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# SECRETS TO AGING GRACEFULLY

(FROM REAL WOMEN LIKE YOU)

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**WHY DO SOME WOMEN GET MORE VIBRANT WITH TIME?**  
IT'S AN ATTITUDE, NOT A CREAM (THOUGH A GOOD DERMATOLOGIST DOESN'T HURT).  
MEET FOUR WOMEN WHOSE LOOK AND SPIRIT WE ADMIRE. WHICH  
ONE IS MOST LIKE YOU? PLUS, AN UTTERLY HONEST READER SURVEY AND  
A POP QUIZ TO TEST YOUR CULTURAL AGE

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PHOTOGRAPHED BY ARI MICHELSON

STYLED BY JONNY LICHTENSTEIN > INTERVIEWS BY GENEVIEVE MONSMA



# THE GLAMOURISTA

**SHE IS ALLURING, CONFIDENT AND SUPREMELY WELL TRAVELED, AND SHE DOESN'T PRETEND SHE JUST "WOKE UP LIKE THIS." GLOSSY HAIR, A SPICY SCENT, A WELL-MOISTURIZED NECK WRAPPED IN BLING: THIS IS A WOMAN WHO INVESTS IN HER APPEARANCE. THE ONLY TIME SHE KICKS OFF THE STILETTOS? WHEN SHE HITS THE GYM OR CLIMBS INTO BED. HERE, ONE GLAMOURISTA'S ADVICE**

## DEBORAH ← SAWAF

LOS ANGELES-BASED  
CREATOR OF THALÉ  
BLANC ACCESSORIES

### MAKE YOUR HAIR GLEAM

**"AS A KID** in India, I learned to apply oil to my hair before washing it. I left it in for 10 minutes, then cleansed. This prevented overstripping. Typically, the oil was a combination of almond and olive oil. Now, at 49, I still do this. Sometimes I even sleep with the oil in my hair."

### LEAVE SKIN CARE TO THE EXPERTS

**"MY FATHER** is Indian and my mother English; I've been blessed with their good genes. But I do get facials every six to eight weeks. Then, after my treatment, the aesthetician mixes products for me to use between visits. I travel so much and am so busy that I trust her to advise me. I also get Botox two or three times a year."

### DRESS WITH SELF-ASSURANCE

**"I AM** a very shy person, but I dress confidently, perhaps to overcome that.

I love dressing up, and I always take the time to pull myself together, whether I'm going to work, out at night or even to the gym. I go for chic and a bit sexy. If I were ever to create my own clothing line, it would reflect both Coco Chanel and Roberto Cavalli, because I like pearls and fringe."

### FIND FILLING FOODS

**"I LOVE TO COOK.** And I am inclined to nibble all day; I am a nervous eater. So I have to find ways to curb that. What works for me is to have some kind of soup for lunch; it really fills me up. Also, a nutritionist told me that apples satisfy your craving for sugar, so I pack a plastic

bag with apple slices, then eat one or two pieces when I am in the mood for something sweet."

### DON'T NEGLECT YOUR HANDS

**"I ALWAYS** have my nails done. I once owned a spa in Dubai, and I am diligent about maintenance. I often get gel-polish manicures because they last—something I need with all my traveling."

### SQUEEZE IN A WORKOUT

**"THREE YEARS** ago, I launched Thalé Blanc, and my workout regimen fell off. But my sister is getting married, plus I want to look good long-term, so I've started working out every morning again. I

jump on the elliptical machine for cardio or use the Versa Climber, which is good for my hips. I use an arm cycle or hand weights for my arms. And I finish with reverse crunches."

