

# YELLOW TEETH CAN MAKE YOU LOOK OLDER

The Philippine Star · 25 Jul 2018 · E1 · LUCY

DEAR RISSA,



My teeth seem yellowish and it makes me self-conscious when smiling. I can't afford professional teeth whitening services. Is there an easy way to get whiter teeth?

WENA

I always want my teeth white and pearly. Yellow teeth stains not only make your smile look dull but they also make you look older than you actually are. So yes, having whiter teeth can instantly make you look younger.

One easy way to brighten teeth is to choose the right color of lipstick. Go for pinks or red with cooler and bluish undertones, like true reds or berry shades. That's because the blue tones counteract with yellow in enamel, making your smile appear instantly whiter. Lipsticks that lean towards the orange, yellow or warmer colors make yellow teeth even more yellow.

I've always been using baking soda-based whitening toothpastes but I came across a new toothpaste brand that makes my brushing experience so much better. I recently started using Himalaya Botanique toothpaste (available at Watsons, select Mercury Drug stores, and online at Lazada). It's a brand that uses 100-percent herbal actives like papaya and pineapple enzymes to whiten teeth. It doesn't use chemical bleaching and relies on mint to freshen breath, while neem, pomegranate and xylitol support healthy-looking gums. I've been using the Whitening Complete Care variant and I really love how effective it is in whitening teeth without feeling harsh and

abrasive. Best of all, it is free from sodium laureth sulfate (SLS), which is said to be a carcinogen. The brand makes use of recycled paper for their packaging and soy ink for printing, too. How can you not appreciate a brand that cares not just for your teeth but the environment, too?

To prevent yellowing and teeth stains in the long run, it's best to stay away from coffee, soda, tea and red wine, which are the biggest culprits in teeth discoloration. If you can't give these up, make it a habit to rinse with water or brush your teeth after eating and drinking teeth-staining culprits like these. Remember, good habits give good results.

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GOOD FOUNDATION GOES A LONG WAY DEAR LUCY, What is the most natural-looking foundation you've tried? Mine seems so cakey always and my skin has become so sensitive lately that I break out easily. What is your makeup routine now? CAROL

I have really become a fan of mineral makeup and my two favorite brands are Bare Minerals and Young Living Savvy Minerals. And a friend of mine taught me a way to apply it for a flawless and natural finish.

I start with clean skin, spritz on facial mist, and while skin is still damp I pat on my favorite moisturizer. When the moisturizer has been absorbed into my skin I get a foundation brush, spritz it again with mist and then use the slightly damp brush to pick up mineral foundation. I apply the same to my face, going in circles for a natural finish. Start light and just build up as needed in areas that need more coverage. But if you have great skin you only need very little. To contour, I am dependent on Happy Skin's Sculptacular, my forever favorite, especially because it is so easy to use. Blush is most anything I can get my hands on, whatever is readily available and I just match my lip color with whatever blush color I end up using. My favorite last step would be a light dusting of ambient powder from Hourglass because it has a way of making skin look like alabaster — lit from within, a glow that is nice and young and does not look greasy or dirty. I use a finishing brush for this, which I think is a must otherwise you may end up with too much finishing powder piled on.

For touch ups, I use oil-control pads. I always blot and mist my face before reapplying any powder; doing otherwise would just trap the dirt and clog the pores.

Let me know if this routine works for you.