

DAILY STAR SUNDAY



take5 look good, feel great

TRIED & TESTED Face spritzers

Dermologica Multi Active Toner £19.99
Light but nourishing
3/5

Dr Tuhin Dev Summer Mist Hydrating Facial Mist £19.95
0845 521 0299
Makes skin glow
3/5

Avène Thermal Spring Water Spray £3.25
Soothes sensitive skin
3/5

Yin Yang Orange Flower Skin Tonic £12.50
01993 822 800
For a fresh, dewy face
3/5

Evian Brumisateur £3.50
Cools and refreshes
3/5

Make the most of your smile

Pearly queen

Bad oral hygiene can wreck your job opportunities, put off potential dates and increase your risk of cancer. Research by Oral B found that 65% of recruitment consultants think bad breath reduces your chances of success, while several medical studies have linked gum disease to increased risk of lung, pancreatic and blood cancers.



Dr Okoya

Smelly breath and bad teeth are also the main image worries affecting confidence for women, while 78% rate bad oral hygiene as their number one turn-off, according to a survey by Macleans.

So there are more than enough reasons to give your dental routine an overhaul, as National Smile Month Kicks off today.

Looking after your teeth can make all the difference as ultra-stylish Cheryl Cole knows.

The Girls Aloud singer wore an invisible brace on her teeth for two years after winning Popstar: The Rivals in 2002 and is also rumoured to have had porcelain veneers.

Her dental makeover paid off – Cheryl topped an Orbit poll to find the best celebrity smile.

We've teamed up with leading dental expert and Oral B spokesperson Dr Uchenna Okoya, who also appears on Channel 4's 10 Years Younger programme for her top tips on getting a healthy smile.



Always floss

Flossing regularly is the best way to keep your mouth clean, remove food debris trapped between your teeth, and get rid of plaque in hard to reach areas. If you don't believe this has an effect, just smell the floss after it's been used – you'll instantly become a flossing convert.



Flossing gets rid of debris

Go electric

Power toothbrushes clean up to twice as much plaque as ordinary manual ones. After you've used a power toothbrush twice a day for 30 days, you will have much cleaner teeth and healthier gums. The Oral-B Triumph with SmartGuide, usually priced £136 – but currently on offer for £86.40 in Boots for the next two months – is the perfect.

Brush twice

Brush your teeth twice a day for three

Products to try:

Sensodyne Multi Action Whitening Toothpaste £4.29

Pearl Drops Instant White Ultra £7.99

Macleans Confidence Fresh Breath Mouth Spray £2.24

Win a smile kit

Keep your mouth in mint condition with this exclusive oral health kit from Molar.

We have ten sets up for grabs, each containing a TePe Toothbrush, £1.22, TePe Interdental Brushes, £2.55 each, and a TePe Mouthpiece, £1.22. Write to win.

Reduce stains

Cut down on tea, coffee and red wine. These contain chromogens – a pigment-generating molecule that blocks the pores in our teeth so they look darker. The only way to totally remove the chromogens is by having professional teeth whitening but using an electric toothbrush and whitening products can help.

Avoid acid attack

Acidic food and drinks, such as fruit, juices and fizzy drinks, can wear down your teeth. Don't brush your teeth after eating or drinking these foods as the acid softens the enamel coating of teeth. Rinse with a fluoride mouthwash or water, or chew sugar-free gum for about ten minutes as an alternative to brushing.

Cut down on drinks that stain, such as coffee

Evian Brumisateur
£3.50

Cools and refreshes

3/5

14 take5

take5 15