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**HAIR: 50 & FOXY**

To cut or not to cut? "It is an absolute myth that older women must cut their hair," says Marie Cain from Head Studio in Perth (headstudio.com.au). Exhibit A: Carine Roitfeld.

**CUT:** "Shape around the cheekbones is like a non-commitment fringe and softens the face," says Cain. Aim for a length that skims the collarbone, and style it loose and relaxed – nothing too stiff or sharp.

**COLOUR:** Hair tends to get wiry as we age. Colour can help soften the cuticle and give hair a smoother, shinier appearance. Dark shades can bring attention to lines and sunspots, but brunette reflects more light than blonde. The compromise: a mix of low- and highlights to create dimension and texture.

**CONDITION:** Use hydrating shampoos and conditioners, and commit to regular masks.

**HAIR KIT** System Professional Volumize Mask, \$34, by **Wella**, [spsalonfinder.com](http://spsalonfinder.com); and Smooth & Knotless Brush, \$14.99, by **Lady Jayne**, [lady-jayne.com](http://lady-jayne.com).

**SKIN: DUE SOUTH**

One of the perks on making it this far: cheekbones become more defined... but at the expense of sagging skin. Other not-so-fun facts: oil glands are not as active, so skin becomes drier and looks duller. Also, external oxidative stressors (sun, smoking, stress) can worsen skin's appearance, reducing its ability to regenerate healthy elastin and collagen.

**PROFESSIONAL:** "Chemical peels stimulate collagen production, exfoliate the dull cells on the surface of the skin, and soften the appearance of wrinkles," explains US cosmetic dermatologist Dr Annie Chiu. Lasers help with brown spots and broken capillaries, and tighten wrinkles. Injectable fillers are the least invasive, can be artfully placed to restore volume and proportion, and

are the most effective, according to Dr Chiu. Another plus: hyaluronic acid fillers, among the most popular, are reversible – perfect for first-timers.

**AT HOME:** Sunscreen, retinoids and vitamin C are all musts. "I would also add products containing peptides," says Dr Chiu.

**SKIN KIT 1.** Rénergie Multi-Lift Day Cream, \$145, by **Lancôme**, 02 9931 8888. **2.** Ceramide Premiere Intense Moisture and Renewal Regeneration Eye Cream, \$105, by **Elizabeth Arden**, [elizabetharden.com.au](http://elizabetharden.com.au). **3.** TNS Recovery Complex, \$199, by **SkinMedica**, [advancedskintechology.com.au](http://advancedskintechology.com.au). **m**



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