

The BEAUTY HABIT



Pearly Whites for Penny Pinchers

Four brushing options to put a smile on your face

BY CINDY HATCHER, BEAUTY EDITOR

1 LISTERINE
WHITENING GEL
Kills germs while it banishes tartar, freshens breath, and whitens teeth. \$4.50, listerine.com



2 CREST
3D WHITE
BRILLIANCE BOOST
Use this add-on product after your usual paste for extra whitening. Micro-polishers yield up to three times the stain-lifting power of toothpaste alone. \$6, 3dwhite.com



3 TOM'S OF MAINE
SIMPLY WHITE
Naturally sourced silicas help gently remove surface stains so teeth appear whiter. \$5, tomsofmaine.com



4 COLGATE
ENAMEL HEALTH
Helps boost weak enamel while smoothing the surface of teeth so germs are less likely to hang around. \$3.50, colgate.com



Three steps to ...
Slowing Hair Loss
No need to borrow Aunt Edna's wig just yet. Here's strand salvation.

STEP 1: EAT HEALTHY

Maintaining a balanced diet can be crucial to slowing hair loss, according to Francesca Fusco, MD, a New York City-based dermatologist. "Your diet should include adequate protein and nutrients ideally, but if not, consider a vitamin targeted to hair and nail health," she says.

STEP 2: NOURISH

Take care of the hair you have. "A well-nourished scalp provides a foundation for strong, resilient hair," Fusco says. Look for products containing conditioning oils like sunflower, almond, or coconut, such as **CLEAR Scalp & Hair Intense Hydration Mask** (\$5, clearhaircare.com).

STEP 3: SEEK HELP

If hair loss or thinning continues beyond a normal pace for more than a month, consult with your doctor. Treatments include prescriptions and (gulp!) scalp injections. In the meantime, protect hair and scalp from the sun with a hat. "A burned scalp could cause hair loss," Fusco says.