

## Complete Guide to Boutique Teeth Whitening at Tracey Bell

Welcome to Tracey Bell, where your journey to a radiant smile begins! Our Boutique Teeth Whitening kit is a premium offering designed to brighten your smile effectively and safely within the comfort of your own home. Let's dive into what Boutique Teeth Whitening is all about and how you can achieve stunning results in just a few weeks.

### Understanding Boutique Teeth Whitening

Our Boutique Teeth Whitening kit comprises four syringes filled with a specialized whitening gel formulated to gently and efficiently lift stubborn stains from your teeth.

This professional-grade solution is designed to work gradually over a minimum of two weeks, allowing for a comprehensive transformation of your smile. Sometimes, it may Take Longer

### The Process

Using Boutique Teeth Whitening is a breeze! Follow these simple steps to get started:

1. **Prepare** by brushing and flossing your teeth to ensure they're clean and debris-free.
2. **Apply**: Dispense a small amount of the whitening gel from the syringe onto the provided trays. Apply a thin layer of gel onto the front surface of each tooth impression in the tray, ensuring even coverage. WATCH the Video. This may help

<https://www.facebook.com/TraceyBellUk/videos/672522003346767/>

**3. Whiten**: Insert the trays into your mouth, ensuring they sit comfortably against your teeth. Wear the trays for the recommended duration as per your dentist's instructions. Typically, this ranges from 60 minutes to overnight use, depending on the concentration of the gel. The dentist will recommend

**4. Rinse and Clean**: After each session, remove the trays and rinse your mouth thoroughly to remove residual gel. Clean the trays with a soft toothbrush and lukewarm water for your next application.

**5. Consistency is Key**: Maintaining a consistent whitening schedule as your dental professional advises for optimal results. To prevent staining, refrain from consuming REALLY dark-coloured foods or beverages during the whitening period. You can drink some coffee etc just limit your intake

## **Instructions for Use**

For detailed instructions and a step-by-step visual guide on using Boutique Teeth Whitening, please refer to our instructional video [\[here\]](#)(insert video link).

Remember, the results of Boutique Teeth Whitening are gradual and will vary depending on individual factors such as tooth sensitivity and initial tooth shade. If you experience discomfort or sensitivity, discontinue use and consult your dentist.

Thank you for choosing Tracey Bell for your dental care needs. Here's to a brighter, more confident smile in your near future!

Warm regards,

Tracey Bell