

'I love my new smile'



In the 'Woman's Day' Makeovers With Heart series, we pamper women who need a little TLC. Here, we meet volunteer Jana Jones

Jana Jones has had some tough times. But not only has she come through them, she's used her traumatic experiences to help others. So today it's our turn to give Jana a little help... in the glamour department.

First up, a trip to the dentist for the Hollywood smile Jana has always dreamed of but has been too terrified to do anything about – until now. "I suffered

painful, invasive dentistry when I was a child, so every time I walked into a dental surgery, my heart began to race and I wanted to run straight back out," says Jana, a volunteer at the Black Dog Institute for mood disorders. Since that childhood experience, she has "avoided the dentist unless it was an absolute emergency".

But thanks to Dr Mark Gadeley at Sydney's Pitt Street Dental Centre, Jana's teeth have been transformed with new porcelain veneers.

"Dr Gadeley assured me it was a simple, painless procedure, and showed me what my teeth could look like,

so I finally took the chance," says a happy Jana. "The veneers have made a huge difference to my smile, especially in photographs, where the uneven colour was particularly obvious."

Next up, beauty editor Mary Zavaglia decided to give Jana a Hollywood siren look to match

her silver screen smile. "Her glamorous make-up, cool shade of blonde and gorgeous gown all complement her wonderful new smile," says Mary.

"The blue-based red lippy was specially selected to bring out the whiteness of her new teeth and liven up her face."



Get Jana's smile...

"A great smile can improve your confidence and self-esteem," says Dr Gadeley. "But when you whiten your smile with veneers, you need an expert to create the perfect shape and natural shade of white."

Porcelain veneers start from \$1400.

... and her look

To get Jana's movie-star glam, "Cake eyeliner on the top lashline," advises make-up artist Deanne Dority. "A taupe blush on the cheekbones, with rose red on the apple of the cheek, makes this wearable for all ages.

"I traced the lips with red lipliner so the lipstick doesn't bleed, then used a fire-red lipstick."



Jana's story

Jana became a volunteer at the Black Dog Institute after the suicide of her husband five years ago. Despite her grief and the dire financial situation she found herself in, Jana says, "I never saw myself as a victim, and almost never felt sorry for myself. I forced myself to write down what I was thankful for."

She is now keen to raise awareness of how untreated depression

can lead to despair and lack of rational thought, and how suicide impacts forever on the lives of surviving loved ones.

If you, a friend or family member are feeling down for more than two weeks, and are finding it hard to get up in the morning and do everyday activities such as showering, you may be suffering depression. Go to your GP for a referral to a mental health practitioner and visit www.blackdoginstitute.org.au to find how to access support in your local area.