

Coming Clean: Expert advice for giving your entire body—from head to toe—a fresh start this new year

If you've resolved to clean up your body in 2011, it's likely you're embarking on a detox diet or beginning a new exercise routine. Want to look as good on the outside as you feel on the inside? Try giving yourself a head to toe deep cleaning to start the new year. To help you sweep away whatever has been keeping your hair and skin from looking their best, we spoke with beauty and spa pros who know a thing or two about cleaning up.



Teeth

Now's the time to make sure you're keeping your semi-annual dates with the dentist. Sure, brushing at home is essential, but so is getting an in-office cleaning at least twice each year. "It's important to get a professional cleaning at your dentist because your toothbrush only reaches about 1 millimeter below the gum, but tarter and plaque can be located deeper, where your toothbrush can not reach," says New York City dentist Lana Rozenberg, D.D.S. Allowing plaque and tarter to stay below the gums can cause irritation that leads to gingivitis and periodontitis—not to mention bad breath! Your dental hygienist uses special instruments that reach deeper under the gums to remove the debris your brush misses, so set up a time to see her soon.

Tongue

It's not just your teeth that are harboring bacteria: "Lots of bacteria hides in the crevices of the tongue, so tongue cleansers are definitely beneficial," says Rozenberg. Use a tongue scraper every time you brush to clear away all of that bacteria, or at least use your toothbrush to scrub your tongue and get your whole mouth clean.

