

WHITER-THAN-WHITE-TEETH

THE BASICS

- **Break out the home whiteners.** Over-the-counter whitening toothpastes such as Supersmile (\$16; 800-784 7645) can gradually whiten teeth without increasing sensitivity and can prevent stains from penetrating teeth's enamel between cleanings, says Irwin Smigel, dentist to Kelly Ripa and Jimmy Fallon. Supersmile contains a nonabrasive, stain-dissolving blend of baking soda, fluoride and calcium peroxide. Crest Whitestrips (\$30, at drugstores) are another easy option, says Lana Rozenberg, D.D.S., owner of the Dental Day Spa in New York City. The clear strips cover teeth like a piece of tape, and are saturated with a peroxide-based brightening gel. By wearing them twice a day for one month, you can make your teeth up to two shades whiter.

... AND BEYOND

- **Get a professional whitening treatment.** If you want instant gratification, this is the way to go. In-office methods typically involve covering the teeth in a carbamide or hydrogen peroxide gel, then exposing them to a laser beam, a plasma arc light or a halogen light. Treatments take about an hour and cost from \$600 to \$1,500. The results can last up to two years if you avoid stain-promoting foods in the four crucial days after the bleaching.



H A I R

GREAT SHINE AND VOLUME

THE BASICS

- **Experiment with at-home treatments.** "Products can make even unhealthy hair look good," says Steven Gary of the Pierre Michel Salon in New York City, who specializes in bridal hairstyling. Glossing and moisturizing mousses can increase volume and make hair look less damaged, but it's key to experiment with these products well before the big day since they affect various types of hair differently. Colorist Rita Hazan of the Oribe Salon in N.Y.C., who tends Jennifer Lopez's tresses, says that if you're looking for an instant, smooth shine, nothing beats silicone-based treatments such as John Frieda Frizz-Ease Hair Serum (\$10; 800-521-3189).

... AND BEYOND

- **Spring for a conditioning or glossing treatment at a salon.** Most salons offer deep-conditioning treatments, which are basically facials for hair. First the hair is saturated with an emollient mixture, then heat is applied. A glossing treatment is a hair-toning process that coats and smooths the hair shafts. Glossing makes hair look healthy, Hazan says, and is helpful for damaged or color-treated hair. For maximum impact get a glossing treatment within one week of the wedding.
- **Play with clip-on hair extensions.** "Extensions can make hair look thicker and shinier, or even turn a bob into a long ponytail—they're so versatile," says celebrity hairstylist Danilo, who readied Julia Roberts and Gwen Stefani for their weddings. They're also easy to use: Just clip them underneath the top layer of hair. For the most natural look, buy extensions made of human hair—which can be custom-dyed to match your hair