansing toothpaste with strips to more intensely whiten teeth.

- **Crest Healthy Radiance Toothpaste System**, \$11.99; at drugstores



We tested it!

ON THE GO

The pen easily fits in your bag for use anytime. Apply after eating or drinking to keep stains from setting in.

- **Rembrandt Whitening Touch Up Pen**, \$14.99; drugstore.com



EASY TO USE

Simply insert the whitening foam strips into the tray, put it in your mouth and press the button to turn on the activating light. Use it for 20 minutes for 5 consecutive days and voilà!

- **iWhite**, \$44.99; drugstore.com

Tooth tips

- **Wait it out** Treatments that remain on teeth for an extended period of time are the most effective whiteners, says New York City dentist Michael Apa. Quick fixes, like toothpaste and mouth rinse, only remove slight discoloration.
- **Lighten up** Avoid consuming dark foods and beverages for at least an hour after bleaching, suggests Apa.
- **Don't overdo it** Wait six months after completing a whitening treatment before doing it again. Overuse may eventually give teeth a grayish cast.

DAILY MAINTENANCE

Perfect for swishing after a latte or a Merlot, this minty mouthwash can be used every day to break down freshly made surface stains and prevent new ones from forming.

- **Scope White Mouthwash**, \$4.69; at drugstores

