



21-Day Make Better Challenge: Day 3

Get smoother hair and healthier skin—plus revamp your style in just three weeks!

DAY 3: GET NATURALLY PEARLY WHITES

Chew on this: Dark green vegetables like broccoli and spinach create a barrier-like film on teeth that scrubs away stubborn stains over time and can help prevent new ones from forming, according to Elisa Mello, DDS, of NYC Smile Design. She also recommends “exfoliating” with crunchy fruits and veggies (think apples, carrots, pears, guavas, cauliflower, and cucumbers): “As you chew them, they work like tiny toothbrushes and help to scrub away stains.” To complement your naturally whiter teeth, wear a smile-brightening lipstick. “Corals and pinks—especially fuchsia—are the best,” says Gwyneth Paltrow’s makeup artist Matin, adding that blue-based colors in general are ideal.

