

NOW

EXCLUSIVE

Would you guess that I'm a man?



PETER ANDRE

WORLD EXCLUSIVE

I'm the guy to tame Jordan

PLUS My flings with the 2 Mel Bs
The soap star I should have wed



Abi Titmuss

My new career in porn

JENNY FROST

I'm glad I'm out of Atomic Kitten



BAFTA GOSSIP



PEARLY QUEENS

These days, the ultimate celebrity accessory is a blindingly bright set of pearly whites. **Victoria Beckham** is the latest to be tempted by the promise of perfect teeth - she's just spent £5,000 on porcelain veneers. Here are three ways to whiter teeth - whether you share the Beckhams' budget or not...

CHEAP AND CHEERFUL

Crest Revitalise Toothpaste, £2.99, uses silica particles to polish away superficial staining while the rotating double heads of the **Crest SpinBrush**, £8.99, massage your gums, keeping them looking pink - which makes teeth look whiter.

MID-PRICE
Cosmetic dentists all



over the UK use teeth whitening systems such as the one pioneered by Dr Sunny Luthra for **Saks Salons**, £500 (0800 5877962). Once your teeth have been painted with a peroxide-based whitening gel they're exposed to a blue halogen light for 20 minutes, which helps intensify the whitening process. Your teeth will stay white indefinitely, as long as you avoid food and drinks that stain.

EXPENSIVE INVESTMENT

Porcelain veneers might be the most expensive option but, unlike bleaching, they stay permanently white and can also be used to correct the appearance of crooked teeth. For £4,000 to £5,000, **Dani Behr** and **Natalie** and **Nicole Appleton's** dentist Dr Mervyn Druian of **The London Centre For Cosmetic Dentistry** (020-7722 1235) will apply thin porcelain fronts to each tooth, in two 2½ hour sessions, two weeks apart.



Photos: All Action, LFL, PM Photos, Flex Features

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