



# Young LOOKING GREAT

these older ladies are armed with the knowledge of the newest trends along with what looks good on them. Not shying away from fashion enables them to stand out from the crowd and show off their femininity. Many will go for classic timeless pieces with subtle hints of the latest trends.

**Make up:** As women get older their face shape inevitably changes, and with that so should the make-up. Learning about what products are suited for the specific face shape makes the world of difference. For example, darker shades look unflattering on mature skin, swiping on lipstick without make-up can make you look older and it is essential to invest in the right concealer. Understandably you won't have a personal make-up artist, so get a professional lesson if needed from somewhere like a department store.

**Bigger sunglasses:** Supersizing your sunglasses will not only shield skin from the harmful rays of the sun but will also give greater coverage to the eye area, which wrinkles first. It also enables you to stay on trend because big sunglasses are in fashion at the moment.

**Hands and feet:** Hands and feet are an age giveaway – and that is why it's important to take care of them. Apart from moisturising and regularly exfoliating, use sunscreen, wear gloves when doing household chores, get regular manicures and pedicures, consult a dermatologist and look at the latest treatments available.

**See properly:** The eyesight diminishes with age and that is why it is essential to get regular eye examinations. Not being able to see properly will lead to frown-lines as you struggle to read.

**Hair:** Someone who has created styles for lots of high-profile stars, celebrity hairdresser Asgar Boo says it's vital to get the right haircut and the right style can make you look many years younger. Asgar says a good haircut will also make you more confident and recommends you get expert advice on your hair colour. He also advises you have a regular hair care routine suited to you, just like Dimple Kapadia does. Meanwhile Sridevi recommends regular head and hair massages and avoiding excessive chemical-based products.

**Wear the right perfume:** Smelling great is as important as looking good, so invest in a good perfume and put on the right amount.

**Be happy:** Last but not least, another thing all the older women featured on this page have in common is that they are happy. Being happy will make you feel good and subsequently look better. Fearful and angry expressions will always make you look older. Remember, smiling uses fewer muscles than frowning does.

## Essential advice:

■ One study showed sleeping on slippery fabrics like satin or silk drags less on the skin so helps prevent wrinkles and enables longer-lasting blow-dries.

■ Get eyebrows professionally shaped and if possible tinted, because defined brows open and lift the eye area.

■ Massaging your face regularly in the correct way encourages a smoother, happier face. Look for books and online videos to help guide you.

■ Eating the right supplements will be beneficial. But consult your doctor or a nutritionist to find the right ones for you.

■ Stress can be aging and create worry lines, so finding time to relax is essential. Learn to meditate to help you relax.

■ Studies have shown that couples who have sex regularly look more than 10 years younger than the average adult who doesn't.



Neetu Singh, 55



Rekha, 59



Dimple Kapadia, 56



Shabana Azmi, 63



Hema Malini, 65

Priya  
Mulji

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Read, read, read...

KHALED HOSSEINI, author of *The Kite Runner*, *A Thousand Splendid Suns* and *And The Mountains Echoed* has the ability to take you to a world completely unbeknown to your own.

He is a writer whom I have admired for many years now. One of the things I love about Hosseini too is that no matter where you come from, which walk of life, every person can relate to his work.

Obviously I love this writer and I rhapsodise about him, but it got me thinking that books and stories are a part of our lives since we are born and continue to do so until the day we leave this world. I remember when I was a kid my mum used to tell me the tale of *The Mouse With 7 Tails*, then I was at school we learned to read and the *Topsy and Tim* books played a massive part.

As I got older, books like *Charlotte's Web* were ones I read at primary school, *Shakespeare* at secondary school as well as books like *To Kill A Mockingbird*. As I reached adulthood I began to read chick-lit novels, and then into my late 20s and to this day, the books I chose to read are ones that stimulate my mind and provoke thoughts.

For a while I hadn't read anything that stimulated my mind, but the new Hosseini book came out and I became immersed in the world of Pari, Marikos, Nila, Nabi et al. I have certain friends who also enjoy reading and it is fabulous when a single girl, a married woman and a high-profile celebrity can relate. One of my favourite books is *Shantaram* – about a man who escapes from an Australian prison and ends up living in the slums of Mumbai; it is being made into a movie.

I actually lent this book to a guy, and he never gave me it back. We lost touch and I lost it forever. I had highlighted paragraphs in the book because they were so insightful and meant so much to me; I was devastated not to ever get the book back.

If you love reading, always make time for it. Whether it is poems, short stories, even articles online. Nothing is better to stimulate your mind, improve your vocabulary, inspire you and transport you to a different world.

If you don't like reading but want to give it a go then imagine watching a film, but instead of having a person play a character and a scene set out in a studio, you are using your imagination to see what the character looks like and you are setting the scene from the colours to the smells and sounds.

Reading helps you create your own world and it's good to escape from the reality of life sometimes.

