

Making the most of your smile by making the most of your lips

Your mouth is the most sensual feature of your face.

A healthy white smile and healthy coloured lips are all that's required to complete the picture.

There are three simple steps to making your lips speak for themselves ...

Choosing the right colour lipstick for your smile

- Unless your teeth are perfectly white, lipsticks with brown, orange, yellow and certain red hues can detract from your smile.

- If your teeth are creamy or slightly yellow in colour, or if you have amalgam restorations, you're best to avoid these colours, as they can make your teeth appear darker.

- Generally safe for all smiles are lipsticks with pink, rose or neutral shades.

- If your teeth are bright white, a red or blue-red lipstick will accentuate your smile.

- But much easier than worrying about which lipstick to choose is to choose white teeth! Teeth whitening will enhance your lips and your smile.

Applying your lipstick correctly

- Use a lip pencil to define the outline of your lips. Then fill in with the outliner before adding your lipstick or gloss.

Caring for your lips

- Drink plenty of water to nourish your skin.

- Ensure you're getting enough vitamin B and iron, which help to prevent chapped lips and split corners.

- Avoid licking your lips too often. This removes the salivary enzymes and dries the skin.

- Wear a vitamin E lip balm to bed to nourish the lips.

- Calcium isn't just good for your bones and teeth, it also offers a beauty benefit. Calcium can help to prevent the lips from thinning and turning inward-a sign of ageing.

- Soften any fine lines by applying eye cream around the lips at night.

- Apply lip balm in the morning before your lipstick, gently rubbing in.

- Exfoliate your lips once a week with a gentle exfoliant or a soft toothbrush.

- Most important of all, protect your lips from the sun and skin cancer by using lip balms and lipsticks with sunscreens and other nourishing ingredients.

Keep smiling!

