



I've had my teeth professionally bleached, but I'm worried that they'll turn yellowish again. How can I maintain my bright smile?

Put yourself on a "white diet," suggests dentist Lana Rozenberg, founder of New York's Rozenberg Dental Day Spa. "Anything that leaves color on your plate or blouse will do the same to your teeth," she explains. That means stainers like red wine, soy sauce, and strawberries. Can't exist without espresso? Learn to love milk-enriched latte. Got the soda habit? Opt for pale drinks like ginger ale. Cut out (or cut down on) smoking. For maintenance, try Crest Whites-trips, worn twice a day for two weeks.

My lips are always chapped. How can I lick the problem before my wedding?

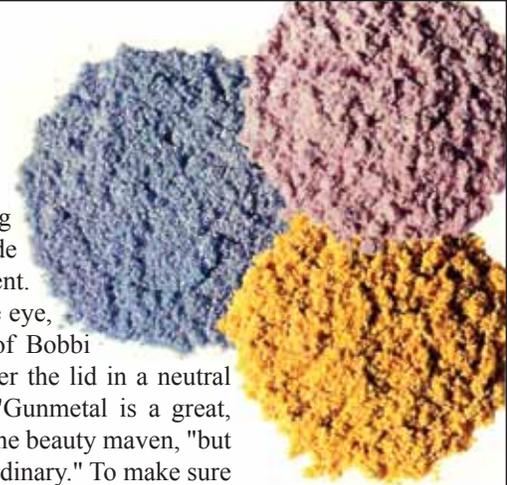
Start by drinking plenty of water, advises Elie Maalouf, a New York makeup artist. Wear an antiseptic balm and avoid matte and long-lasting lipsticks, both of which are drying. You can also run a damp, soft-bristled toothbrush across your lips (to remove any dry skin) every time you brush your teeth.



A shore thing: Feel the hydrating effects of Benefit She Shells Lip Color in She Coral.

I love the new shimmery eye shadows. Are they too flashy for a bride?

You won't look like you're going clubbing if you choose a sheer shade and limit the frost to a simple accent. Try it as a narrow liner ringing the eye, suggests Bobbi Brown, founder of Bobbi Brown Essentials. Or sweep it over the lid in a neutral hue that blends with your skin. "Gunmetal is a great, dressy color for a wedding," says the beauty maven, "but skip the browns—they're far too ordinary." To make sure you get the sheerest product, test it on your finger first. P.S.: Don't give cheeks or nails the glitter treatment. Says Brown, "That's overkill."



I wear my blond hair in a bob but accidentally had it chopped too short. Since it won't grow back in time for the wedding, can I use extensions, or will they look fake?

As long as the extensions are made with natural hair and are securely attached—the best method is having them sewn into your own cornbraided tresses—they will fool even the most discerning eye. Once they're on, "You can do as much coloring and blow-drying as you want without damaging your real hair," says Lisa Felix, a hairstylist at Afrigenix, a New York salon that specializes in extensions for all ethnic types. Full-head weaves start at \$300 and are best redone every six to eight weeks, says Felix, who also recommends getting your first washing done at the salon. "That way you can observe the proper technique," she explains. Schedule an initial consultation and weaving appointment at least three weeks before the wedding so you can get used to your new look, and revisit your stylist if tightening of the extensions is required.

My hair is wavy and tends to frizz, but as the wedding approaches, I don't have the time or money to have it blown out before every party. What's the solution?

Let us introduce you to a modern miracle: Japanese straightening. Dispensing with the traditional (and damaging) lye, this relaxing technique, suitable for all hair types, uses a glycolic-acid derivative and tiny heating irons to produce silky-straight tresses. "My clients call it a dream come true," says Gil Ferrer, owner of the eponymous salon in New York City. Although the process takes at least twice as long as classic straightening—a minimum of five hours—the results can last up to five and a half months without a touch-up, he says. Convenience doesn't come cheap—the procedure starts at about \$300, depending on the length and texture your hair—but you'll still save bundles over twice-a-week blowouts. To keep your locks hydrated between treatments, Ferrer advises using a conditioner every time you wash your hair.

