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Smile Bright

Many of us long for the big beautiful smiles that brighten the faces of our favorite celebrities. We rush to the local stores in search of the perfect toothpaste in an effort to improve our smiles. Some of us are fortunate enough to be able to invest in professional teeth whitening in our dentist offices. The question is: Is it what it is “cracked” up to be?

Intense pain during and after the procedure has been reported by many patients. To combat or minimize the “sensitivity”, it is recommended that anyone considering this procedure should do the following a week before undergoing teeth whitening:

Rinse with a sensitivity reducing anti-cavity rinse and brush with toothpastes formulated for sensitive teeth.

Some dental offices offer incentives for pre-

pay. Be careful and do your due diligence before handing over your credit card. These services can cost \$400.00 and up with no refunds. Make sure you have a clear understanding of who will be performing the service, how long it will take and what is offered if the service cannot be completed due to “sensitivity”.

There are some who suggest before investing in such a service, one should visit a local Walgreens, CVS, or Rite-Aid and invest in a mouth guard an inexpensive whitening gel. The mouth guard can be placed in a cup of hot water and then carefully (use caution when handling hot items) placed in the mouth to create a mold. After the mold has “cured” and cooled, the paste is placed in the mold. The mold is then inserted in the mouth for the designated amount of time. Good results have been reported. It sure beats paying upwards of \$400.00 for a procedure that may cause pain in your wallet as well as your mouth with no guarantees that it will work.

Health and Beauty

Persistence, patience and practice go a long way in the beauty industry. It’s always good to display those attributes when accomplishing anything you may want to pursue. Perfecting your craft by practicing is very beneficial, because it allows you to become greater at what you do. You should always speak with other beauty professionals to get the knowledge and learning experience that you need, and

you should always surround yourself with like mind individuals that remind you of yourself. Pick people who also share similar goals as you. Nothing is more beautiful than having friends that understand your PASSION.

Quick Beauty Tip: If you are always on the go and you have no time for a full face coverage. Clean arch eyebrows and concealer can go along way with matching nude lips.

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Know your limitations and make accommodations.