

Dazzling new smile

Teeth whitening and tanning beds

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ARE YOU SICK OF LOOKING AT YOUR YELLOW TEETH? Have you

tried whitening toothpaste but it does not work, try any of these teeth whitening products. Teeth whitening has increased 300% in the past 5 years according to the American Academy of Cosmetic Dentistry. Whitening toothpastes, gels and even dental floss can be found at most grocery stores. Crest was the first to come out with a whitening product that could easily be purchased off the shelf with Crest

Whitestrips. Whitestrips are applied twice a day and stay on 30 minutes for 14 days. After Crest came Colgate and their Simply White. Simply White is applied by putting a coat of gel on the teeth twice a day for 14 days. Another option would be Colgate's Simply White Night, which is only applied once before bed.

At home teeth whitening is still another option. Although the price range can go from \$150.00-200.00, some dentists believe it is better for the teeth and the outcome lasts longer. Students

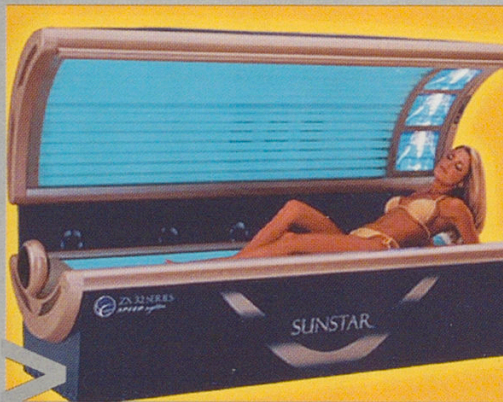
used the whitening products a couple of days for some extra shine for an upcoming event. The teeth still get whiter even if not used for all 14 days.

"There was a marked difference in the whiteness of my teeth even after just one time." said **Amanda Bower, 11**.

Along with pearly whites, having a nice tan makes you look great! People use the tanning bed for a year round tan, and a sun-kissed look.



COLGATE'S SIMPLY WHITE and simply white night are \$ 14.99. Simply White is easy to apply but it is hard to keep your mouth open to allow to dry. Simply White is starting to become more popular than Whitestrips.



TIME TO TAN! Tanning beds are a growing craze with many teenagers, and even some adults. It is popular to have a summer tan year round. Sessions for tanning can range from \$4 each time you go to \$50 for a package.



CREST WHITESTRIPS come with two different strips, one for your top teeth and one for the bottom. Although more expensive than Colgate Simply White, it does not have the bad taste when used. The Whitestrips are used for the same amount of time as Simply White.

BEFORE using teeth whitening products. Many people are not happy with the yellow tint on their teeth. By using any of the teeth whitening products shown above teeth become a new color.

AFTER using teeth whitening products. The teeth are safely turned from a shade of yellow to a bright shade of white. The new color of white should last six to twelve months before having to go through the process again.

QUIZ

- At home teeth whitening
- Colgate Simply White or Simply White Night
- Crest Whitestrips

- Which teeth whitening costs \$150.00- 250.00?
- Which teeth whitening do you have to use twice a day for 30 minutes for 14 days?
- Which teeth whitening product can you use either twice a day or once at night?

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