

# Vanity Fair

This month, *Faye Marchant* tries out the latest in teeth whitening

I always get excited trying out newfangled treatments. Perhaps it's something to do with my inner guinea pig, I'm not very sure really, but the sheer mention of 'new' and 'treatment' sends shivers of delight down my spine. Imagine how thrilled I was to try out the new Brite Whitening System, which promised to drastically whiten my teeth without the abrasive methods of other treatments on the market. I was a happy bunny indeed and off I skipped to see Dr Alia along Al Wasl Road.

Now one thing about Dr Alia is that she's thorough. Very thorough. She's the kind of dentist that exercises military precision in everything she does. She's a woman of huge integrity and pride, and dare I say it, the Monica Geller of the dentist world. Within five minutes of looking at my teeth, Dr Alia swiftly declared, "I need to give your teeth a good clean before I whiten them". I stared at her a little sheepishly and nodded. I hadn't visited the dentist in quite a while and was hoping that a touch of bleaching would cover the multitude of sins my molars were harbouring.

Ah well, I silently consoled myself, perhaps I'd be in the dentist's chair 15 minutes longer, but I was soon to leave with possibly the whitest smile in town. An hour later, Dr Alia was still cleaning. Every little scrap of plaque and decay was being scraped, zapped and sucked away from its very home. It was like a mini tsunami had swept its way into my mouth and wiped out everything in its wake. I was a little embarrassed to say the least.

Another 10 minutes later, Dr Alia finally stated the territory was clean and showed me the before and after pics; the before showing nasty yellow plaque-ridden teeth and the after



displaying marginally whiter, plaque-free ones. I was pleasantly surprised. Had she whitened and cleaned my teeth at the same time?

Err. Clearly not. "That's next week. Next week I shall begin the whitening process," she said. Wow, I thought to myself. I will have white teeth, maybe white enough to rival dear Britney's.

The next week I was back in the chair. "This will take approximately 90 minutes," Dr Alia said again with her signature military precision. I liked this woman, she demonstrates only the kind of tenacity rare professionals exude. Her passion made me instantly trust her and know, if you want a good job done, Dr Alia delivers. So with that in mind,

I patiently lay back for the next hour and a half and let the laser zapping machine do its work. True, I had an uncomfortable

mouth thingy that I had to consistently bite while the whitening laser clicked away, but on the whole, the treatment was not invasive in the slightest. I just got a little tired of sitting in the same position for such a long time. But lo and behold, 90 minutes later I opened my mouth and gave the biggest, whitest smile.

Four weeks on, with Dr Alia's Brite Whitening toothpaste and pens, I still have the same white smile.

I've had whitening treatments in the past which immediately

give a white, but almost unnatural smile, but a couple of weeks on deter back to the same yellowish tinge.

Verdict? Excellent. I liked the treatment and I now have a new dentist. She's starting work on my fillings and compiling tactics on how to turn my silver ones, porcelain. But hey, military or not, my teeth look and feel better than ever. ●

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