

madison

madison beauty file



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Beauty blog: Mrs Darling gets white (teeth that is)

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It's maintenance time yet again! This time, it's the teeth, when will it end? The lovelies at [Pitt Street Dental](#), have invited me in to try out the latest on the Zoom Whitening front, [Philips Zoom 4](#). This is state of the art: an LED light activates a whitening gel which is applied to teeth by dentist Andy. The session is split into four 15 minute slots. I have been advised to take two Paracetamol and two Neurofen tablets to help counteract any sensitivity. I have the lucky, hide-of-a-rhino pain threshold so am quietly confident that I won't have any sensitivity. First an impression of my teeth is taken to create bleaching trays for home use to keep the pearly whites, well, white.

Andy applies a protective layer of gauze to my gums and a tongue barrier and then works his magic with the whitening gel. The lights are dimmed as session one begins. Once I adjusted to the slightly odd open-mouthedness I am able to almost doze. There are all sorts of psychological comfort elements like a beep five minutes before the end of each session and a series of four lights that go on progressively to

break up the time. Before I know it I'm done. And my teeth look, amazing! Love. There are a few after care instructions:

1) No coloured foods for 48 hours, i.e. anything that could stain the teeth like red meat, tomato sauce, berries, coffee, tea, red wine. I loved the list of pale things you can eat and drink which included Sauvignon blanc. Hilarious. What about pinot grigio?

2) Use a whitening toothpaste.

3) With the home bleaching trays, apply to freshly cleaned teeth for one hour every week post treatment to maintain whiteness.

I have lots of great comments on my lipstick that day and I realise that in fact it's my pearly white teeth that are making it look so good.

COST

The procedure is normally from \$995 (\$895 interstate) but there is a **special offer to madison's Sydney readers** of \$695. Zoom Pens, \$99.95, [zoompens.com.au](#) for madison Sydney readers, \$49.95, great for touch ups on the go. Clean and floss your teeth and then apply.