



4. The teeth stain corrector: Philips Zoom at Pitt St Dental

I'm often asked whether to do home teeth whitening or do in-dentist, and I always recommend in-dentist. It's the difference between you doing a facial at home and having one performed by a beauty therapist using salon-strength products, basically. Sure, it's more expensive, (approximately \$1000) but think of the cost per smile. I last had whitening – Zoom! Advanced Power – back in 2006 and my teeth were still quite white, however, I went in and had the new Philips Zoom two weeks back, and that's when I realised they weren't actually very white anymore. Now they're dazzling (but natural white, not *The Hills* white – my request to the dentist) and so face brightening, and all in under an hour and with almost NO sensitivity. (This is the biggest feature of the new Zoom, the lack of post-procedure sensitivity.) Sure I had to drink coffee through a straw for a few days, but OH, MY TEETH! My glorious, white, gleaming teeth. It's like a blow dry for your teeth. Cept it lasts for years and years. I'm making my fiancé do it too, since you asked. And then hopefully we'll get that gameshow host gig we've always dreamed of...