

# The secret to feeling good at 50

CINDY CRAWFORD

*The former model, 55, swears by eating well, exercising often and a strict skincare regime*



A-list stars like Jennifer Aniston and Halle Berry have become the poster women for what the new 50 looks like. But what's the trick to ageing so well – and is it even achievable for the rest of us? Annabel Jones investigates

IT HAS NEVER BEEN so hard to tell a person's age. Curiously, while some women in their 20s are having procedures that inadvertently make them look a decade older, many 50-year-olds could easily pass for 35. Yet the secret to looking great in your 50s is not better surgery. In fact, the more 'anti-ageing' procedures you rack up, the less youthful you can appear.

What is significantly different about ageing now, compared to 20 or 30 years ago, is the focus on beauty from the inside. With new health and well-being insights into how to manipulate the body to function as though we're younger, alongside small refinements to our skin, hair and make-up regimes, we can put the brakes on the ageing process, both aesthetically and biologically. Turn the page to find out how...



**HALLE  
BERRY**

*The actor, 54, loves fitness and has launched her own health and wellness platform, Rē.Spın*

**DEMI  
MOORE**

*A vegan and yoga devotee, the actor, 58, regularly sees natural and organic facialist Terri Lawton*

**JENNIFER  
LOPEZ**

*Cutting out carbs and sugar, and working out daily, got JLo, 51, in shape for her role in 'Hustlers'*

**JENNIFER  
ANISTON**

*A combination of boxing, yoga and spinning helps keep the actor, 52, in enviable shape*

## Fitness: an ageless approach

JLO's physical transformation for her role as a stripper in the film *Hustlers* was impressive to say the least. By cutting carbs and sugar and combining that with strength and dance training, the actor got into the best shape of her life – at 50, no less. Meanwhile, Halle Berry, 54, regularly posts fitness stories on her Instagram feed, and 52-year-old Jennifer Aniston's figure could easily pass for someone half her age.

So what are they doing that the rest of us aren't? Celebrity trainer Dalton Wong (twentytwotraining.com) says, 'They are likely having their blood analysed regularly and then tweaking their nutrition and exercise to maximise their health. This kind of specific approach is the future of anti-ageing.'

The biggest shift, says Dalton, is the idea that being thin doesn't equal looking young. 'The women I see who look great over 50 are combining HIIT with barre, yoga, Pilates and weight training, a finely tuned combination of exercises that protect joints, build lean muscle, improve posture and increase flexibility. Older women tend to be more committed to maintaining a healthy body as opposed to following fads or aspiring to a certain body type.'

According to Maria Eleftheriou from Psytle (psyclelondon.com), barre classes are increasingly popular with this age group. 'At 50, your body won't change by doing HIIT or spin classes alone – you need isometric and eccentric exercises, which work both the short and long muscles in the body. Barre classes work muscles at a deeper level, getting to those small pockets of fat, which is the secret to looking toned, especially when combined with high-intensity and weight training.'

## Nutrition: skin, gut, hormones

'In the 1980s, diet culture was at its peak. Now we've realised that low-fat diet foods make our skin look old and deplete our bodies of energy,' says nutritionist and functional medicine practitioner Eve Kalinik (@evekalinik). 'It costs money to eat really well, but women are prioritising nutrition now, especially women in their 50s, who tend to have more disposable income.'

While weight gain can be a midlife concern, gut health is becoming more important. So what are the new 50-somethings eating? 'One of the most impactful changes is the return to cooking from scratch with a focus on whole foods in a variety of colours, with a wide range of nutrients, rather than low-fat eating,' says Eve.

When it comes to keeping skin supple, good-quality fats with omega 3s from avocados, flax and fish oils are key, and supplement sales are booming. 'Supplements these days are so precise,' explains Jules Miller, founder of Nue Co (uk.thenueco.com). 'They are about decreasing the effects of ageing at a cellular level, rather than focusing on the surface. The older customer is more engaged because she knows that if she's not getting quality sleep, or can't digest her food properly, everything else suffers.'

'When women hit menopause previously, they focused on skincare, whereas now we realise we can affect our skin much better from within.'

