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NEW YORK MAGAZINE CONSULTS ELITE DENTIST SIMONE ELLIS ON THE BEST ORAL HEALTH PRODUCTS

If you've ever swished alcoholic mouthwash before, you know the fiery sensation in your mouth. Alcohol's effective, but it can also be very harsh and drying, which can actually worsen bad breath. That's why dentists often suggest alcohol-free mouthwash options, especially if you're experiencing any peeling, dry-mouth symptoms, or burning when you gargle.

Thankfully, there are a lot of options to work with if you want to go alcohol-free. For people with sensitive gums, **elite dentist Simone Ellis** — the **owner of Texas' Smile Design Studios** recommends the Closys Alcohol Free Mouthwash. "It's more expensive than most products, but it's awesome for people with sensitive teeth," she says. It relies on Clorodtan, she explains, which is "a patent ingredient in Closys that kills 99 percent of the bad bacteria in ten seconds and it doesn't burn."



Dr. Simone Ellis, DDS, is the owner of Smile Design Studios, Family and Cosmetic Dentistry in Missouri City, Texas, and a national authority in cutting edge dentistry.



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