

SHARE: A Confidence Boosting Smile

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What makes you feel like the strong, beautiful woman that you know you are? Maybe it's when you wear your favorite pair of jeans, nail a presentation at work, have a great workout, get a fresh new haircut—or when you smile! For many women (and men!) having a broad, full and eye-catching smile can help boost self-confidence. After all, according to a study from Match.com, the number one qualifier both men and women judge each other on is teeth. But, what exactly makes a “great” smile?

One of the first steps in achieving that show-stopping smile is to broaden your smile. By widening your smile—displaying more teeth—you can reduce “dark triangles” in the corners of your mouth. In addition, an ideal smile shows minimal gingiva (also known as gums). Orthodontic treatments, such as Damon® Clear, virtually invisible braces that use high-technology brackets and wires to reduce treatment time by an average of six months, are able to shift teeth to minimize visible gum tissue. Finally, a so-called perfect smile will be free of teeth that tip inward or flare outward. The goal is upright teeth for better smile arc—when smiling the bottom of the upper teeth should follow a curve that mirrors the curve of the bottom lip—facial balance and overall aesthetics.

Luckily, with today's technology and orthodontic advancements, addressing dark triangles, crooked and crowded teeth, and gummy smiles is easy and doesn't have to be painful. Whether it's with braces or clear aligners, like Insignia™ Clearguide Express™, you have the power to get a smile that makes you feel your best and doesn't require bulky, painful and unappealing braces. With fewer appointments required and flexible payment options available through most orthodontists, now's the time to invest in a great smile and an empowered you!

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