

Andie MacDowell, 55, and Margaret, 18, and Rainey Qualley, 24

MacDowell says becoming a mother to girls made her realize “that however I treated myself was going to have an influence on my daughters.”

DO YOU THINK YOUR DAUGHTERS LOOK BETTER THAN YOU DID AT THEIR AGE?

Andie: “I think they have better bodies. They were both dancers.”

Margaret: “We all look kind of alike, actually.”

DO YOU EVER FEEL PRESSURE TO HIDE YOUR AGE?

Andie: “Yes, but it’s unrealistic. You can look great for your age, but you’re still gonna age. I dated a guy recently who said I looked really good for my age. I was like, Why not just, ‘You look really good’? I never went out with him again.”

DID YOU THINK ABOUT AGING 20 YEARS AGO?

Andie: “In this business people don’t talk about much else but aging. I remember in my 20s, I was sitting with a hairdresser and a makeup artist, and they were saying such derogatory things about a model in her 30s who I’d always admired—about how old and bad she looked. I was mortified. It was such a sad concept.”

HOW HAVE YOUR LOOKS CHANGED AS YOU’VE AGED?

Andie: “Well, I can’t see as well as I used to. Which is actually convenient because everything I see is in extremely soft focus! I think that’s God’s little gift to me.” —ROBYN BROWN



MacDowell in the 1980s

Left, on Margaret Qualley: Cotton dress by 3.1 Phillip Lim. Center, on Andie MacDowell: Cotton-blend dress by Louis Vuitton. Right, on Rainey Qualley: Cotton dress by Marni. Makeup colors, on all: Colour Riche Eye Shadow in Good Luck Charm and Colour Caresse Wet Shine Stain in Endless Red by L’Oréal Paris. These pages: Hair, Italo Gregorio; makeup, Jeannia Robinette; manicure, Ashlie Johnson. Prop stylist: Thomas Thurnauer. Fashion editor: Siobhan Bonnouvrier. Details, see Shopping Guide.



The Golden Age

What is the secret to beauty throughout life? Some of the world's most stunning mothers—and experts in health and beauty—explain how they age gracefully.

PHOTOGRAPHED BY NICOLAS MOORE

Vanessa Williams, 50, and Jillian, 23, and Melanie Hervey, 25

"My mom has such a natural approach to beauty," says Melanie about the former Miss America. "Sure, she's game for a glam session when it's appropriate. But within our family, we've always been taught that less is more."

WHAT'S YOUR MOTHER'S BEST BEAUTY SECRET?

Jillian: "Wear sunscreen!"

VANESSA, HAVE YOU PICKED UP TIPS FROM YOUR GIRLS?

Vanessa: "Melanie is big on coconut oil, and Jillian is doing this wild, natural hair texture that I'm not quite brave enough to try yet."

HOW DO YOU STAY FIT?

Vanessa: "I do Tae Bo and this class called Drenched. I've got a yoga instructor and a trainer. I just started a heavy-bag class, which is like boxing and cardio. And I salsa dance with girlfriends. I try to do something every day. Continually exercising is natural for us."

WHAT ANTI-AGING MEASURES HAVE YOU TRIED?

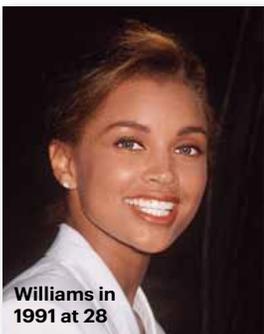
Vanessa: "Luckily, there are so many more anti-aging solutions now. It used to be that to keep looking like yourself, you had to go under the knife. But you don't have to get cut anymore. Technology just keeps getting better."

IS THERE ANYTHING YOU DON'T LIKE ABOUT BEING 50?

Vanessa: "It's just a constant battle every day. A new wrinkle appears; a new dark spot appears."

DO YOU THINK YOUR DAUGHTERS LOOK BETTER OR WORSE THAN YOU DID?

Vanessa: "Growing up, my skin wasn't so great. I did everything, even Accutane, because I was always having breakouts. It's lovely that's something I didn't pass on to them." —R. B.



Williams in 1991 at 28



Silk dresses by Donna
Karan New York. On all:
Rouge in Love lipstick in
Lasting Kiss by Lancôme.
On Jillian and Melanie
Hervey: Color Design
Infinité eye shadow in
Continuous Creme by
Lancôme. On Vanessa
Williams: Color Design
Infinité eye shadow
in Timeless Taupe by
Lancôme. Details,
see Shopping Guide.



A Beautiful Mind

Aging well is not just about the body. Psychologist Vivian Diller, the author of *Face It: What Women Really Feel as Their Looks Change and What to Do About It* (Hay House), specializes in the emotional adjustments that make getting older easier.

