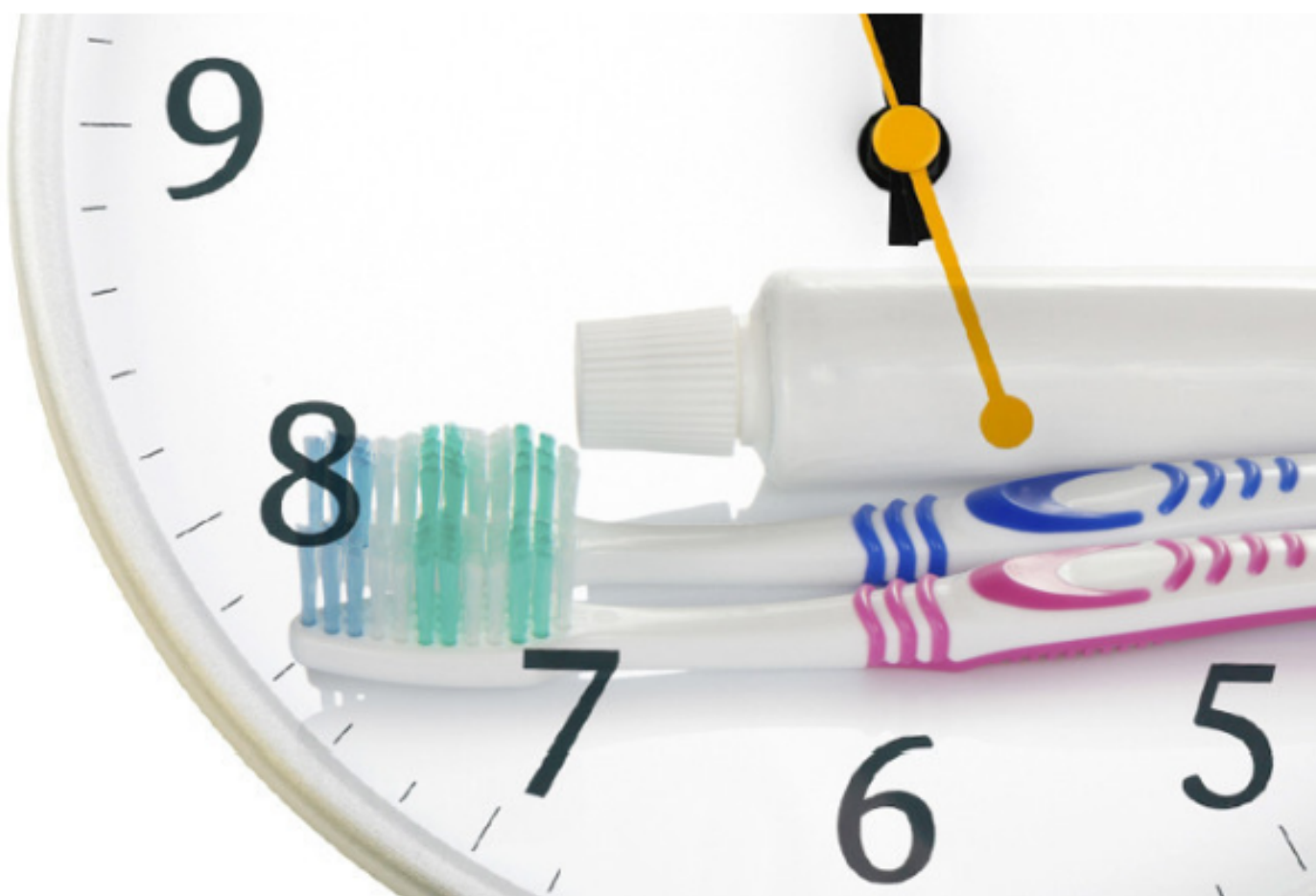


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STYLEBISTRO Q&amp;A

## Tuesday Tip: Why When You Brush Your Teeth in the Morning Matters

By **Cristina Velocci** on February 18, 2014[Share](#) [Pin it](#) [Tweet](#) [+1](#) [Comment](#)

(Art by Tanya Leigh Washington)

Unless you're one of those supernatural morning people who magically wakes up chipper, your A.M. routine is likely executed on autopilot: hit snooze button one to two times, drag body out of bed, brew coffee, shower and so forth. But holistic aesthetician **Susan Ciminelli**, whose celeb clients include **Jennifer Lopez**, **Naomi Campbell** and **Martha Stewart**, has us rethinking where dental hygiene falls within that daily order.



(Source: Susan Ciminelli)

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Most people have the habit of brushing their teeth after breakfast. However, to keep yourself healthy and your skin clear, it is far better to perform oral hygiene before. Bacteria accumulates in the mouth while you sleep, even after you brush at night. You want to rid your mouth of bacteria before eating or drinking in the morning, otherwise it'll be digested with your food. Bacteria pollutes your bloodstream, which weakens your immune system and causes breakouts. You can refresh your breath with an alcohol-free, sugar-free mouthwash after your morning meal.”