

Star-Studded Secrets For A Perfect Smile

(NAPS)—Everyone knows that a celebrity's popularity depends on their talent, their beauty...and their smile. Don't believe it? Take it from Julia Roberts, George Clooney or Mel Gibson. Those beaming celebs topped a recent Crest SpinBrush survey of favorite celebrity smiles.

The survey results revealed that almost half of American women identified "Pretty Woman" Julia Roberts as the actress with the best smile. Hollywood heartthrob George Clooney won best smile in the actor category with 30 percent of the vote. And, 26 percent of women say they would replace their man's smile with Mel Gibson's if given the chance.

"Celebrities know how important their smiles are to their careers and appearance—and they are disciplined with their oral care routines because a great grin is a big priority," says Los Angeles dentist Dr. Jennifer Holtzman. She gives the following advice for obtaining a star-studded grin:

- Eat right for a healthy, Hollywood smile

Healthy eating habits lead to healthy smiles. Eat a diet rich in calcium to maintain strong teeth and choose nutritious snacks instead of sugary ones. Opt for raw veggies and fruits to provide the body with vitamins and minerals. Avoid dark beverages, like coffee and tea, which can stain the teeth. Drink plenty of water to assure that the mouth is well-hydrated and balanced.

- Get the best tools for a star-studded smile

Floss daily and brush twice a day for two minutes with a fluoride toothpaste to achieve a



healthy, beautiful smile. To make the most of that time, try an electric toothbrush like Crest SpinBrush, which removes up to 40 percent more plaque than a manual toothbrush. It gives users the power of an electric toothbrush for just a little bit more than an ordinary manual toothbrush price.

- Visit the dentist like a movie star

Dentists are in every celebrity's rolodex—and should top the charts as smile-giving celebrities in their own right. Visit the dentist for regular oral checkups every six months, or as recommended by a dental-care professional. This will help keep smiles free of serious oral-care conditions that can impact its appearance.

"Anyone can have a celebrity smile with the right oral care routine," according to Dr. Holtzman. For more information on obtaining a star-studded smile, log onto www.crest.com or www.spinbrush.com.