

TEETH-WHITENING

ZOOM

AT LANA ROZENBERG

45 West 54th Street (212-265-7724)

The downside to our cultural obsession with blindingly white teeth is the bleaching process, which can make mouths hypersensitive. Fortunately, the latest whitening machine, Zoom, promises to take some of the pain away. Zoom uses only a little hydrogen peroxide and a metal halide lamp, which doesn't emit as much heat as lasers do (still with most in-office treatments, home follow-up care is necessary to prevent the teeth from losing their shine). Rozenberg, who has a warm chairside manner and is up on the latest technology, offers the 75-minute treatment for a relatively affordable \$975. While your teeth are being whitened, you can use a DVD headset for free.

PILATES CLASS

MAGIC CIRCLE MAT CLASS

AT POWER PILATES

Multiple locations: see powerpilates.com

Without the resistance supplied by the Cadillac and the Reformer—the tension-generating equipment typically used in pricey private sessions—it's easy to go through the motions with Pilates. In mat classes, students often find themselves lazily pointing and flexing through "side kicks" but not truly connecting to their "powerhouse" (abs and torso, in Pilates parlance). That's where the Magic Circle comes in. This flexible rubber ring was one of Joseph Pilates's original creations, but these days it's underutilized. When it's positioned between your inner thighs, the pressure required to squeeze it in place forces you to engage your abs; if you squeeze it between your outstretched arms, it will challenge your upper chest and shoulder muscles. At \$15 a class, it's an excellent way to raise the intensity and effectiveness of a Pilates workout—without raising the price.

SUNSPOT REMOVAL

COMPLETELY BARE

764 Madison Avenue (212-717-9300)

As a twentysomething, Completely Bare owner Cindy Barshop fanatically maintained her tan with a homemade concoction of baby oil and iodine. But in her thirties, out came sunspots that only a turtleneck could save. Then she found out about intense pulsed light (IPL), a high-tech treatment that zaps brown spots (\$450). She bought one of the first IPL machines in New York and opened Completely Bare, where her aestheticians are now true wizards at treating sun damage. Barshop recommends a series of five treatments, with a few microdermabrasions in between, for a more youthful, spot-free chest and face.

www.rozenbergdds.com

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