

# all white now

IN SEARCH OF A RED-CARPET-READY SMILE, WE TEST THE LATEST TEETH-WHITENING TREATMENTS

**1** **OPALESCENCE TOOTH WHITENING SYSTEM, \$450, AT FINKELSTEIN DENTAL CENTRE, 02 9232 3900, SYDNEYCITYDENTAL.COM.AU.**

**WHAT IS IT?** This at-home treatment is applied inside custom-made moulds. Carbamide peroxide – the treatment’s main ingredient – is broken down, allowing oxygen to enter the tooth and to bleach stained surfaces.

**TREATMENT:** 25 minutes twice daily for one week.

**THE VERDICT:** “I have definitely noticed an improvement in the colour of my teeth and I feel much more confident wearing this season’s traffic-stopping lipstick shades.”

**2** **VISIBLE WHITE TOOTHPASTE, \$7.99, BY COLGATE, AT SUPERMARKETS.**

**WHAT IS IT?** The Rolls Royce of Colgate toothpaste, it has been formulated with WhiteProtect crystals which help blast away tough surface stains.

**TREATMENT:** Daily use.

**VERDICT:** “I had my teeth professionally whitened a year ago, and while this paste doesn’t claim to deliver those same results, it maintains the whiteness that can easily diminish with daily coffees.”

**3** **PELACTIVBRIGHT, \$179, 1800 655 745, BY PELACTIV, PELACTIV.COM.AU.**

**WHAT IS IT?** Carbamide peroxide – a gentle cleaning agent roughly a third of the strength of hydrogen peroxide – is used in this procedure. Under supervision, you simply pop in a mouthguard and lie back while an LED



is applied. Results last up to two years.

**TREATMENT:** One 20-minute session.

A PelactivBright Pen (\$50) can be purchased for additional touch ups.

**THE VERDICT:** “Other whitening treatments have left my gums sore, but this was painless and made my smile two shades lighter. Friends have commented on how good my teeth look.”

**4** **BRIGHT KIT, \$39.95, BY RAPID WHITE, 02 9526 0777, RAPIDWHITE.COM.AU.**

**WHAT IS IT?** This at-home treatment aims to whiten teeth without peroxide.

**TREATMENT:** Five minutes, twice daily for at least 14 days.

**VERDICT:** “The DIY process concerned me at first (‘What if I bite down too hard and give myself streaky white teeth?’), but after dipping the whitening trays in boiling water, I realised they would

perfectly to teeth and thus reduce the risk of streaking. After applying the gel for two weeks, I saw a definite lightening in tooth colour.”

**5** **VITALITY PROWHITE TOOTHBRUSH, \$31.49, BY ORAL-B, 1800 148 022, ORALB.COM.AU.**

**WHAT IS IT?** This rechargeable toothbrush boasts 7600 oscillating-rotating movements per minute and polishes each tooth to help remove stubborn surface stains.

**TREATMENT:** Twice daily.

**VERDICT:** “Compared to my regular manual toothbrush, my teeth felt more thoroughly cleaned. While my teeth are a little whiter, the effects so far are subtle. I have, however, received two compliments in the past week about my teeth looking brighter.”