

Valentine's Day

Bright, healthy teeth and sweet, fresh breath are key for a perfect kiss.

(NC) Robert Browning wrote of the kiss, "The moment eternal — just that and no more. When ecstasy's utmost we clutch at the core. While cheeks burn, arms open, eyes shut and lips meet."

Kissing can be thought of as the most romantic, intimate, sensual contact between two people.

It can be brief, it can be long, but a kiss is always indelible in some way.

Bright, healthy teeth and sweet, fresh breath are the key ingredients to a perfect kiss. Conversely, yellow, stained teeth and bad breath can turn one of life's best moments into one of its worst.

A low-abrasion whitening toothpaste helps provide the boost your teeth need for an alluring, sexy smile. Using alcohol-free breath products, such as mouthwash and breathdrops, also prepares you to purse your lips with confidence.

"Alcohol in breath products may dry out the mouth and dry mouth is one of the contributors to bad breath," said Howard Strasser, DMD. "An alcohol-free mouthwash has been proven in studies to be just as effective as leading mouthwashes that contain alcohol."

Don't just save your smooches for Valentine's Day. With a sexy smile and minty,



fresh breath, you're armed with the ultimate in pucker power, so take advantage of a little romance everyday.

Here are 10 steps to smooching that are sure to improve your pucker power:

1. Let love wash over you. Relax and get in the mood by dropping some sensuous-smelling bath gel or oil into a luxurious soak.
2. Seduce with a smile. A safe, low-abrasion whitening toothpaste will whiten teeth significantly in just weeks.
3. The tender touch. Use an emollient hand lotion to make sure that first caress is the softest.
4. A scents of romance. A sexy spritz of perfume or splash of aftershave is the best

aromatherapy for love.

5. Make a smooth move. For men, there is nothing like a close shave against a woman's cheek. If you opt for facial hair, clean and neat is the way to go.

6. Whisper sweet nothings. Make sure they're truly sweet with an alcohol-free mouthwash.

7. Hair affair. Running your hands through his, the brush of hers against your

face. Locks should be luxurious and smell great.

8. Don't hold your breath. When the moment comes, breathe easy with a quick, inconspicuous dab of minty fresh alcohol-free breathdrops.

9. Luscious lips never sink ships. Your kiss will be smooth sailing when you prime your lips with a soothing lip balm or conditioner.

10. Repeat steps 1-9.

This Valentine's Day curl up with your loved one in front of a gas fireplace

(NC) Dreaming of the perfect Valentine's Day? You and your loved one curling up together by a roaring gas fireplace?

Many Canadians will be doing just that, but if the idea of cuddling by a gas fireplace seems odd, consider that today's models not only provide attractive yellow flames, they can also lower a home's overall energy consumption and heating bills.

• Locate it in a primary living area where the heat has access to other parts of the house.

• Install the fireplace where it will be visually attractive and functional — where you spend most of your time.

• Make sure your fireplace features a radiation-transparent ceramic glass front.

• An insulated outer fireplace casing (if located on an exterior wall) is a good way to conserve energy because it prevents heat loss through walls to the outside.

• Choose the right heat output for the room you'll be heating. If the heat output is too high, the room will be too hot.

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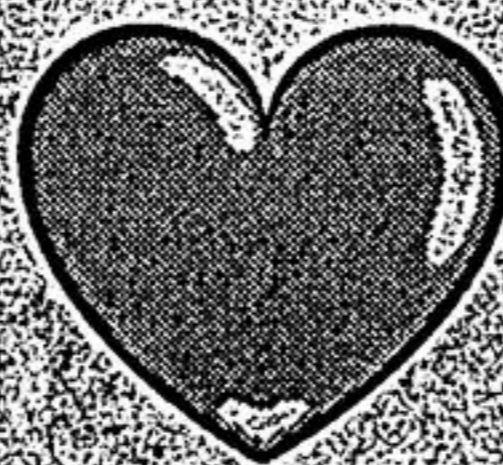
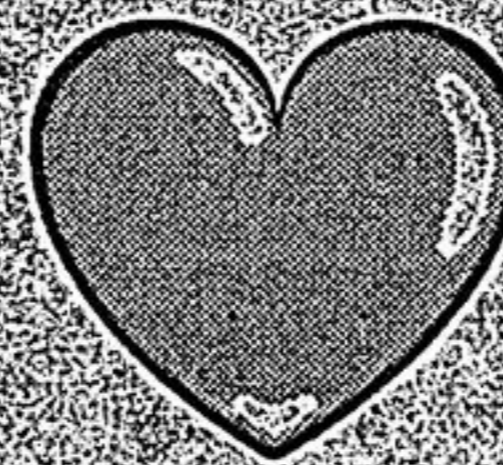
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Valentine's Day

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