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THE AGE REPORT

Beauty and health secrets to stop ageing in its tracks

"I'm 54. Let's keep some dignity"
Julianne Moore ON HOW SHE'S BEATING AGEISM

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SECRETS OF THE INSIDERS

Just what do the city's hottest fashion designers, beauty experts and industry insiders do to stay looking their best? Wonder no more, for we have turned to four leading ladies to find out their thoughts on ageing and to uncover their secrets on how to stop time in its tracks...

I've always had short hair but I change the colour all the time. It's been every colour you can imagine, but bleached out is my favourite. Whenever I misbehave I change my hair colour to go incognito for a while...

I had very droopy eyelids and had to get them lifted so I could see properly, which created heavy lines, so I now have Botox on my forehead and around eyes/frown lines to minimise them.

JUDITH HOBBY
Fashion designer, 50

My make-up staple is a red lip - I can't go out without it on. Lancôme's L'Absolu Rouge 132 is my current shade of choice.

I'm very low maintenance with skincare, but no matter how exhausted I am I always cleanse and moisturise before bed and never sleep with my make-up on.

I love the sun but it means I now have redness on my nose. To counteract it I use Elemis SOS Emergency Cream.

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JUDITH HOBBY
"I guess in the fashion industry there is always a certain amount of pressure to look young, but I also have enough confidence in myself for it not to bother me too much. I like to just sit back and enjoy the show. As George Bernard Shaw said, 'Youth is wasted on the young'."

I truly believe attitude is number one. If you feel young and are happy, then your appearance will reflect that. Not giving up is also key. So many women get to a certain age, then it's like their appearance doesn't matter anymore. There is no need for this. You don't need to have the best figure to still look stylish. Lastly, smile at people and when they smile back you'll feel great. I have always said that if I felt like I wanted you'd feel a facelift. I don't think there is anything wrong with going that far if it's going to make you feel better about yourself. In the fashion industry there is always a certain amount of pressure to look young, but I have enough confidence for it not to bother me too much. I like to just sit back and enjoy the show. As George Bernard Shaw said, "Youth is wasted on the young". Feeling beautiful is about inner confidence and happiness. I truly believe in the old adage "at 20 you have the face you were born with, at 50 you have the face you deserve". If you aren't good on the inside, as you get older it starts to show on the face. I once told someone I refused to age gracefully, to which he replied that by looking after myself, I was ageing gracefully. It's true. Growing old gracefully isn't twinsets and pearls - it's having fun and enjoying yourself.



DR LAMEES HAMDAN
"There is no right or wrong when it comes to personal choices in beauty. Some feel comfortable with surgery, others don't want any intervention and they are both right. The important thing is having a choice."

I like to keep my beauty regime simple yet effective. If you complicate matters, you won't stick to it in the long term. Like most women, my main concern is wrinkles. But I've been taking care of my skin for years, which has resulted in a young firm look until now. Having a regime that suits your skin type, cleansing once in the morning and twice at night, using an appropriate moisturiser, and always making sure you take care of the delicate area around the eyes are all crucial. We're wrong to concentrate on how we look from the outside. For me, the marker of beauty is happiness, and when you learn to love and accept your looks, you will feel beautiful and happy. Focus as much on what you put in your body as on what you put on your skin. I always choose products with the most natural and effective ingredients. I am a doctor, I can see beauty fades a mile away! I'm bemused by 'snail' moisturiser. I haven't seen any evidence to suggest it's useful for skincare, but I always keep an open mind. Most people are terrified by the idea of growing old, but I want to say to them: don't be! Growing old doesn't mean you have to look old. In fact, you can look younger and more beautiful as you grow older, just look at Julianne Moore.



RUTH BRADLEY
"I'm not massively self-conscious about my looks or weight as I believe in a more relaxed approach to life, but in my job I also need to be well-groomed as it's a very public role. I never leave the house without lipstick for example; if I did then I would feel naked."

I don't know if it's psychological because I've just hit the big 4-0, but I'm seeing more lines on my face, noticed these things before! I'm starting to notice limitations in my body, too. I have absolutely no intention of slowing down though. I've tried dieting and detoxing fads, but never for beauty. The craziest one was drinking pure aloe vera for 10 days. It was vile but after losing 5kg I'd be tempted to do it again. In general though I'm too busy to experiment with faddy tricks. In my 20s I was so lazy, so did the bare minimum... cleansed and moisturised but I didn't care much about what products I used. I was way more interested in parties and life in general. Today I am an absolute stickler for my skin routine, and am starting to become a bit of a beauty buff! Obviously I want to look gorgeous at all times for my husband, but ultimately I want to look myself for me. I'm not massively self-conscious about my looks or weight as I believe in a more relaxed approach to life, but in my job I also need to be well groomed as it's a very public role. I never leave the house without lipstick for example; if I did I'd feel naked.



RANIA KFOURY
"I'm at the point in my life now where I've outgrown most of my beauty-related insecurities and I know what works for me and what doesn't. I've embraced my imperfections and know that they make me distinctively me."

Growing old gracefully means knowing you won't stay taut forever and there's nothing to fear. Rather than obsessing about it, embrace it. There's nothing more beautiful than a face that can tell a lifetime of stories with a few lines. I've had days when I feel visibly older, I think all women do. It's a state of mind. I think I'm very transparent; how I feel is reflected on my face. I felt drained and worn out when I lost my father, it made me feel 100 years older. That's why I believe youth is not skin deep. It's a state of mind. I love yogurt for exfoliating my skin and I use rosewater as a toner. Growing up I have memories of putting cucumber slices on my aunt's face and I now do the same - heaven for puffy eyes! I've always had issues with acne so that's my biggest beauty struggle. I have to keep my skin in check as I have what's called 'stress acne'. Stress is something unavoidable in today's life and I need to make sure to keep my stress levels at a minimum. I'm at the point in my life where I've outgrown most of my beauty-related insecurities and I know what works for me and what doesn't. I've embraced my imperfections and know that they make me distinctively me.

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