

Home » Features » Skin Blitz

SKIN BLITZ



Everything in Moderation

Easy Does It

When it comes to exfoliating your skin, washing your face and whitening your teeth, is it possible to overdo it? We talked to the pros to find out just how much is too much of a good thing.

Share This: More

1 of 8 [NEXT >>](#)

ADVERTISEMENT

BEAUTYTALK

Get advice. Give advice.

See the latest buzz.

GO

SEPHORA

ADVERTISEMENT

COVERGIRL

fool proof **5**

FREE STYLE

Free Style
FREE PRODUCT OF THE DAY!
We're giving away free makeup, haircare, skincare and fragrance each and every day. No strings attached!

FREE PRODUCT >>

ADVERTISEMENT

Skin exfoliation products
Cleanses And Refines Pores, Leaves Skin Feeling Smooth And Ant...

[http://www.hugoboss.com/Skincare](#)

Natural Acne Wash
Duane Reuter's Natural Acne Wash now available at Duane Reuter!

[http://www.happymeskincare.com](#)

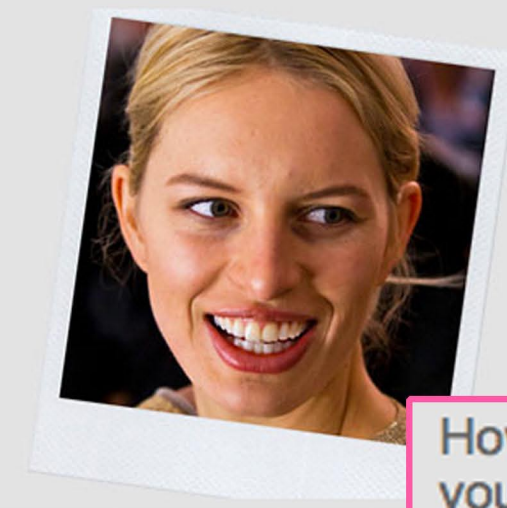
Beautiful Hair Tips
Duane Reuter's Active Ion Technology Helps To Restore Smoothness. Learn More.

[http://www.Braun.com/SmoothHair](#)

Reduce Wrinkles Naturally
Learn How Celebrities Know Stop Expression Lines

[http://www.frownies.com](#)

AdChoices >



How often can you whiten your teeth?

"Some people who overuse whitening products can develop what's called **blue teeth** because the teeth become so translucent they can look blue," says Beverly Hills dentist Dr. Arthur Glosman. So how often is too often? Dr. Glosman says an **over-the-counter whitener** (like Crest White Strips) can be used **five to 10 days in a row, twice per year**. "That's a safe time frame between bleaching."



How often can you whiten your teeth?

"Some people who overuse whitening products can develop what's called **blue teeth** because the teeth become so translucent they can look blue," says **Beverly Hills dentist Dr. Arthur Glosman**. So how often is too often? **Dr. Glosman** says an **over-the-counter whitener** (like Crest White Strips) can be used **five to 10 days in a row, twice per year**. "That's a safe time frame between bleaching."