



**After watching numerous numbers of award ceremonies lately on TV, many people are now sporting the bright white teeth look due to the advanced breakthroughs in whitening techniques. But why should having pearly whites be a thing only available for the rich or famous.**

Well now through a Welsh Company called 'Smile Spa', you too can enjoy the glistening smile associated to those famous faces.

We went along to the newly opened Cardiff Gate branch of Smile Spa to put it through its paces.

Now I will be honest, I was a little dubious about having my teeth whitened as I thought it was all just a myth that within just 1 hour your smile could be changed. I have to take my hat off and admit defeat though as in just 40 minutes I was beaming like a Cheshire cat.

The process was simple and just involved sitting there and having someone play with your teeth. (Just like the dentist but only less painful as there was no pain at all).

We spoke with Mark Eckley, MD of Smile Spa and he explained to us exactly what they can offer. 'Americans have been getting their teeth whitened for years and the trend, like any other American trend has migrated across the Atlantic and is proving just as popular in recent years. We developed Smile Spa in order to offer a top class treatment in comfortable surroundings that people can get when and where they want. Our system enables people to walk down the high street and have a safe and quick one off treatment that will boost their confidence and not break the bank.'

We at Tidy were so impressed with the results from Smile Spa that we have formed a voucher with them that entitles you to receive 20% off treatment if booking through Tidy Magazine.

**Contact Smile Spa on 0845 603 6674 for more details and to arrange treatment. Don't forget your voucher in order to receive 20% off**

