



SMILE, BABY!

A smile is your first line of defence – first impressions form fast! **Alexandra Kohut-Cole** investigates what a smile means and shows you how to win friends and influence people with a dazzling smile.

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart,” Helen Keller once said.

A smile, however, must be both seen and felt. We read each other by the way we smile, whether it's a wide, happy grin or a slight turn-up at the corners of the mouth. It's been said that the only true smile is one that makes eye contact.

The classic Hollywood smile, perfected by screen stars of the '40s such as Lana Turner, is that of the dazzling white teeth beaming through a precision-outlined, deep-red mouth. Today the celebrity lip, plumped up with collagen, bares glaring, almost-too-white pearlys.

Smiles and laughter “have been strongly associated with health and emotional well-being, attributable to a release of endorphins responsible for these happy feelings,” says psychologist Lissy Puno. “They can be used as a tool to improve and treat certain physical and psychological illnesses.”

Though not recognised in the medical profession, laughter and humour are currently being used as therapy to achieve “change, progress and treatment”.

“THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED. THEY MUST BE FELT WITH THE HEART.”

We smile to communicate. “It's a social behaviour that connects us to others,” says Puno, “it makes us feel good about ourselves and is a reflection of inner feelings, a key tool in stress management.” Returning a smile triggers a chain reaction of uplifting response and positive feeling.

Sociologist Sheela Cheong explains the ideas of Erving Goffman, author of *Presentation of Self in Everyday Life*. “The expressiveness of the individual involves two radically different kinds of activity; the expressions that he gives by communicating information and the expressions that he gives off by actions... People's expressions give rise to their impressions.”

A smile, infectious or otherwise, is clearly healthy for the mind and body, it makes you look good and feel better.

The best smile is the natural, genuine one, unadorned by cosmetics, that comes from the heart and shines from the eyes.

How To Get That Winning Smile

▶ THE TOOTH OF THE MATTER

White teeth are hot – and a sure way to look instantly glamorous. There are several ways to get yours to dazzle. Bleaching is now a common procedure, costing from \$900 to \$1,200 (or take home a bleaching kit for \$400 to \$700). “If the teeth are heavily discoloured, crowns or veneers (costing from \$900) may be a better option,” says Dr Christopher Quek, dental specialist and prosthodontist at Smileworks. He recommends essential daily brushing and flossing, and warns us to beware of coffee, tea, cola or wine as they stain the teeth. There is also an abundance of off-the-shelf whitening toothpastes; try Pearl Drops Party Sparkle tooth polish, Pearl Drops Extra Whitening Toothpaste, or Pearlie White, Blanc Perfect Whitening Toothpaste. About \$10 each, from pharmacies. ↪



PHOTOGRAPHY: TALBERT HO STYLING: CINDY CHOI MAKEUP: SHEENA YIU/9487-7397 HAIR: WENDY LAU/9733-6038



▶ PLUMP UP THE VOLUME

Want fuller lips to frame your pearlie whites? Pick a light to medium lip colour to make thin lips look larger, especially when slicked over Benefit's Lip Plump primer, \$44. A glossy finish over lipstick can give the illusion of fuller lips. Dior Addict Lip Maximizer Collagen Activ Lipgloss, \$39, is a great new gloss that catches the light. Also try Estée Lauder's High Gloss in Rose, \$31, or Benefit's Her Glossiness, Talk To My Agent or Next Question Please, each \$34, or Dior Rouge Dior Creamy Lipgloss In Mauve Nectar, \$37.

▶ BRIGHTENING SHADES

Well-dressed lips speak volumes. Siti Indang, Dior national makeup artist, recommends Rouge Dior Red Premier and Celebrity Red, \$38, or softer pinks such as Dior Hi Colour Feverish Pink and Impulse Mauve, \$37. Benefit California Kissin' has a blue smile-brightening tint topped off with a mint flavour, \$34. The Estée Lauder Signature Lipstick in Baby Pink or Plum, \$34 each, works well. But for a particularly dazzling smile, go for the Fuchsia!



▶ LIP SERVICE

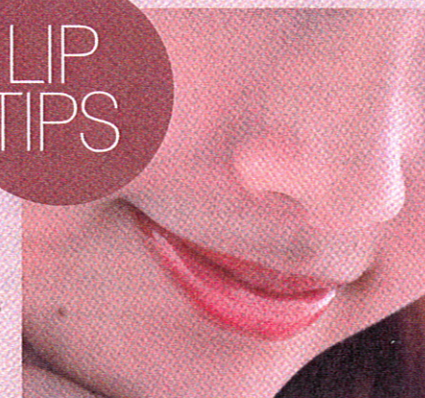
As with your body, exfoliate and moisturise! Most cosmetic houses do a multi-purpose lip balm. Benefit Buffing Lip Beads and Silky Lip Balm is an excellent exfoliating and moisturising set, \$67. Bobbi Brown Tinted Lip Balm in Baby Pink, \$32, comforts and moisturises lips, adding a sheer tint. La Mer The Lip Balm, \$82, helps to strengthen the minimal moisture barrier, leaving lips supple, smooth and feeling plumper. Estée Lauder Lip Conditioner has an SPF 15, \$34. Bobbi Brown's Lip Gloss in Hot Pink, \$33, not only gives lips a fuller, more sensuous look, it also contains vitamins C, E and A to minimise the appearance of fine, dry lines. Or, if you're feeling minimalist, just exfoliate lips by letting your balm or Vaseline sink in, then gently scuffing off flaky bits with a dry toothbrush.



The Eyes Have It

To make the eyes 'smile', makeup artist Peter Khor suggests curling the lashes and adding lots of mascara. Next, apply highlighter at the inner corner, or some cream eyeshadow around the eyelid. Now, sparkle!

LIP TIPS



▶ **To make lips appear larger:** Line your mouth slightly outside its natural contour with a lip pencil in the exact shade of your lip; try layering lipstick several times, blotting with a tissue each time, followed by a rich gloss. Or, after lipstick application, apply a dab of pale gloss in the middle of the bottom lip and slightly under the Cupid's bow.

▶ **To prevent a pale pink lipstick or gloss from appearing too dark:** Pat foundation on lips and blot first.

▶ **To achieve a natural look:** Lightly line the contour of the mouth in a colour close to the natural lip shade, then add gloss. The liner keeps the gloss in place and adds a touch of definition.



▶ **Red rules:** Adds colour, vibrancy, makes teeth whiter and gives a warm glow to the complexion.

▶ **Colours to avoid:** Peaches, brown and coral tones. They tend to accentuate yellow or stained teeth.