



 **CLOTHES 'N**

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THERE are two surefire ways to make yourself look younger — and neither of them involve botox.

A haircut can work wonders for your face, and whiter teeth can knock years off you.

Us Irish are slowly moving away from our rep as a bad-toothed race and slowly towards acceptability of adults wearing braces and other cosmetic procedures.

If you've already got a decent set of gnashers, but like us have a penchant for red wine and coffee, your teeth will be less than sparkling regardless of how often you brush.

There are over-the-counter teeth whitening products available but we tried an in-surgery treatment to see if there was a difference — and the answer is a resounding yes.

The **Seapoint Clinic** in Dublin offers a range of whitening treatments from a scale and polish right up to the Rollis Royce of whitening treatments with lasting results.

I had a Zoom! whitening treatment in the clinic, which took less than an hour. I didn't want 'toilet-bowl' white gnashers but was assured that the Zoom! treatment wouldn't give a Hollywood-style fake look.

A gel was applied to my teeth and the Zoom! laser was fixed on them for three 15-minute sessions.

I had a couple of 'pingy' sensitive moments but nothing I couldn't handle and walked out of the clinic with some trays to wear with NiteBrite gel to maintain my shiny new smile!

The treatment will make your teeth sensitive for a day or so and the 'pingy' moments come and go but I was fine after 24 hours.

The clinic also offers everything from six-month braces to veneers and solutions for night time teeth-grinders.

Check out www.seapointclinic.ie for more information, treatments and pricing.

