

# Bright-white teeth by New Year's

Stars like *Grey's Anatomy's* Katherine Heigl know what it takes to put their best face forward during the holidays: a sparkling smile. And now getting one is faster and easier than ever! Cosmetic dentist **Dr. Elisa Mello** ([www.nycsmiledesign.com](http://www.nycsmiledesign.com)) says, "At-home whiteners can lighten teeth two to three shades in just one week!"



Whiten teeth on the run with these portable tubes!  
**GoSmile Advanced Formula B1, \$89**  
 877-8-SMILES



Apply for 30 minutes daily and get super-sparkly teeth in just five days!  
**Oral-B Rembrandt Whitening Strips Premium, \$22**  
[drugstore.com](http://drugstore.com)



The 14 percent hydrogen peroxide in these strips helps whiten teeth up to three shades!  
**Crest Whitestrips Supreme, \$75, available in dental offices**



Studies indicate that men consider a whiter smile (like Katherine Heigl's) sexier, says **Dr. Elisa Mello.**



During the holiday season, it's OK to pair different makeup shades with red nail polish like Carmen Electra's.

# Holiday nail trend: Red polish

Hands down, red nail polish is red-hot for the holidays! Celebs who favored darker shades during the fall are now wearing the fiery shade this festive season. Celeb manicurist Carla Kay

says the bold color is the referred choice of her clients—even the timid ones. "It's a classic sexy color, and it puts people in the holiday spirit!" she says.



**Pearly red looks festive not over-the-top!** Color Club in American Beauty, \$5, salons nationwide



**Beginners would love this classic matte shade** Creative Nail Design in Candy Apple, \$6 go [indulge.com](http://indulge.com)



**Sparkly red is the perfect pick for New Year's!** OPI Nail Lacquer in Red Dazzle, \$8, 800-341-9999