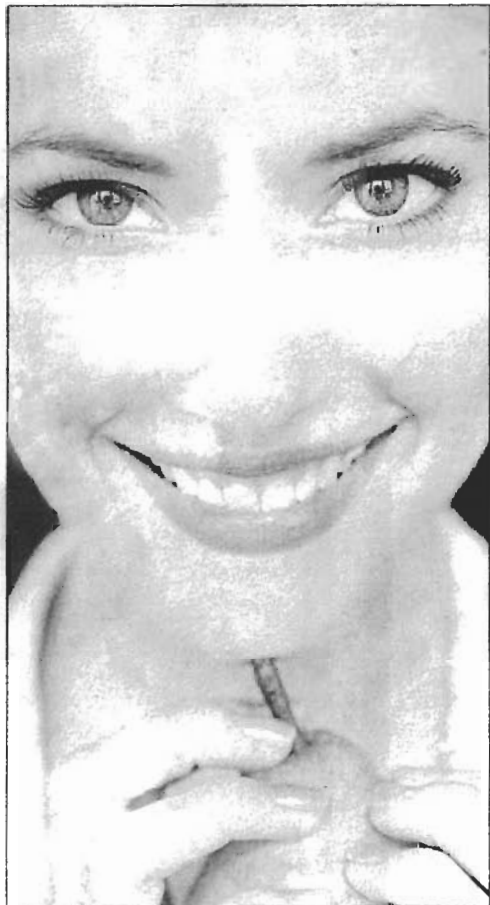


THE SECRET BEHIND A PERFECT SMILE – WE GIVE YOU.



The whole TOOTH

■ by KATE JACKSON

AS EVERYONE knows, the perfect smile gets you everywhere – a better job, more confidence and a much better chance of pulling someone sexy.

According to a YouGov poll, more than 25% of you say a ravishing smile on a member of the opposite sex is guaranteed to set pulses racing.

Orthodontic braces used to be the domain of crooked-toothed teenagers and few people over the age of 15 would dare to brave the train track look.

Now, however, celebrities are making braces trendy again.

Movie god Tom Cruise, 44, and pop stars Gwen Stefani, 36, and Nelly, 25, have all gone for metal mouths to straighten out their gnashers.

Upsurge

Rod Ferguson, who is a partner in Total Orthodontics, says: "In the past couple of years, we have seen a huge upsurge in the number of adults – mainly women – who are coming in for



STRAIGHT? NO DOUBT: Stefani



TOP TEETH: Cruise with his brace

treatment. About 50% of my patients are now adults."

And now T4 hunk Steve Jones has admitted he's currently wearing a brace – but on the inside of his teeth.

But if you don't fancy going down the train track route, there are still other ways to give you perfect gnashers.

Here we take a look at the treatments which will put a sparkle on your smile.

INVISIBLE BRACE

be shouting for joy. I was never particularly self-conscious about my teeth but I noticed that one top tooth was further back than the others and in some camera angles it looks like it's missing altogether. I didn't want to look like some hillbilly so I thought I would get them straightened out.

"I'll be honest – it's been a living hell. My tongue's

ripped to pieces and I think it has made me speak with a slight lisp.

"The teeth straightened up after about three weeks, then it's just a case of fine tuning. I couldn't be happier with the results, it's the best thing I've ever done."

Dr Asif Chattoo, of the London Lingual Orthodontic Clinic, where Steve is being treated, says: "With veneers

you need to cut away at the tooth tissue, and then place a porcelain facing over the tooth. This can be a destructive process, as once tooth enamel is cut away it never grows back. With lingual braces there is no damage to the enamel, as it uses physiological forces to align the teeth."

Costs: £4,000 to £8,000 and, takes between six months and two years.

● For more information, go to www.londonlingualbraces.com or call 020 7486 2863.



NON-WONKY: Steve Jones

CELEB followers include Steve Jones, 29, Sadie Frost, 41, and Kelly Brook, 26.

The Lingual brace works exactly like an ordinary train-track brace but it is attached to the inside of the teeth so can't be seen.

Hunky Steve couldn't be happier with the results of his treatment.

He says: "I've had the brace behind my top teeth for six months and on the bottom for a month. They both come off next March, the same time as I turn 30, and I will

SNAP ON SMILES

■ FANCY the perfect gnash of Angelina Jolie or Tom Cruise? Now you can have smile of your choice with painless injections or drilling.

The Snap-On smile fits over your own teeth and it lasts for years.

■ A big advantage is that you can eat and drink with them on but can take them off whenever you fancy.

They cost between £950 and £1,500 for both top and bottom – a lot less than veneers.

For details, check the British Academy of Cosmetic Dentistry website at www.bacd.com.

LUMINEERS

■ TRANSFORMS any smile into a whiter, brighter beam with non-invasive treatment.

Lumineers are made from Cerinate porcelain but are as thin as contact lenses. They are bonded to the front of the teeth with just two visits to the dentist.

They can reshape misaligned teeth while sorting out stain, discolouration and any gaps between the teeth.

■ Costs between £450 and £1,000 per tooth, and must have a minimum of four.

For more information, please visit: www.lumineers.com or contact DKAP International 0845 130 1611.

AT HOME

■ IF YOU don't have the budget on account of a celebrity but want to improve your gnashers try whitening toothpaste.

Try Pearl Drops Hollywood Smile, which claims to whiten teeth by two shades in 10 weeks. Costs £4.99.

Or Boots Advanced Tooth Whitening Stick, a brush-on that uses a non-peroxide formula to remove stains. Around £10.

■ Brush your teeth twice a day for at least two minutes.

Electric toothbrushes are more efficient at removing plaque, causing bacteria. Also floss every day to get rid of harmful bacteria and plaque between your teeth.