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TEETH WHITENING: TRIED & TESTED



A white smile – like a golden tan, glossy locks and clear skin – points to health, success and youth. Yes, yes and yes. Where do we [sign up](#)? And where do we go for those Hollywood pearly whites? In-chair (at the dentist) treatments offer immediate results – with many providing at-home aftercare top-ups – but they might require you to break in to your “rainy day” piggy bank. Meanwhile, at-home treatments run the risk of being ineffective. What to do? Take our word for it. The best of the best are below.



TREATMENT: Britesmile by Manrina Rhode at [The London Smile Clinic](#), £795. A separate at-home treatment course costs £425 and gets the same results.

TESTER: Julia Neel

LOW-DOWN: On my first 15-minute visit to the slick London Smile Clinic (patient forms are filled out on iPads and all the latest glossies are on hand for your reading pleasure), you will be talked through the procedure and chat about the ins and outs of whitening. Manrina, my dentist explained that teeth will only go as light as whites of your eyes. Good to know.

As it turns out, the whites of my eyes are quite white, as I found out during the treatment. After moulds had been made from my teeth for the at-home whitening kit, my gums were protected, my lips moisturised, and a DVD played for my viewing pleasure (*The Ugly Truth*, don't judge). The whitening is done with a blue light which, when it meets pore-opening hydrogen peroxide, bleaches the teeth in three 20-minute sessions. If you're not bothered by all of the oral paraphernalia, you can go for a fourth hit. I did. In terms of damage to the enamel, it's about the same as drinking a can of coke, and I didn't have any sensitivity at all. Lastly, I was packed off with lots of good advice, a Britesmile toothpaste and mouthwash, and enough at-home whitening gel to keep my gnashers pearly for around six years. As for the look, I kept getting busted perching on my gleaming new smile.

SCORE: 5/5

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