

A Million Dollar Grill

The quest for “toilet-bowl white” teeth is on, so if your pearly whites are, well, less than pearly, here’s the lowdown on everything from at-home kits to laser whitening. The most cost-effective alternative is a do-it-yourself treatment, such as Crest’s 3DWhite line, which includes a whole range of strips, pastes, brushes and rinses. The bleaching agent, hydrogen peroxide, is the same as what you get in the dentist’s office, but typically a much lower dose—so it’ll take anywhere from two to six weeks to get the results you’re after.

On the other end of the spectrum, there are dentist-administered treatments, which can be pricey (and sometimes painful) but produce immediate results. An hour-long appointment with Dr. Joseph Willardsen, for example, will set you back \$500. But you can go from eggshell to ivory during your lunch hour—and the price includes a custom-set of bleach trays plus two syringes for at home touch-ups. And somewhere in the middle, there’s a technique that’s like microdermabrasion for your teeth: Basically, the procedure involves sandblasting stains out of the surface of the enamel. Ask your dentist about this new form of exfoliation—but beware of over-grinding. True Dentistry, 9061 W. Post Road, 434-4800, truedentistry.com.

— *Geraldine Campbell*