1 Accept it. “It’s perfectly normal to have some feelings of loss or sadness as you age. Who wouldn’t? It becomes a problem if you are so preoccupied that you drive yourself to do things that are not healthy. I’ve seen women in their 40s become anorexic, or insist on having another child even though their husbands don’t want another, or go overboard with plastic surgery. Women need to let go of their youthful self-image in order to accept who they are now.”

2 Fight the good fight. “Find a balance between what’s available to help maintain vitality and letting go. I’m very proud of my age—I feel pretty good for 59. But I work on taking care of

myself: I’m an avid exerciser, I stay out of the sun, eat well, and get my hair blown out once a week. Finding something you’re passionate about is more important than almost anything else.”

3 Think positively. “Write down the three physical features and three aspects of your personality that you like the most. It will remind you to think about yourself in a positive way. I also tell patients to look in a mirror and focus on the words that come into their head. If you’re critical, repeat the exercise but this time pretend you’re talking to your best friend. Chances are you’ll be much more supportive. Women are often their own worst critics, but you can learn to be more positive.” —HALLIE LEVINE

Brain Waves

The secret to keeping brain function strong.

When people start to experience forgetfulness, free radicals may be the cause, says neurologist David Perlmutter, the author of *Power Up Your Brain* (Hay House). These by-products of processes as basic and vital as breathing hurt the structure of cells. “When your brain cells become damaged, your brain kills them off. Nobody can afford the results,” says Perlmutter. Certain foods can help by triggering the brain to make antioxidants, which protect healthy cells from harm, “and at levels far greater than you can achieve with supplements,” he says. Add green tea, omega-3 fatty acids, broccoli, turmeric, and garlic to your diet, and exercise regularly, Perlmutter suggests. —H.L.

“If you’re constantly stressed out, you keep releasing cortisol, and your body builds up a tolerance to it.” —psychologist Marc Schoen

Stress and Sensibility

Too much stress produces excess cortisol, a hormone that ages your brain and body. Marc Schoen, an assistant clinical professor of medicine at UCLA, explains the body’s love-hate relationship with the hormone.

“For the most part, cortisol is beneficial: It reduces inflammation in our bodies and helps us mobilize during acute stress. But if you’re continually stressed out, you keep releasing cortisol, and your body builds up a tolerance to it. The solution is to develop an ability to be more hearty in the face of stress. Hypnosis can be effective, and so can teaching yourself to be more appreciative. If you’re feeling stressed about a work deadline, for example, take a moment to remind yourself about something you’re grateful for, like your friends. Gratitude lights up a different part of the brain.” —H.L.

Michael Kors’s Fashion Principles

“Now that everyone looks like she’s 30, it’s not easy to define rules for how women should dress at different ages,” says Kors. The designer breaks down the elements of style.

Hemlines: “Supershort skirts should be left to the young or the tennis court. As you age, it’s more important to consider balance: If you’re showing your legs, show less on top.”

Cleavage: “It’s great to show off your best points, but still—leave a bit to the imagination.”

Prints: “I don’t think you can tell a woman who feels like a million dollars when she puts on a bold, graphic print that she should stop wearing it just because she’s hit a certain age. Wear what makes you feel beautiful.”

Color: “The colors that suited you when you were 30 will still suit you when you’re 70. Your skin tone and hair and eye color are the real question, not your age.”

Fit: “Your clothes should look as if they were made just for you. Forget the size tags and get to a tailor. If you wear skinny jeans and you’re fit, stay true to your style. And no matter your age, skip the pieces that make you fidget, whether it’s a shoe you can’t walk in or a hemline you have to keep pulling down.”

Jewelry: “This is the best way to shake up your look at any age. If you feel less comfortable showing skin, bold jewelry and strong accessories are great ways to play the fashion game. Be fearless!”

Trends: “Avoid anything that doesn’t feel relevant to your style, but always evolve, or you’ll look stuck in the past.” —DANIELLE PERGAMENT

Mary Steenburgen, 60, and Lilly McDowell Walton, 32

Academy Award winner Steenburgen says she has better things to think about than growing older, such as “my children [Lilly and her brother, Charlie], my baby granddaughter, my marriage.” But when discussing the topic of aging, her attitude is nothing if not optimistic.

WHAT DID YOUR MOTHER TEACH YOU ABOUT BEAUTY?

Mary: “My mother was a gorgeous person, but she had no vanity. So I learned absolutely nothing from her about beauty except to laugh and be happy. And to not worry about aging, because she never did.”

HOW DO YOU FEEL ABOUT TURNING 60?

Mary: “Actually, excited. I decided that if you’re lucky enough to be alive, you should use each birthday to celebrate what your life is really about.”

WOULD YOU CALL YOURSELF HIGH MAINTENANCE OR LOW MAINTENANCE?

