

The White Stuff

Nothing complements a wedding gown better than a gleaming white smile. But teeth often get overlooked in the prewedding prep process, says celebrity dentist Jennifer Jablow, DDS, of Park 56 Dental Group in New York City. "Brides think about the dress, hairstyle, makeup — but a great smile can make such a big difference." And while over-the-counter whitening products are good for maintenance, Jablow says, "The amount of peroxide is too low to provide a dramatic change." For an occasion-worthy grin, she recommends the Zoom Whitening System. I recently tried it at Dr. Jablow's office. The entire procedure took just over an hour, with three 15-minute sessions combining a peroxide solution with light-intensifying UV rays. When I left the office, my teeth were noticeably whiter, and with no sensitivity. And with take-home custom trays, I can touch up at home every few months, if need be. The Zoom system is available at dentist offices across the country and costs about \$500

per session. Can't make it to New York to see Dr. Jablow yourself? She'll be launching her own line of at-home whitening products in March 2008.

—SUSAN MOYNIHAN



FAMILY FARE

Gone are the days of restrictive, boring reception menus. From build-your-own-pizza bars to tapas stations, reception cuisine is undergoing a renaissance. But the trend we love the most is integrating a family recipe into the carte du jour. "Recipes handed down for generations tell the story of a family and can showcase the culinary heritage of the wedding location," says Melissa Ippensen, the wedding designer at Sea Island Resort on Sea Island, Georgia. One of her brides managed to do both: A departed aunt's recipe for Vidalia-onion pie gave a personal touch to the reception while also spotlighting a famous Georgia produce. "We prepared special signage and named the dish after the aunt," Ippensen explains. "The guests loved it!" Another bride fantasized about having a cake identical to her parents'. When she found the recipe wedged into an old cookbook, the resort's pastry chefs were able to replicate it, down to the decorations. "Communicate with your caterer," Ippensen recommends, "and even the food can reflect your style." —EH



UNIQUELY GIFTED

Each of your attendants has her own style, so why would you give each one the same token to say "thanks for being there"? Honor them with these customizable gifts.

FLIP OUT. Slipping into a comfy pair of flip-flops for the reception is a hit whether or not you're marrying on the beach. The Dessy Group offers a collection of cute matte-satin and bamboo flip-flop sandals in 60 hues to match any color scheme. \$15 per pair.

CHARMED, I'M SURE. Celebs like Uma Thurman and Cameron Diaz are fans of Jennifer Fisher's haute hand-stamped Design Your Own line of jewelry, and we are too. Personalizing options are endless, with initials or full names, diamonds, charms and a variety of different sizes, styles and shades of 14-karat gold. From \$150.

SKIN DEEP. Who wouldn't love a customized set of all-natural bath and beauty products? At Olivu 426, you can select from an array of items, including lotions, lip balms, body butters and sugar scrubs, then customize the scents, tints and herbs according to the recipients' tastes. You can even create special labels with each person's name. Individual products from \$6. —EH