Narrative on how to Whiten Teeth using Channels

1. Open Channel and select Green Channel

2. Go to top menu bar and select Image > Calculations

3. In Calculations dialogue make sure that both Source 1 & 2 reads:
   Layer = Background
   Channel = Green
   Blending Mode = Overlay
   Select Result (at bottom of dialogue box) to "Build Selection"

4. Click Adjustment Layers (in the Layers Pallette) and select "Curves"

5. In curves, bring:
   a. Mid-point in RGB Curve down so that Output reads "35%", with Input remaining at 50%
   b. Mid-point in Blue Channel Curve down so that Output reads "30%", with Input remaining at 50%
   c. Mid-point in Green Channel Curve down so that Output reads "40%", with Input remaining at 50%

6. In Layers Palette click "Create Group" and name the group "Teeth"

7. Drag the Teeth Curve up and into the Teeth Group

8. Select the Teeth Group layer, hold down the Alt key and click "Make Layer Mask" icon and the bottom of the Layers Palette.

9. In the Toolbox select the Paint Brush and, making sure that the foreground colour is set to White, paint over the Teeth Mask to dramatically whiten the teeth.
   (In the event that some stray areas outside the teeth are inadvertently affected paint them out on the layer mask, using the paintbrush set to black foreground)

10. Reduce the opacity of the Teeth layer group to suit.

Job Done!!