## Face: less is more

Ten years ago, many 50-somethings were overfilling cheeks and lines to eliminate wrinkles and firm the skin. Today, savvy beauty enthusiasts combine a tiny amount of injectables with lasers and ultrasound therapies, which trick skin cells into producing more collagen and elastin. Earlier this year, Judy Murray, 61, made headlines after having Morpheus 8, a treatment that tightens lax skin with microneedling and radio frequency. And Tess Daly, 52, says her secret to agelessness is Ultherapy, an ultrasound treatment that boosts collagen to tighten and lift the skin.

'There used to be a fork in the road between ageing gracefully and having a face lift,' says Dr Wassim Taktouk (drwassimtaktouk.com). 'Then filler came along and some women ended up with golf-ball cheeks from overdoing it. No one was thinking about how the face moves and what's needed in each layer of the face, from the bone, fat and muscle to the skin.' While Botox is less talked about these days, Dr Taktouk says, 'It's likely that women in the public eye are still having Botox, but in diluted doses; it's still one of the most effective ways to reduce deep frown lines.' The key is in reducing the dose of injectables while incorporating energy devices. 'Ultrasound machines work in the deeper layers to tighten the skin, while radio frequency firms at a more superficial level,' explains Dr Taktouk.

EMMANUELLE  
ALT

The fashion editor,  
53, relies on simple  
grooming to give  
her an edge



VIOLA  
DAVIS

The actor, 55, has  
embraced her natural  
beauty and became a  
L'Oréal ambassador  
two years ago

'The two work nicely together to keep skin firm and youthful-looking.'

## Teeth: the secret youth enhancer

'Smile rejuvenation treatments are similar to the Botox/filler debate; you don't want to do anything too early or you'll end up looking older, not younger,' says cosmetic dentist Dr Rhona Eskander. 'A 22-year-old with white veneers can look like she's got dentures, yet for a woman in her 50s, it can make her look 10 years younger.' Dr Eskander says those who get it right leave some natural imperfections. Jennifer Lopez's teeth, for example, have character, unlike President Joe Biden, whose teeth look bright but unnatural. 'There's only so much that whitening can do, especially when the enamel wears down, as the teeth become too porous for peroxide. When cracks and yellowing worsen, this is the time to start improving things cosmetically, either with composite bonding or veneers.'

But, says Dr Eskander, if you are going to do just one thing, make it braces. 'Straight teeth is the most youthful tweak you can make to your smile.'

## Hair and make-up: the end of rules

When *Sex in the City*'s reboot *And Just Like That* picks up with Carrie, Charlotte and Miranda, now in their 50s, we hope they're still as fearless. 'There's a real sense of power and youthfulness that comes from doing what you're not supposed to,' says hairdresser Luke Hershenson. 'There is this notion that when you hit a certain age you should cut your hair, but Monica Bellucci, Kim Basinger and Demi Moore all have long hair and look amazing.' Modernity, he says, comes from your approach to grooming. 'Women in their 50s who look ageless have made subtle changes to how they style their hair. It's a little less blow-dried and less contrived – embracing your natural texture is one of the most youthful things you can do.' Take Viola Davis, 55, who in returning to her natural curls looks at least a decade younger. The Oscar-winning actor, who became a L'Oréal ambassador at 53, has said, 'My life is my beauty. My skin tone, my kinky, curly hair, my deep voice is my beauty. I just had to realise that I had it all along.'

Then there's the French, who offer a masterclass in effortlessness. 'Charlotte Gainsbourg, Inès de la Fressange and Emmanuelle Alt rely on a great haircut to flatter their face, but keep their grooming simple and hair in good condition,' says Luke.

Make-up is also key. Look back to a 50-something Joan Collins and compare to 54-year-old Halle Berry today, and the modern lack of heavy base is obvious. 'When I work with older women, I use a concealer and a light, dewy base,' says make-up artist Mary Greenwell. She also doesn't believe in darkening eyebrows or curling eyelashes as you age. 'Wear a bold colour on lips or eyes, but merely enhance skin, eyelashes and brows – that's the trick.' ■