### HOP ON A PLANE

**"I FIND** my travel very inspiring. My family and I spend our summers in the South of France, and we use that as our home base while exploring nearby countries. The rest of the year, my work has me jetting back and forth between Los Angeles, Italy and France. Running my own business is exhausting, but my passion for my work, plus the invigorating travel, does help to counteract the fatigue." »

## CELEBRITY GLAMOURISTAS



CAROLINA  
HERRERA



JENNIFER  
LOPEZ



DIANE  
VON FURSTENBERG



PENÉLOPE  
CRUZ





PAGE 48: Sawaf is wearing her own **ALEXANDER MCQUEEN** dress and **THALÉ BLANC** jewelry. THIS PAGE: **ZERO + MARIA CORNEJO** silk charmeuse dress; barneys.com. **LAGOS** 18k gold hoops with diamonds; lagos.com. **GOLD & GRAY JEWELRY** necklaces; goldandgray.com. **R.J. GRAZIANO** metal bracelet set; rjgraziano.com. **PUSHMATAAHA** smoky quartz ring (index finger); pushmataaha.com; other rings, her own. **MAX MARA** leather heels; 212-879-6100.



# THE NATURAL

## THIS SPIRITED AND OFTEN SPIRITUAL WOMAN

BELIEVES A CURIOUS MIND KEEPS HER VITAL. SHE PROBABLY PRACTICES YOGA OR MEDITATION, SHE MAY BE AN ACADEMIC (OR JUST LIVE IN A COLLEGE TOWN), SHE'D RATHER SPLURGE ON FRESH PRODUCE THAN FILLERS, AND SHE ATTRIBUTES HER GLOWING SKIN AND HEALTHY BODY TO CLEAN EATING AND OUTDOOR ADVENTURES. HERE, ONE NATURAL'S ADVICE

### DALIA SIRKIN

SAN JOSE STATE  
UNIVERSITY  
ENGLISH PROFESSOR

#### KEEP SKIN CARE SIMPLE

"I USE an anti-aging serum and moisturizer daily. I grew up in Italy and have an olive, Mediterranean complexion that seems to be holding up pretty well. I do exfoliate regularly with the Onsen Daily Choice Peel [\$130; [onsensecret.com](http://onsensecret.com)]. It leaves my skin smoother and helps my serum and moisturizer absorb more easily. I've never had Botox or fillers; I don't feel any need for them."

#### EMBRACE YOUR SHADE

"I WENT SILVER about three years ago, at 61. I was coloring my hair dark brown every six weeks, but it was becoming harder to keep up with the grays. Plus, I began to think the dark hair color actually made the lines on my face more noticeable. My colorist told me I was going to hate the silver, but the opposite ended up being true. I felt more like me when the grays grew in, as if I'd accepted what I was becoming."

#### TRUST YOUR INSTINCTS

"MY MOTHER taught me never to allow the opinions of others to influence my opinion of myself. I went to a wedding in Rome shortly after I'd let my silver grow in, and my brother said that no one recognized me that way, that I needed to 'stop this immediately' and go dye it. My 94-year-old mother's response? 'Let them bark.'"

#### STAY ACTIVE

"I DO YOGA several times a week. I suffer from some arthritis in my hips and knees, and the yoga helps to increase my flexibility. I also try to hike twice a week and take a strength-training class at the gym."

#### EAT MINDFULLY

"I AM primarily a vegetarian, but I do occasionally eat fish. My diet revolves around legumes, lentils, quinoa and couscous. I also eat lots of nuts. I am nuts about nuts!"

#### BE COMFORTABLE IN YOUR SKIN—AND CLOTHES

"I WEAR mostly pants, jeans, blazers and flats when I'm teaching. I do like skirts—I still have good legs—as well as bracelets and necklaces."

#### OWN YOUR AGE

"STRIVING TO look younger than I am doesn't work for me. It feels like self-betrayal. Plus,

accepting my age feels really good; it makes me happy. And I think I look my best when I'm happy."

#### CONNECT WITH THE YOUNG

"MY CLASSROOM is a dynamic environment, and my exposure to the thoughts and goals of today's teens and twenty-somethings keeps me current. In return, I can offer them the wisdom of my experience. We share and learn from each other."

