

# Easy Spruce-Ups For Grooming, Health And Home

(NAPSA)—To help people spruce up looks, bodies and homes without sacrificing style or fun this summer, beauty and grooming guru Natalie Miller, health and fitness consultant Jeannette Jenkins and home makeover specialist Tyler Harcott join LISTERINE WHITENING® Pre-Brush Rinse's Easy Spruce-Ups for Summer campaign to offer clever tips for easier routines that deliver high-style results.

"Achieving a bright, confident smile is a great, simple way to upgrade one's look," says Miller, who is highly requested by celebrities in the U.S. and internationally. "I recommend rinsing with LISTERINE WHITENING® Pre-Brush Rinse for just 60 seconds before brushing twice a day as an easy way to reveal a noticeably whiter smile and freshen your breath, too."

The Easy Spruce-Ups for Summer campaign can help maintain and improve grooming, health and home routines. Follow these easy tips to keep smiles and styles looking fresh all summer long without missing out on any fun.

"Rejuvenate the body by matching simple fitness routines with healthy yet delicious foods. The combination can help your body burn fat and build extra energy," notes Jenkins, one of Hollywood's most sought-after fitness consultants.

Home makeover expert Har-

cott says, "Design should be effortless. It's about finding simple ways to personalize your surroundings not only for guests and parties but even more importantly, for yourself."

## Your Look:

### Tips from Natalie Miller

- Tinted Moisturizer is a moisturizer, foundation and SPF in one.
- Never underestimate the value of lip gloss.
- Now available in an 8-oz. travel size, LISTERINE WHITENING® Pre-Brush Rinse is even easier to throw into a beach bag for a long weekend.

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**It's important that daily routines are even easier during the summer so that people can enjoy the season.**



## Your Body:

### Hints from Jeannette Jenkins

- To help your body burn fat, enjoy light and fresh salads topped with cranberries or blueberries bursting with phytonutrients and antioxidants.
- Start your day with a 20-minute circuit training workout. Repeat three times: push-ups, stationary lunges and sit-ups for 15 to 25 reps each.
- Check out Farmer's Markets for snacks that are fresh, healthy and absolutely delicious.

## Your Home:

### Ideas from Tyler Harcott

- Flowers are not a luxury but a simple necessity. Pick up an arrangement each time you shop for food.
- Use colorful, reusable plastic plates instead of plain white paper plates to add bold accents to your table while not creating extra waste.
- Add flair, function and a design to party: Freeze fruit into your ice cubes. Just drop blueberries into the compartments in your ice tray.

LISTERINE WHITENING® Pre-Brush Rinse is the No. 1 whitening rinse on the market and is found in more homes than any other dedicated whitening product. Consumers who rinse with LISTERINE WHITENING® Pre-Brush Rinse for 60 seconds before brushing twice a day will see noticeable results within 12 weeks. LISTERINE WHITENING® Pre-Brush Rinse easily reaches between teeth and other areas that are hard to reach to whiten, safely help remove stains, kill bad breath germs and reveal a brighter, more confident smile.

Available at all major retailers nationwide for approximately \$3.99 (8 oz.), \$5.69 (16 oz.) and \$7.69 (32 oz.), LISTERINE WHITENING® Pre-Brush Rinse is not a replacement for LISTERINE® Anti-septic Mouthwash.