



Q & A

Can I whiten my teeth while expecting?

Professional whitening is not recommended during pregnancy, and any over-the-counter products should also be avoided, says New York-based cosmetic and reconstructive dentist Elisa Mello, D.D.S. "The chemicals created during the procedure are caustic to cells, and we can't know for certain what damage they may do to a developing baby," she explains. To safely remove stains, make a paste of equal parts strawberries and baking soda and brush on teeth. Let it sit for five minutes before rinsing. (Strawberries contain malic acid, a natural substance that breaks down stains.)

Or, try **Dr. Ken's All Natural Maximum Care Toothpaste** (\$8) with baking soda.

Shine on

What better way to say "Happy holidays!" than with a bit of sparkle. Celebrate the season with shimmering makeup that enhances your pregnancy glow. Our picks:

1. The creamy eye shadow, shimmering highlighter and black liner in **WanderLove's The Eye Wand Essential Trio** (\$17) work together to make eyes pop.
2. **Benefit Prrrowl** (\$28) boasts two tools in one handy package: An iridescent turquoise mascara on one end and a flirty pink lip gloss on the other.
3. **Philosophy under the mistletoe** (\$20) lip gloss is uder-shiny and comes in four yummy holiday flavors, including peppermint bark, candy cane and pink frosted cookie.