Lilly: “Low. I didn’t have a glitzy or glamorous childhood. My mom is very grounded, and she passed that on to me.”

Mary: “I’m probably higher maintenance than she is, but I’m also a lot older!”

DO YOU STICK TO ANY KIND OF FITNESS REGIMEN?

Mary: “I’m better about it when I have a movie coming up. But right now I’m enjoying being indulgent.”

WHAT’S YOUR TAKE ON BOTOX?

Mary: “I’ve done little things, not big things. I tried Botox, but it didn’t feel right for me. So instead I just grew bangs.”

WHO DO YOU CONSIDER YOUR BEAUTY ICON?

Lilly: “That would definitely be my mom. She makes 60 look so gorgeous.” —R. B.

Left, on Lilly McDowell Walton: Cotton-blend dress by Roland Mouret. Bracelet by Jennifer Fisher. Right, on Mary Steenburgen: Polyester dress by David Meister. On both: MoistureSmooth Color Stick in Juicy Peach by Neutrogena. Details, see Shopping Guide.

RON GALELLA/WIREIMAGE (INSET)



Steenburgen in 1983 at 30

Eat the Clock

Instagram isn't the only place where food and beauty meet. Dermatologist Jessica Wu, the author of *Feed Your Face: Younger, Smoother Skin and a Beautiful Body in 28 Delicious Days* (St. Martin's Press), says diet is the key to keeping skin youthful.

What to Eat:

Fish

"It's high in fatty acids, which provide natural barriers to help keep skin plump and moist. Fish also appears to help acne and eczema—it's probably anti-inflammatory. I eat fatty fish, like wild salmon, two or three times a week."

Tomatoes

"Eat or drink tomato juice or a sauce made with tomato paste daily. They're rich in lycopene, an antioxidant that appears to help protect against UV damage."

Green and yellow vegetables

"People who eat lots of green and yellow vegetables—peppers, squash, spinach, and green beans—tend to have fewer wrinkles, especially around the eyes."

Red meat

"Lean red meat once or twice a week is great because it's high in protein and zinc, which are essential for collagen and elastic-tissue formation. Grass-fed beef has more omega-3 fatty acids. My vegetarian patients' skin doesn't look as youthful as my carnivorous patients'."

Green tea

"I drink at least one mug of it every day."

What Not to Eat:

Sugar

"When your blood sugar shoots up after eating a large, carbohydrate-rich meal, the extra sugar attaches to the collagen in your skin to form molecules that break down collagen and elastic tissue. Stay away from white flour, bread, and pasta."

Dairy

"If you've got acne, avoid milk and cheese. We don't know why these are linked to acne, but I suspect it's because hormones in milk, even organic milk, stimulate insulin in the body, which in turn leads to acne."

Saturated fat

"Several studies have found a link between facial wrinkles and the fat in beef, lamb, pork, butter, and cheese. Your daily saturated-fat intake should be under 7 percent—about 16 grams if you're eating 2,000 calories a day. A tablespoon of butter has seven grams, a lean piece of meat has about five grams, and an egg yolk has about two grams."

Alcohol

"A glass of red wine has been shown to help fight sun damage, but limit yourself to one: Alcohol can dehydrate the skin. Skip it entirely if you have rosacea." —H. L.



Good Grooming

Imagine what happens when Martha Stewart puts her mind to an anti-aging regimen. The 71-year-old author of *Living the Good Life* (Clarkson Potter) shares her disciplined beauty approach.

Start early. "I put a YonKa Gommage mask all over my face and neck and chest when I wake up. By the time I get out of a hot shower, my skin is moist."

Scrub wisely. "I use about five soaps, including my Orentreich Medical Group silicone soap bar, which I love, and Mario Badescu A.H.A. Botanical Body Soap. I use a loofah to really scrub my arms, thighs, and feet. Not my chest—that's tender. I also love the Clarisonic, but I don't like noise in the morning."

Moisturize. "Some days my skin looks fabulous, and some days, if I've been horseback riding, it's chapped. I use Crème de La Mer or Clé de Peau Beauté La Crème."

Exfoliate. "I use Scientific White Bamboo Exfoliator from Kenneth Beer MD. The more you rub, the hotter it gets. And this wonderful—oh, I love it, it comes from Iceland—Silica Mud Exfoliator from the Blue Lagoon Geothermal Spa. It has little beads of, probably, lava."

Consider the skin. "I haven't had facial surgery yet, but I did get Juvéderm filler after my dog bashed my lip and split it open. I tried Botox. It works for certain things, like for skin under the chin, but I don't want a taut jawline and a quizzical look."

Prepare for bedtime. "Before bed, I cleanse my face very, very well. A hot, steamy face cloth loosens any makeup, and then I wash with silicone soap or a cleanser. I'll slather on moisturizer, and I don't forget my arms, my legs, and my hands at night." —PATRICK ROGERS

"Once you work out, you should find that your mood and energy improve."

