

Give yourself a

SENSATIONAL
smile!



As well as personality, good looks and ideally a dash of talent – a healthy, winning smile is now one of the prerequisites for A-list celebrity status. These smiles have historically been helped along with a little surgery but with top tips from two leading experts, we can reveal some great ways to pout in style.

Celebrity make-up artist Fiona Jolly has worked with Natalie Imbruglia, Stella McCartney, Goldie Horn, Kylie Minogue, Colleen McLoughlin and Billy Piper as well as with the prestigious names in fashion, beauty and music.

The lips are crucial to achieving the sexiest smile you can, and they have to be in tiptop condition as they are essentially the smile itself. Thin, dry lips need extra attention. If your lips are flaky, use a child's toothbrush dipped in a scrub of salt mixed with a little olive oil. Gently brush this onto lips before washing it off to leave them smoother, softer and pinker.

Fake the size of your lips by applying a light shimmer eye shadow into the dip of the cupid's bow on the upper lip and blend all the edges. Then, with a light brown matt shadow or pencil, apply a slight shadow under the bottom middle of the lower lip. Use lip gloss on the middle of your lower lip and then blend outwards. This will give the effect of the lower lip being bigger.

For a plumped-out pout, start by choosing a lip pencil just a shade darker than your natural lip colour. Trace just beyond the edge of your lips and then fill in the outline and dab a clear gloss on to the middle of the bottom lip.

Gordon Boyle has been a Denplan dentist for 15 years leading a team of dental professionals caring for about 3500 patients in a practice north of Glasgow.

Healthy teeth are essential for a beautiful, sexy smile and the key to achieving them is to brush, floss, eat well and visit your dentist.

Use a quality small-headed toothbrush and fluoride toothpaste for two minutes twice a day. Don't stop at just brushing your teeth and gums - give the back of your tongue a good clean as well - it harbours loads of smelly bugs which are a major factor in causing bad breath. Supermarkets sell adult toothbrushes that are often too big for the job. Buy a child's toothbrush or ask your dental practice if they stock small-headed brushes.

Spit but don't rinse. Rinsing after brushing reduces the effectiveness of your fluoride toothpaste so don't rinse it all away.

Flossing in Britain is still a minority sport but it is essential to clean between your teeth every day to remove the harmful bugs that not only cause gum disease but can also be responsible for bad breath.

Lots of people find flossing very difficult. If you do, then try tying a short length of floss together at the ends to make a loop. This will make flossing much easier.

Eating a healthy, well-balanced diet is key not just to your overall health but also to the health of your smile. Sugar is the main culprit for damaging teeth. Every time we eat sugar, bacteria on our teeth convert it to acid which attacks the teeth themselves. Acidic foodstuff especially drinks can also erode our teeth and ruin their appearance. Eat regular meals taking heed of all the advice on healthy eating and in between meals stick to low or no sugar and acids.

Eating sugar as close to a meal time as possible will reduce the amount of time your teeth are under acid attack. Check the labelling of things you regularly snack on - you might be surprised just how much sugar is in them. Look out for sugars in 'healthy drinks' such as flavoured waters. They can often be as high as in regular fizzy drinks.