

The white smile diet

We show you how to whiten and brighten your smile naturally through everyday foods

A SURVEY CONDUCTED BY THE THE BRITISH ACADEMY OF COSMETIC DENTISTRY (BACD) reveals that four out of five people are unhappy with their smiles and as many as a fifth of Britons are so embarrassed about their teeth they don't smile in photos.

With this in mind, the BACD have revealed 'The White Smile Diet' as the natural way to whiten teeth. James Goolnik, BACD board member and dentist, says: "People must continue to keep up with daily home care and regular visits to the dentist, but changing your diet to include certain foods can help clean and whiten your teeth.

"Including more fruits and vegetables such as cucumbers, celery, pears and apples which help to produce saliva, and combine with the food's natural fibres to help remove bacteria and naturally clean your teeth."

1 EAT MORE RAW VEGGIES



Eat more raw vegetables. Not only are they healthy for the body, they help to remove surface stains on your teeth. The foods that help maintain your teeth and make them whiter and brighter are high in fibre. These foods basically combine with saliva in your mouth and the natural fibres from those fruits and vegetables will naturally help whiten your teeth. A good meal could include tuna steak, then a stir-fry of cauliflower,

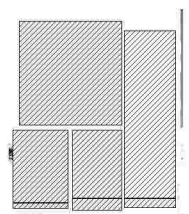
carrots and pears.

2 GET FRUITY

Not only do strawberries give you beautiful pink tinted lips, but they also help to naturally whiten your teeth. Stay away from dark-coloured fruits, such as blueberries. For a snack, try a fruit salad with light-coloured fruits like apples, pears, pineapple. Or try bright coloured strawberries or lemons. Lemon acids are a natural cleaner, so putting lemon in your water after drinking a cup of coffee is going to be more effective than water alone.



LIQUID DIET



5 Avoid drinking red wine and caffeine-containing drinks such as coffee



and cola soft drinks, as these can quickly stain teeth. If you must drink these, the best method is to sip them through a straw! It helps any liquids that can stain to bypass your teeth and keep your smile bright. Another tip is to follow your coffee with a glass of water.

4 START CHEWING

Sugarless chewing gum helps stimulate saliva which can clean the surface of your teeth. It can also help to stop hunger pangs. While the sugar in chewing gum promotes tooth decay, studies have shown that chewing sugar-free gum after meals may make tooth decay less likely. Chewing gum containing xylitol inhibits the formation of cavities. Chewing after eating helps to neutralize the effect of acids on teeth.

5 HOME REMEDY

It's not just an old wives tale you know, baking soda really can help to remove stains and build up. Twice a month, brush it on your teeth as you would normal toothpaste, then rinse. It's effective for polishing teeth without scratching the tooth surface and for fighting bad breath too. It has also been said that simple baking soda may help to weaken the desire for cigarettes as well as reduce the desire for sweets.

6 STUB IT OUT

Don't smoke! Smoking stains your teeth and is detrimental to your gums. Smokers are up to six times more likely to develop gum disease than non-smokers. Research also shows that smokers who give up are much less

likely to lose their teeth prematurely than those who do not kick the habit.

A visit to the dentist used to be a terrifying prospect for most of us, with nightmares about dental drills and injections. But thanks to a new breed of spas, a filling is now something we can all look forward to!

What could be more relaxing than having a leisurely pedicure after your anti-plaque treatment or perhaps a hand massage while you sit in the dentist's chair?

With the emergence of Hollywood style dental spas in the UK, such luxury is an increasing reality.

A favourite with A-listers such as the Beckhams, Justin Timberlake and Johnny Depp, these spas offer speedy porcelain veneers, teeth whitening and dental check-ups with hip décor and pampering facilities all part of the package.

Aqua Dental Spa (020 7935 5332; www.aquadentalspa.com) is one such spa, established by Dr Anoop Maini to offer a tranquil dental experience in a relaxing environment. While offering affordable dental care, including the latest smile makeover treatments, the practice also provides a range of facial rejuvenation procedures, such as Botox, collagen and anti-wrinkle treatments. Plus, you'll even be treated to complimentary spa treatments while you wait to see your dentist.

Gone are the stresses and anxiety of an imminent inspection, as you are put at ease with aromatherapy, scented neck cushions, soothing eye gel masks and massages delivered by trained therapists.

"I had always dreaded going to the dentist and had been avoiding it for years," admits patient Jenny Soames, 42. "When I heard about Aqua Dental Spa, I thought I should book in and try it out. Now I'm converted: the whole experience completely put me at ease. I'm planning

to go back for some teeth whitening and Botox treatments.”

Bath Spa Dentistry (01225 464346; www.bathspadentistry.com) takes a similar approach to dentistry, providing high quality dentistry and cosmetic techniques in comfortable and relaxed surroundings. The practice creates a calm environment, and even provides each patient with their own selection of CD's and DVD's to put them at ease! For the non-squeamish, you can opt to see the progress of your treatment via an oral camera, which allows you to see your procedure being carried out.

A mouth makeover in minimum time with maximum relaxation? If it's good enough for Mrs Beckham, it's good enough for us...

The best of the rest...

● Dental Spa Teeth & Therapy

(www.dental-spa.co.uk; 020 7631 3199) in central London offers the usual dental services and teeth whitening, plus spa treatments including facials, manicures, eyelash tinting and waxing.

● Aromaden Dental Spa

(www.aromaden.co.uk; 020 8977 7123) in Middlesex offers smile makeovers with the added possibility to book in for rejuvenating wrinkle correction and dermal filler treatments.

● Clarendon Dental Spa

(www.clarendondentalspa.co.uk; 0113

245 9004) in Leeds has a treatment list including dental treatments and designer smiles, coupled with luxurious spa treatments and facial rejuvenation with Botox and fillers.

● As well as dental treatments, the Putney Dental Spa

(www.dentalspapatney.co.uk; 020 8785 7105) offers a range of pampering procedures including Botox, facials, massages, aromatherapy, Reiki and Indian head massage.

● The Dental Spa

(www.thedentalspa.co.uk; 01743 343433) in Shrewsbury blends cosmetic dentistry with specialist skin treatments and laser hair removal for an all-over top-to-toe makeover.

Smile



Smile



Above: You can relax at a dental spa and enjoy the range of treatments, from tooth whitening to pampering