



## Anti-age your smile

Forget fillers – your secret de-ageing ammo is fab teeth. Here are the latest tricks to knock 10 years off and look like you've just seen your derm, not your dentist... By Alice Ripman

**M**ention teeth whitening to most people and they'll instantly think of that old *Friends* episode. The one where Ross uses a home-bleaching kit for a date and then can't open his mouth all night for fear he might give the girl snow blindness.

Well, fortunately, things have come on a bit since then. In fact, the beauty industry's top experts are citing perfect teeth as the new secret solution to staying youthful. "We associate clean, straight white teeth with looking younger, so over time they become less perfect and can add years on," says Dr Joe Oliver of the Welbeck Clinic. "Make them look brighter and neater and you'll look ten years younger instantly."

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Of course, there's always the fear that extreme dental work will give you teeth that are a bit phoney – too even, too, well, Simon Cowell. But these days, most dentists are erring on the side of discreet-looking smiles rather than Hollywood piano keys. And you can make lots of subtle changes that won't require Mr Cowell's bank account to achieve an anti-ageing smile, such as smaling enamel-rotting super-acidic foods (yes, fizzy water is included), or learning how to brush your teeth more effectively, and even clever make-up tricks.

As Susan Tanner of Danwood &

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According to Dr Oliver, many of us are now opting for dental overhauls before considering cosmetic surgery. It has a much quicker and safer downtime and is way more subtle. "More and more people are looking at cosmetic dentistry to change their overall appearance and all of my patients leave the clinic with a renewed confidence. Which is why it always amazes me when women consider a face-lift before getting their teeth done."

## Beauty

## Beauty | TEETH

package to looking great," she says. So, in other words, you need to treat your Frenchie with some party whites.

### Smile away... ten years

If your smile is more Austin Powers than Cheryl Cole, it's time to pop down to your dentist to discuss porcelain veneers. "In just four visits, the size, shape, colour and alignment of your teeth can be improved and will instantly make you look younger," says Dr Oliver (020 7486 8100; thewelbeckclinic.co.uk; veneers start at £995; whitening treatments start at £345).

But this isn't as simple as getting your brows threaded: you need to be 100 per cent sure before you go beyond the consultation stage. "Veneers are a

### Smile away... five years

"We look white, unstained teeth to looking younger and more attractive, which is why most celebrities are keen to achieve pretty bright smiles," says Dr Oliver. If you're generally happy with the shape of your teeth, whitening treatments are for you. The results tend to last 12 months and, although you need to steer clear of tannin-rich drinks such as tea and red wine, a brighter smile will leave people thinking you've had a little something done.

Try the Laser Teeth Whitening Treatment at EP Medspa (from £395; 020 7310 8766), which creates precise party whites – all while you watch one of your favourite DVDs. On-the-go job will

### YOUR ANTI-AGEING SMILE KIT

Take years off with these teeth treats



From above left, Thymol-Smarglide PC3000, £160; Oral-B (available nationwide), Garden of Eatin' Tooth Creamer, £3.99; Diamond by Tanqueray (0244 070000); Pile Alcohol Free Mouthwash, £2.99; Cosgrove (0844 070 8070); Touch Up Smile Perfecting Ampoules in Green Apple, £9 for 1.6oz (50ml), £20 (30ml)

### Smile away... three years

difference in the colour of one visit to a hygienist. "You'll remove stains and cleaner, brighter and What about bleeding like your toothbrush gum area to shift plaque as from swelling" and teeth can be spotted people with balanced diets or looking teeth. "Acid fruit and fizzy drinks and taking enamel," says are to give into your own as part of a male meal lacking on them all day your teeth straight after. "The enamel that you've brushed away. Wait for it to be re-mineralised." It's an A-list perfect, don't important thing – smile.

### Boost your smile...



As bright teeth as they create can be with L, Photo Editor Beach 9th (0870 231 2562) or Brax 04, £24. Laine Laidler (0870 094 2

## Smile away... ten years

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But this isn't as simple as getting your brows threaded: you need to be 100 per cent sure before you go beyond the consultation stage. "Veneers are a lifelong commitment and will need replacing, on average, every 15 years. The process involves filing down the teeth, so the veneers can be attached. There's a two per cent chance of the tooth's nerve dying, which would result in root canal treatment," warns Dr Oliver. One alternative is braces, as favoured by Gwen Stefani, but you may need her confidence to carry them off.

Veneers work like instant orthodontics and low-maintenance lovers will be happy that they require no more care than natural teeth. "Just brush and floss as normal and, as a bonus, you can drink coffee and eat chocolate as the porcelain won't stain like normal teeth," says Dr Oliver. If you've always coveted a plump pout that could rival Scarlett Johansson's, then veneers could help. "People often find that veneers make their lips appear fuller and they'll also help to widen your smile."