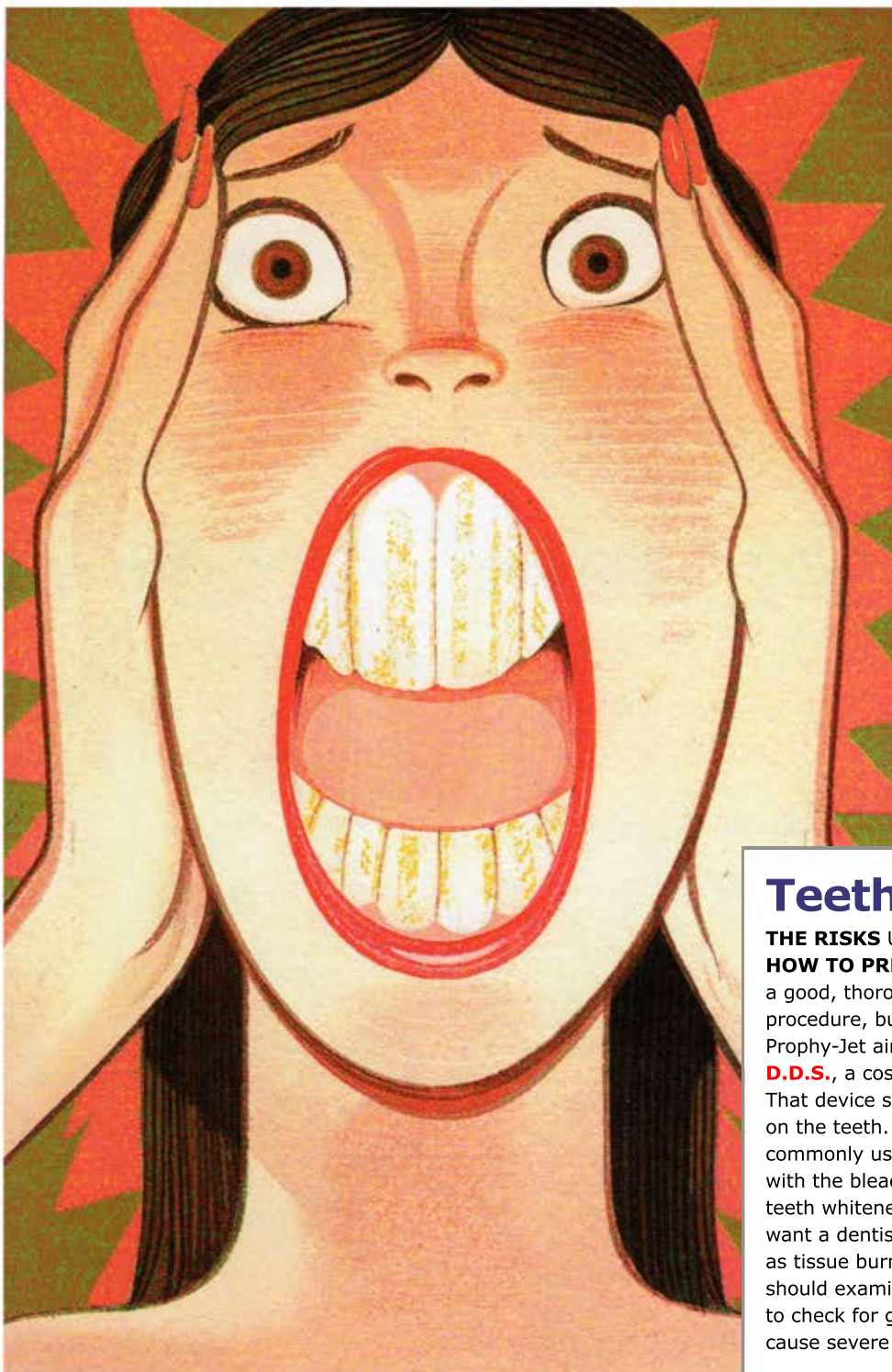


Salon horror stories

What can go wrong with manis, spray tans, and other treatments



Beauty services can turn ugly fast. As we mentioned in part one of our salon-horror stories series, straightening treatments could lead to hair loss, for example, and a wax job could give you a nasty infection. In part two, you'll learn how gel manicures can wreck your nails, and a lot more. Usually, you don't learn about the risks of salon visits until something goes wrong. But you can prevent all kinds of problems with our simple tips.

Teeth whitening

THE RISKS Uneven color, pain, and burns.

HOW TO PREVENT THEM "You should always have a good, thorough dental cleaning before the whitening procedure, but never have the teeth polished with a Prophy-Jet air-polishing machine," says **Lana Rozenberg, D.D.S.**, a cosmetic celebrity dentist in New York City. That device sprays water, air, and sodium bicarbonate on the teeth. "It's very effective at removing stains and is commonly used after a cleaning, but the mixture interferes with the bleaching gel." Also, she warns against having teeth whitened at a salon, whitening center, or kiosk. You want a dentist around in case there is a complication such as tissue burns from the bleaching gel. Also, a dentist should examine your teeth before a whitening procedure to check for gum disease or cavities, because they can cause severe pain and discomfort during the procedure.

ILLUSTRATIONS: ERIC PALMA