

Get Sexy Back

10 hacks for tapping into your self-esteem when it's long since left the building

By Audrey Fine | July 24, 2015

Get Brighter

You may be able to turn the world — and your man — on with your smile, but it's a lot more difficult to dazzle with dingy teeth. We may get self-conscious and reluctant to smile.

"As we age, our teeth pick up stains and appear darker and less attractive. Whitening your teeth is the easiest way to take years off your smile — and face!" says dentist-to-the-stars **Dr. Bill Dorfman**, who is responsible for the pearly whites of some of Hollywood's biggest names.

To get your teeth their shiniest, you can have a whitening procedure done at your dentist's office or, as New York-based aesthetic and restorative specialist Dr. Michael Apa suggests, "Use a whitening toothpaste daily" (he likes Crest Weekly Clean Intensive Cleaning Paste). "[It] is a good product that has heavy silica ingredients to brush stains away."

Hint: Wine and coffee have (rightful) bad reps as teeth stainers, but be wary of ketchup and berries, too.



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