

How to dazzle this Christmas

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EVERYONE likes to look their best for the party season, and what makes a person shine more than sparkling white teeth?

When Simon Cowell first hit our screens with his set of dazzling white knashers, we all dreamed of having the perfect smile. And, with the emergence of Zoom Whitening, now you can.

I went along to Aqua Dental Spa in Central London (nearest station tube Bond Street) recently to undergo their most popular Zoom Whitening procedure to test out the claims. Can you really come out 45 minutes later with a Hollywood Smile? Well, almost...

I arrived at the chic-looking clinic to be greeted by friendly staff and calming music. I was then asked to fill in a short questionnaire, and request what type of burning oils/music/films I would like on while the procedure is being completed. Afterwards I was



introduced to my dentist, Neera Maini, who talked me through the process.

Zoom Whitening is a procedure that has been around for a few years now, but its latest Advanced Power version is the best. It claims to whiten teeth (natural only – no veneers etc) through the use of bleach and then lasering.

First, the specialised bleach is applied to your teeth, and then you go through three sets of 15-minute laser sessions.

I found the whole experience quite relaxing, what with the Jasmine oils burning in the background and *Friends* playing on the screen, but that's not to say there isn't

any pain. I felt relatively mild sensitivity throughout the last 15 minutes of the procedure, and Neera was careful to remind me that some people might experience slightly more pain than this.

However, as far as I'm concerned, the results are probably worth a few days of discomfort. I came out of the clinic gleaming and my teeth were two shades lighter by the time I left. You can also choose to continue applying the formula at home - although you're likely to incur more sensitivity if you do so.

A month on and my teeth are still noticeably whiter. They're not Simon Cowell white, but they're definitely more dazzling than they were before, which of course means I'm set for the party season.

I have the perfect accessory at last. And, unlike Simon Cowell, my Hollywood smile won't scare small children.

Zoom Whitening at Aqua Dental Spa costs from £295. For further details, or to book, call 020 7935 5332 or visit www.gentledentists.co.uk.