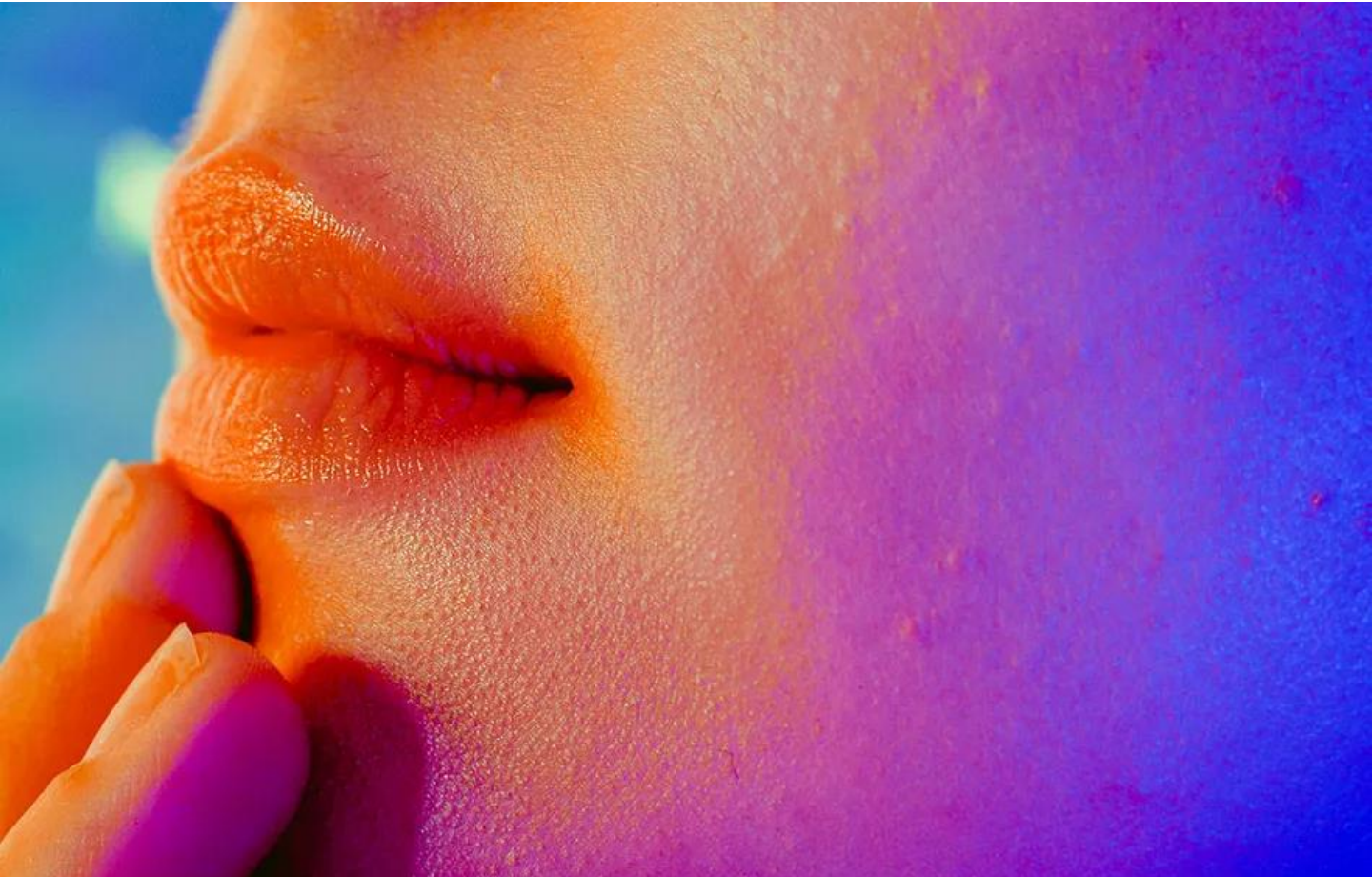


BYRDIE

6 Common Beauty Tips You May Not Want to Follow

We're guilty, too.



Between tutorials, hacks, websites, and Mom's advice, there are a ton of beauty tips out there—and we're sure you've likely heard them all. Some tips, like removing your makeup before bed and putting melted lipstick in the fridge to bring it back to life, are rock solid. Others, like using turmeric to whiten teeth, not so much. We know your IG explore page is bombarded with DIYs and beauty tips galore, and because this can get overwhelming real quick, we've decided to lend you a helping hand in separating the good from the, well, not so good.

Here, we've debunked six beauty tips that cover skincare, makeup, and even oral care. Our conclusion? You may want to take them with a grain of salt or ignore them altogether. To help us out, we called in leading industry experts as back up. Keep on scrolling to avoid potential beauty misfires.

Using Turmeric to Whiten Teeth

Let's face it: We all wish our teeth were a little whiter. A quick Google search of "DIY teeth whitener" is proof of the lengths people will go to to achieve just that. Included among the results of such searches is advice to use turmeric as a natural way to whiten your teeth. According to Dr. Pia Lieb, cosmetic dentist and founder of Cosmetic Dentistry Center NYC, putting an ingredient that has a color as strong as turmeric on already-stained teeth can cause more stains. She recommends daily maintenance, including limiting green and red juices along with using an electric toothbrush for two minutes twice daily. We love the Burst Oral Care Sonic Toothbrush, an electric toothbrush that absorbs bacteria, plaque, germs, and other toxins that make our smiles look anything but bright.



Burst Oral Care Sonic Toothbrush (\$70)

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