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From Gigi Hadid's flawless fake tan to Miranda Kerr's last-minute toning trick: How the stars prepare for their summer holidays (and how you can cheat at home)

Annabel Fenwick Elliott 7, July 2016

- Underarm Botox is often used by models to stop sweating in hot weather
- SweatBlock wipes are a budget home-solution that last for up to a week
- Gisele swears by arnica to treat last-minute pimples before hitting beach

10. Dazzling Teeth



Since being thrust onto the world stage ten years ago, Kate Middleton the Duchess of Cambridge has enjoyed a stunning smile makeover and now sports blindingly-white teeth



The CoolBlue Pro at-home whitening system lifts teeth by up to 4.6 shades in 25 minutes using zinc oxide gels and LED light.

You've got the tan, your make-up is watertight and your nails are beach ready. What next? Teeth.

Since being thrust onto the world stage ten years ago, Kate Middleton the Duchess of Cambridge has enjoyed a stunning smile makeover and now sports blindingly-white teeth, for example.

Most of Hollywood - Jessica Simpson, Sarah Jessica Parker and Eva Longoria among them - turn to legendary Beverly Hills dentist **Dr Bill Dorfman** to brighten up their nashers.

Cost: £350-£500 (\$450-\$650) at Dr Bill Dorfman.

There are plenty of at-home treatments on the market, but if you've got sensitive teeth, they hurt like hell. The IntelliWHITE CoolBlue Pro whitening system thankfully doesn't.

Created by dentist-to-the-stars Dr Jennifer Jablow - the woman behind many of the Victoria's Secret Angels' gleaming grins - it whitens teeth up several shades in 25 minutes.

Cost: £150 (\$225) from HSN.

<http://www.dailymail.co.uk/travel/article-3673484/From-Gigi-Hadid-s-flawless-fake-tan-Miranda-Kerr-s-minute-toning-trick-stars-prepare-summer-holidays-cheat-home.html#ixzz4Dk8v8cTc>