#### CALM DOWN

"I HAVE practiced meditation for about 20 years, and as a result I am more aware of my own thoughts and emotions and am more compassionate." »

## CELEBRITY NATURALS



SHERYL  
CROW



TONI  
MORRISON



JULIA  
ROBERTS



ALI  
MACGRAW





**10 CROSBY** DEREK LAM  
cotton coat with leather trim;  
Neiman Marcus. **SPLENDID**  
cotton tank; splendid.com.  
**RALPH LAUREN BLACK**  
LABEL jeans; saksfifth  
avenue.com. **EFFY** 14k rose-  
gold hoops with diamonds;  
effyjewelry.com. Bracelets  
are Hale's own.



# THE URBAN PREPPY

**SHE'S FRESH FACED AND FASHION FORWARD, AND LIVES IN A BIG CITY—OR LOOKS AS IF SHE SHOPS IN ONE. HER TASTE RUNS TO THE CLASSIC, SHE WORKS OUT AS OFTEN AS SHE CAN (BUT NOT NECESSARILY AS OFTEN AS SHE'D LIKE), AND SHE'S WELL GROOMED BUT NEVER OVERDONE. HAIR COLOR OR FILLERS? YOU SUSPECT THE ANSWER IS YES, BUT HER RESULTS ARE SO NATURAL, YOU CAN'T BE SURE. HERE, ONE URBAN PREPPY'S ADVICE**

## ← ELIZABETH HALE MD

MANHATTAN-BASED  
DERMATOLOGIST  
AND CLINICAL  
ASSOCIATE PROFESSOR  
AT NYU LANGONE  
MEDICAL CENTER

### OPT FOR TRIED-AND-TRUE SKIN CARE

**“AT 41, I STICK** to what I know works: sunscreen and Retin-A. Every day, year-round, I wear SPF 30 on my face, neck and chest. Some favorites are Coppertone Sport, SkinMedica Daily Physical Defense and EltaMD. Then I apply a pea-size dot of Retin-A Micro .04% every night. I supplement these essentials with one or two products that have additional anti-aging benefits. In the morning, I put on an antioxidant serum like Meaningful Beauty Crème de Sérums [\$40, available in a kit; [meaningfulbeauty.com](http://meaningfulbeauty.com)] under my sunscreen. At night, I use Lifeline Recovery Night Moisture Serum [\$190; [lifelineskincare.com](http://lifelineskincare.com)], which has stem cell technology.”

### INJECT—BUT WITH CAUTION

**“I HAVE** a Fraxel [resurfacing laser] treatment on my face once a year. And I've been getting Botox

for about six years, starting at age 35. I am also a big fan of [the volumizing filler] Sculptra; it's subtle and looks natural. I like the concept of gradual collagen stimulation. A little Botox and filler can be great, but too much can make you look worse than you did when you started.”

### DON'T SWEAT THE SMALL STUFF

**“MY BEST** friend died at 38. She had an undiagnosed heart arrhythmia and collapsed while running. It was devastating and made me realize how much we must appreciate every moment. So when I'm feeling overwhelmed by my big job and my three children, I remind

myself that those are good ‘problems’ to have. I wouldn't change any of it—but I can change the way I process the chaos.”

### RELIEVE STRESS

**“EXERCISE** keeps me sane. SoulCycle Spinning classes [[soul-cycle.com](http://soul-cycle.com)] have changed my life. I take a class, often at 6 AM, three times a week, and it fills me with positive energy. I also run once a week and have completed four marathons and about 10 half-marathons.”

### SEEK AFFIRMATIONS

**“WHETHER** it's the words of a SoulCycle instructor, a line in a song or a patient's story, I'm always

looking for wisdom that resonates with my mantra of enjoying life and not worrying about things you can't control.”

### KEEP IT CLEAN

**“I WEAR** scrubs at work, but generally speaking, I like clean, crisp, classic, mostly solid-colored clothes. When I dress up, it's flattering jeans, great heels and a sleeveless top to show off my arms!”

