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SKIN BLITZ



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Can an at-home device really help clear your skin, minimize wrinkles or zap cellulite? We asked four docs to weigh in on whether these techy tools are worth the hype.

The expert's take: "I think it works and is a good alternative to doing it in-office," says L.A.-based dentist Dr. Arthur Glosman, who explains that this treatment works better than other whiteners, such as strips, because the light and heat accelerate the bleaching process. "As long as they're used with a certain amount of caution and not over-used, which can cause tissue damage, they provide good bleaching," says Dr. Glosman, who recommends consulting your dentist before starting any whitening regimen.

hydrogen peroxide to bleach the teeth. It's similar to a treatment at the dentist's office.

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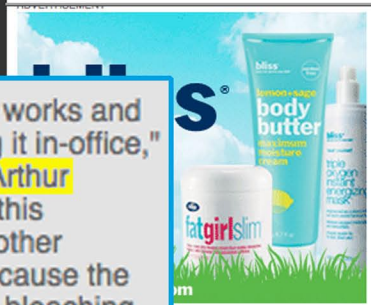


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