

# IS YOUR smile GIVING YOUR your age away

Make-up and a new haircut can take years off you, but grey, wonky teeth certainly won't

**IN A RECENT TOP SANTÉ SURVEY**, cosmetic dentistry came in at number two in the list of procedures you'd most like to have done. 'Treatments are improving all the time and there's no doubt that straight, white teeth can help you look younger for longer,' says cosmetic dentist Dr Howard Stean. But just how effective are the latest developments? *Top Santé* readers put them to the test.



## WE TRIED IT...

### The dental face-lift

**Dee Clark, 48, had a new treatment that fixes your teeth and makes you look years younger**

'For as long as I can remember, my teeth have been yellow, crooked and horrible. A bit of polish and a clean at the dentist wasn't going to be enough to sort them out – I needed something radical. Then I read about a dental face-lift which would not only give me a whole new set of white teeth but would take years off my face, too. It wasn't cheap but I'd got to a point where I felt it was time I did something for myself. Specially designed veneers would be built over my teeth which would push my face above them outwards, smoothing upper-lip wrinkles and making my lips appear more full and pouty. It sounded great so I booked myself in. The procedure wasn't painful but having eight four-hour sessions in the chair was pretty uncomfortable. I'm thrilled with the work. I now have the teeth of my dreams and everyone keeps saying I look 10 years younger.'

● A dental face-lift at Andrea Ubhi costs £6,800 for eight teeth. For more details, call 01904 639 6677 or visit [www.andreaubhi.com](http://www.andreaubhi.com).



## WE TRIED IT...

### Invisible braces

**Laura Elliot, 27, hated her wonky teeth but didn't want a mouth full of metal**

'For years I never smiled – my crooked teeth were so disgusting I didn't want people to see them. Not only did this affect my confidence, it had a knock-on effect on my job, too. I used to work as a DJ and would look so unapproachable I put clients off! I knew braces would solve the problem but all that metal would have made me feel even more self-conscious. Then I read about a new procedure using invisible braces. They fit behind the teeth so they're completely hidden, unlike standard metal or transparent ones, so I booked myself in to have them fitted. No one could tell I was wearing them and even my boyfriend said he didn't notice. There were some downsides – the brace would rub against my tongue causing painful ulcers and it gave me a bit of a lisp at first, but this went after a couple of months. Normal braces have to be worn for two years, but I only had to have mine on for 12 months. I'm delighted with the results. It cost a lot but it was worth every penny. Now I can't stop smiling.'

● An invisible brace at the London Lingual Orthodontic Clinic costs from £4,000. For more information, call 020 7486 2883 or visit [www.londonlingualbraces.com](http://www.londonlingualbraces.com).



How it looks inside



The invisible brace



## Get younger-looking teeth from 30p

**FROM 30p XYLITOL**  
Found in chewing gum like Wrigley's Orbit, Xylitol is a sugar substitute that helps prevent tooth decay. Research found it's harder for plaque to grow on teeth after chewing it. You can also buy powdered Xylitol from health food stores.

**FROM £1 CRANBERRY JUICE**  
A recent study showed certain compounds in cranberry juice can stop bacteria clinging to your teeth. Just make sure you drink the non-sweetened variety, though, or you'll do more harm than good.

**FROM £16 SCALE AND POLISH**  
A visit to the dentist will remove surface staining. You should go every six months, but this varies according to lifestyle. For example, heavy smokers who drink lots of tea, coffee or red wine may want to go to the dentist every two months.

**FROM £20 AN ELECTRIC TOOTHBRUSH**  
Dentists agree that electric brushes are better than the manual variety. 'Expect to spend £20-£40,' advises Dr James Goolnik of the British Academy of Cosmetic Dentistry. 'Spending any more won't get you a better brush.'

**FROM £30 WHITENING KITS**  
A tooth whitening treatment from a cosmetic dentist is the most effective, but a home kit will help get rid of staining. The latest is Nite White ACP (£12), which contains a chemical that protects teeth as it whitens.