### MAKE THE MOST OF WHAT YOU'VE GOT

**“AGING WELL** is a combination of taking care of your body, mind and skin and feeling grateful for what your assets are, inside and out.” »

## CELEBRITY URBAN PREPPIES



JENNIFER  
GARNER



MICHELLE  
OBAMA




DIANE  
SAWYER



JENNIFER  
ANISTON





**THEYSKEN'S THEORY**  
*silk georgette top with tie;*  
barneys.com. **DIESEL**  
**BLACK GOLD** cotton and  
linen blazer; shop.diesel  
.com. **GOLDSIGN** denim  
jeans; madisonlosangeles  
.com. **MAX MARA** oxfords;  
212-879-6100.



# THE MAVERICK

**BEAUTY, FASHION, LIFE: THIS WOMAN DEFINES ALL OF THEM ON HER OWN TERMS. SHE MAY CHOP OFF HER HAIR WHEN EVERYONE ELSE IS GROWING HERS OUT, OR DON BROGUES WHILE HER PEERS SPORT STILETTO BOOTS. SHE CARES ABOUT HER SKIN, BUT NOT AS MUCH AS SHE CARES ABOUT HER FREEDOM. FEARLESS, QUIRKY AND SUPREMELY SELF-AWARE, SHE LEADS (OR STRIKES OUT SOLO) BUT NEVER FOLLOWS. HERE, ONE MAVERICK'S ADVICE**

## ← DONNA MITCHELL

MANHATTAN-BASED ACTRESS

### DON'T STRESS SO MUCH ABOUT SKIN CARE

**"I REALLY DON'T** do much. I use olive oil to get my makeup off, and I visit my dermatologist only if I have a rash. I will use a hot, slightly rough cloth on my face to exfoliate. And I adore Crème de la Mer [\$155; [cremedelamer.com](http://cremedelamer.com)]. My skin is very sensitive and allergic to everything, but it loves this cream. In the shower, I also use a loofah to get rid of rough skin. I've never had injectables. They don't interest me. The natural process of aging is interesting, and needles are scary."

### KEEP MAKEUP MINIMAL

**"DURING THE DAY,** I use a touch of NARS concealer and a bluish-pink lipstick."

### KEEP MOVING

**"I WALK THREE** to four miles five days a week. I live in an urban environment, so I just walk all over the city. Or if the weather is bad, I will go to the gym and get on the elliptical machine. I also do

lightweight reps and abdominal work a few times a week. For me, none of this is about looking skinny; it's about taking care of myself and my bones."

### SKIP THE SIRLOIN

**"I HAVE BEEN** a vegan for 20 years. I gave up meat initially to resolve a health issue. I feel better this way. For breakfast I'll eat fruit and coconut yogurt. Lunch is grains or pasta plus legumes. I also like big salads, cooked vegetables and fresh fruits."

### GO EASY ON YOURSELF

**"I DECIDED TO** stop coloring my gray when I was in my early sixties. Honestly, my hair just

stopped accepting dye; it would fade right out. Plus, I could not stand the maintenance."

### SPRITZ ON SOMETHING THAT MAKES YOU HAPPY

**"I AM** allergic to most perfumes but will dab on my own concoction of essential oils, often a mix of sweet and floral, like vanilla and roses."

### BOOKEND YOUR DAY WITH SIMPLE PLEASURES

**"MY ONE VICE** is coffee. OK, and wine."

### WEAR WHAT YOU WANT

**"I HAVE NOT WORN** a dress or skirt in so many years, I can't even recall. I only

wear flats. And my jewelry is mostly small, delicate, sentimental stuff. I'd call my style eclectic, maybe slightly eccentric. I care more about feeling good than looking good."

### NEVER STOP LEARNING

**"AS FOR AGING,** well, it's unavoidable, inevitable. To me, the people who age best are the ones who stay involved, stay engaged, stay curious and active. I love my profession for this reason. With each new character I play, I am exposed to a whole new world. You can be wrinkled head to toe, but if you are engaged with life, you are vital. Interest in the world around you? *That is attractive.*" »

## CELEBRITY MAVERICKS



BETHANN HARDISON



CARLA SOZZANI



IRIS APFEL



SOFIA COPPOLA