—psychiatrist John Ratey

Mental Exercise

The advice feels as repetitive as the fifteenth bicep curl, but the fact remains: Exercise is, hands down, the best anti-ager. John Ratey, an associate clinical professor of psychiatry at Harvard Medical School and the author of *Spark: The Revolutionary New Science of Exercise and the Brain* (Little, Brown), explains how a little sweat can rewire your brain.

How does aerobic exercise help the brain? "It improves your brain's ability to form new neural connections. It promotes blood flow to the brain,

creating a rich environment for brain cells to grow and withstand stress. It also appears to trigger the growth of new brain cells." **Which exercise is best?** "Look for activities that get your heart rate up to the point where you're sweating but also provide coordination challenges. Activities like tennis, Zumba, kickboxing, or Spinning all force you to plan your next move, which makes your brain work harder than if you were just doing a rote movement."

How can we tell if it's working? "You should notice an improvement in your overall feeling of well-being. If you don't, then you're probably doing too much—more than 90 minutes a day—or too little. When people start an exercise program, they often overdo it, which not only increases risk of injury and burnout but also can impact brain function. Once you work out, you should find that your mood and energy improve for the rest of the day." —H. L.

The Best Anti-agers Under \$25

It's time for the Hottest Under 25 list! No, not *that* list. Here, reliable fixes for wrinkles, sun spots, and more at the low, low price of \$24.99 (or less). —ELIZABETH SIEGEL



Ambi Fade Cream
“Hydroquinone is the best ingredient for lightening dark spots,” says dermatologist Jeannette Graf. The highest concentration available over the counter (2 percent) is found in this spot treatment. “Use it every night—and wear sunscreen during the day—and you’ll see a difference in about two months,” she says. “If you experience sensitivity, back off to every other night.”



Masque Bar by Look Beauty Brightening Sheet Mask

Sheet masks are notoriously pricey, in a you-want-me-to-pay-\$100-for-what?! way. But they also work. “They create a barrier that seals moisture into skin,” says Graf. “That’ll make you look dewy for a day—sometimes even two or three.” This pack of ten is \$10 (thanks, Target). “It’s got skin-brightening vitamin C and licorice,” says Graf. “But the main benefit is from moisturizing glycerin.”

Tip

“Stand on a Bosu ball for ten seconds with your eyes open and ten more with your eyes closed. It’ll help improve your balance, which tends to worsen with age.”
—PSYCHIATRIST JOHN RATEY



Olay Regenerist Micro-Sculpting Eye & Lash Duo

This two-step system of an eye cream and a lash serum smooths crow’s-feet with peptides and coats lashes with glycerin to make them look thicker.



Burt’s Bees Intense Hydration Eye Cream

“Adding moisture to the eye area gives you the most immediate improvement in crepiness and fine lines,” says Graf. Look for a lightweight cream that lists glycerin or hyaluronic acid in the top five ingredients. This one fits the (inexpensive) bill.



L’Oréal Paris Revitalift Triple Power Serum

Pro-Xylane sounds like something out of a sci-fi movie, but it’s actually “a plant extract that stops your skin from producing the elastase enzyme, which breaks down collagen,” says Graf. “That will make your skin firmer over time.”



Neutrogena Rapid Wrinkle Repair Serum

Combine the words “wrinkle repair” with “rapid,” and you’ve got our attention. This lightweight serum helps plump lines immediately with hyaluronic acid and a glucose complex, while retinol—every dermatologist’s favorite wrinkle smoother—reduces lines in as little as a month. “The technology and ingredients in this serum don’t come cheap—it’s really impressive to see them in a drugstore product,” says Graf.



CeraVe Renewing SA Lotion

If your legs revert to ashy an hour after you moisturize, 1) your skin’s natural barrier is probably a little damaged (shaving and hot showers can do it); and 2) you could use a better moisturizer. This lightweight lotion sloughs away dry skin with salicylic acid, allowing ceramides and hyaluronic acid to penetrate deeper and help skin repair itself.



RoC Retinol Correxion Sensitive Night Cream

“Retinol can be irritating because it penetrates the skin rapidly,” says Graf. But this time-released formula is gentle enough for sensitive skin—and just as effective as other retinol creams.



Aveeno Clear Complexion BB Cream

BB creams—tinted moisturizers with anti-aging ingredients—are the hottest thing. Aveeno’s BB Cream is extra silky, gives skin an immediate glow, and has a “soy complex that brightens skin and reduces the look of sun spots in as little as a month,” says Graf.



Boots No. 7 Protect & Perfect Intense Serum

“This is a really potent antioxidant serum, which is hard to find at this price,” says Graf. Wear it every day under your sunscreen. The stabilized vitamin C provides protection from free radicals and brightens your complexion in the process.