



**flash**  
 'Buy an electric toothbrush,' says Dr Okoye. 'Comparing it to a regular toothbrush is like comparing a powerful vacuum to a dustpan and brush.'  
 Oral-B Triumph 5000, £179.99.

# DO YOU NEED A TOOTH-OVER?

Beautiful white, straight teeth can make you look 10 years younger, according to a new study. Luckily, a new wave of 'tooth grooming' is here...

### THE TOOTH FACIAL

If you want to freshen up your smile without doing anything drastic, the new try-now treatment is AirFlow, £50, a 20-minute 'tooth facial' that removes light staining caused by red wine, coffee and smoking. Tiny particles are 'water-pressured' between and around your teeth to exfoliate away stains.

### THE TEETH CONCEALERS

Also dubbed 'brush-on veneers', these are everywhere at the moment. Hot from Australia comes Vani-T Whitening Pen, £22.05, used by Dannii and Kylie, and now available here. Or try Pearly's Teeth Whitening Pen, £25. It's an at-home alternative to Pearly's teeth whitening, available at Urban Retreat, Harrods. Lastly, there's Transformulas Professional White StainLess Teeth Whitener, £29, which is a click-and-twist pen, available at Harrods, Fenwick and Harvey Nichols.

### THE POWER PLATE FOR TEETH

Several adult braces have launched recently, including Invisalign (clear, removable teeth straighteners) and the Iman Aligner (a gumshield-style brace). They typically take between six months and a year to work, but the process can now be speeded up with a vibrating device that's attached to your brace called AcceleDent, from £500. 'It causes gentle, painless vibrations that help move teeth into place quicker,' says dentist Dr Uchenna Okoye. 'Just 20 minutes a day halves the time you need to wear a brace. It's like a Power Plate for your smile.'

### THE SECRET BRACES

Talking of braces, hidden ones are big news. 'Lots of celebrities walk down the red carpet with secret braces,' says Uchenna. 'They're called Lingual braces and unlike discreet braces like Invisalign, they can't be seen at all because they fit to the back of your teeth, not the front.' A-list dentist Dr Joe Oliver says, 'Lots of career women have them done, so nobody in their office knows they're wearing braces. STB Social 6 is as thin as dental floss and fixes to the back of teeth.' From £3,000.

### THE HOT NEW WHITENER

According to dentists, your caffeine habit has done wonders for their business. 'Daily lattes leave teeth stained and old-looking,' says Uchenna. 'As does anything that can stain a white shirt.' Try the Wy10 procedure, from £475, which takes around 20 minutes and leaves teeth up to six shades lighter. 'However,' says Joe Oliver, 'ask for a shade of white that's like your childhood tooth colour, not fake and dazzling.'