

6 Practices for a Healthy Smile

Written by Lauren Topor

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Our smiles are the first thing that people notice. It's important that we keep them bright and healthy. By following these six tips for safe and effective results you can achieve the brilliant, luminous smile that you have been dreaming of.



1. Kissable DIY Sugar Lip Scrub

1 tablespoon fine-grain brown sugar

1 1/2 teaspoons of safflower or grape seed oil

Pinch of cinnamon

Whip up the following ingredients in a small bowl until you have a lush consistency. Simply begin to massage your lips with the lip scrub using circular motions. After massaging, rinse with warm water. The remaining lip scrub can be saved and stored for up to two weeks to help you maintain your fabulous, healthy smile. If you want to add volume to your lips, add a drop of cinnamon leaf essential oil to the mixture for a natural, plumper look. We always recommend using a SPF lip balm on your pout. Visit <http://www.azspagirls.com/> for more DIY recipes and beauty tips.



2. Get Happy with Sarah Happ

If you're aching to exfoliate but DIYs aren't your thing try Sarah Happ's The Lip Scrub. Available in a range of traditional flavors like vanilla bean, brown sugar or peppermint, these one-ounce wonders are perfect for travel and for women on the go. If you're feeling adventurous, try the green apple or red velvet scrubs. The regimen is simple: Massage a generous amount of the scrub onto your lips then continue to use a firm circular motion. When you're finished just wipe away what's left with tissue. You can pick up your favorite flavor at Refresh Skincare in Scottsdale for \$24.

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3. Pearly Whites

The revolutionary technology of the Tanda Pearl at-home teeth-whitening system delivers professionally whiter looking smiles in five minutes. Fast and safe results are guaranteed by the Pearl and are easily attainable due to the new patented ionic technology used in the device. The hands-free mouth tray whitens both the front and the back of the teeth, the only system on the market that whitens both simultaneously. Regular treatment reduces bacteria, tartar build-up and eliminates bad breath. The Tanda Pearl is available at Nordstrom for \$195 complete with 20 gel tubes and a clamshell storage case.



4. Organic Hair Removal

1 cup of sugar

2 tablespoons of lemon juice

2 tablespoons of water

Cotton strips

Avoid the harsh, harmful chemicals of the past that can lead to skin damage. Chose an organic, plant-based wax regime that improves the look and feel of your face. Combine the ingredients in a small saucepan and bring to a boil. Continue to simmer the mixture until you notice the paste turning a golden brown. Give the mixture time to settle at room temperature before use or storage. The wax can be applied cool or warm. If you chose to use the wax warm, simply heat, smooth a thin layer of the mix to the upper lip, press a cotton strip firmly to the affected area on top of the wax. Pull the cotton strip away in the opposite direction of hair growth for maximum results. For cool use simply flatten the cooled wax between your hands until it's about one-fourth of an inch thick. Press the cooled wax onto the affected area and remove in the opposite direction of natural hair growth.

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5. Get Glowing

Maintaining a healthy glow year round is a must. Indulge in a luxurious facial spa treatment to help reduce smile lines and aging to keep your smile looking flawless. Oxygen facials promote youthful dewy skin and are one of the most restorative treatments available. More than 85 different minerals, vitamins, amino acids and enzymes are combined to promote cellular growth, leaving your skin radiant and luminous. The Oxygen Facial is available at The Boulders Resort in Carefree for \$185.



6. Just Chew It

Chewing sugar free gum throughout the day can give you lasting fresh breath. This simple habit will keep your smile looking polished and clean. Remember to choose sugar-free gum; sugars cause bacteria growth that can harm your mouth.