

Smile secrets

Whether you feed a venti latte addiction, suffer from a marinara meltdown or revel in a few too many glasses of red wine, your teeth will bear the brunt of your indulgences. But there's no need to let stains set in. Get your pearly whites blinging with tips from celebrity dentist Dr. Debra Glassman, who counts **Jessica Simpson**, **Halle Berry** and **American Idol's Randy Jackson** as patients.



Jessica Simpson



◀ Oral-B Vitality Precision Clean toothbrush (\$20, drugstores) gets to small crevices.



◀ Try a cavity-fighting toothpaste like StarBrite Whitening Toothpaste (\$7, starbritesmiles.com).

Get a gorgeous grin

• Floss first, then brush for two minutes. And don't forget to scrub your tongue.

• Berry lip color enhances the whiteness of teeth. Try **Sexy Smile Lip Gloss Color in Boardroom Berry** (\$29, sexysmileonline.com). It's a whitener, gloss and breath freshener in one.

• Chew whitening gum after each meal.



"I love **Orbit White**. The flavor is great, and it has been proven to reduce stains by 40%," says Dr. Glassman.

• Look for toothpaste with xylitol. The ingredient "helps fight gum disease and cavities," explains Dr. Glassman.

For more information on Dr. Debra Glassman, visit glassmandentalcare.com.

ASK HOLLY



Our beauty director gives you the lowdown on looking good

Q What should I look for in an eye cream?

A Since it's winter and the air can be quite dry, try a hydrating cream formula. "I prefer creams that contain squalene, omega 3, ascorbic acid, rosemary and jojoba," says aesthetician Aida Bicaj for Biologique Recherche. We like Obagi Professional-C Serum 5% for Eyes (\$48, obagi.com).



Q How can my boyfriend treat his ingrown hairs?

A Tell him to shave in the direction that hair grows. Exfoliation is also important. Regular sloughing away of dead skin cells and debris will unclog the blockage around the follicle and allow the hair to surface instead of curling back inward.

Q How can I keep my straight blow-dried 'do and still go to the gym?

A Isn't an endorphin-releasing, thigh-slimming workout worth a few frizzies? Don't answer that. Before you work out, protect longer hair by pulling it into a high, tight ponytail. Use a scrunchie, as an elastic may leave a mark. For short hair, keep it out of your face with pins or a headband and opt for a low maintenance hairstyle post-workout — slick it back, or let a cool headband, deep side part or barrette be the focus of the look.

If you have a beauty query, write to: **BEAUTY, OK! Magazine**, 475 5th Ave. New York, NY 10017 or e-mail beauty@ok-magazine.com