





Can you have the best hair of your life at 41? Can you find your true personal style at 65? Absolutely! The women on these 16 pages range in age from 32 to 72, and they all say they've never looked (or felt) better, more stylish or more confident. Here, we spill their secrets

BY DIDI GLUCK / PHOTOGRAPHED BY ARI MICHELSON / STYLED BY JONNY LICHTENSTEIN

## LEILA JANAH, 32

CEO AND COFOUNDER OF LAXMI BEAUTY

**A SELF-DESCRIBED NERD**, Leila graduated from high school in Southern California a semester early and at 16 set off for Africa on a scholarship to teach English to blind people. The experience eventually led her to launch Laxmi, a sustainable-beauty company that uses ingredients sourced in Africa. **THE BEST ADVICE SHE'S EVER RECEIVED:** "To abandon my fears and have faith in other people, even those most different from me."

**ON HER COMMITMENT TO SUSTAINABILITY:** "We have a duty to create better systems and institutions than our parents' generation did." **ON HOW HER ENVIRONMENTAL BELIEFS AFFECT HER BEAUTY ROUTINE:** "I choose natural formulas backed by science. I love brands—like Tarte, Bare Escentuals and Laxmi—that harness the power of potent, plant-based ingredients." **ON CLEAN EATING:** "Switching to a mostly vegan diet made my hair grow like a weed!"

### LEILA'S BEAUTY RULES

#### ONE SHE FOLLOWS

"I make sure that what I put in and on my body is good for me, the planet and its people."

#### ONE SHE BREAKS

Clinging to perfection. "I love my sunspots and scarred legs. They tell the story of a life full of adventure."

TIPPI'S



MUST-HAVES



**AVEDA**  
**BE CURLY CO-WASH**  
cleanses  
and conditions;  
\$24, AVEDA.COM



**AVEDA**  
**ACNE RELIEF PADS**  
help absorb shine;  
\$33, AVEDA.COM



**AVEDA**  
**BE CURLY MASQUE**  
offers intense  
hydration;  
\$27, AVEDA.COM

HER  
FAVORITE  
THING



"My diamond studs.  
They were the  
first gift my husband  
ever gave me, and  
I always wear them."

TIPPI SHORTER, 42

GLOBAL ARTISTIC DIRECTOR AT AVEDA

**A** **N AVID SINGER** who performed with groups in high school and college, Tippi was always the designated hair and makeup artist. "I was following my passion without realizing it," she says. **ON CARING FOR HER OILY SKIN:** "I swipe the oil off my face several times during the day to ensure my pores don't get clogged." **HER SIGNATURE HAIRSTYLE:** "Big!" **ON HOW SHE CARES FOR HER HAIR:** "I co-wash [meaning she replaces traditional shampoo with a cleansing conditioner] and follow with a mask every other day to keep my curls soft and frizz-free." **WHEN SHE FEELS PRETTY:** "When my daughter tells me I look beautiful. Kids are honest, so it means a lot." **ON LOVING HER JOB:** "As an educator who also works in a salon, I get rewarded on two levels. In the salon I can change a person's life by helping them feel good about how they look. As an educator, I can see the light in someone's eyes when they're learning."



HER STYLE ICONS



"It's hard to pick just one. There are quite a few women I really admire, including **PAM GRIER** for her hair, Diana Ross for her glamour and Lisa Bonet for her style."

TIPPI'S  
BEAUTY RULES

ONE SHE FOLLOWS

"I sleep eight hours a night."

ONE SHE BREAKS

"I use a brush on my hair when it's wet, and it doesn't mess up my curls."

ANTI-AGING  
BY THE  
NUMBERS

Only  
**1**  
of the  
17 women we  
interviewed for  
this story says  
she uses  
retinol daily.





## RITA HAZAN, 41

CELEBRITY COLORIST AND OWNER OF THE RITA HAZAN SALON

**T**HIS BROOKLYN-BORN-AND-BRED hairstylist got her start applying at-home color to her grandma's hair. "I did all her friends' hair, too." **ON HER HAIR-CARE ROUTINE:** "I don't shampoo every day, but every time I do, I follow with a gloss [Rita Hazan Ultimate Shine Color Gloss, \$26; sephora.com]. And once a week, I use a deep-conditioning treatment to keep my hair healthy looking." **THE BEST JOB ADVICE SHE'S EVER RECEIVED:**

"Treat everyone the same, never be late and never repeat anything you hear." **ON HER SKIN-CARE ROUTINE:** "I get facials every six weeks, cleanse twice daily with Cetaphil Gentle Skin Cleanser [\$12; drug-stores] and splurge on a great night cream." **WHEN SHE FEELS MOST BEAUTIFUL:** "Right after I get my highlights done. I mean, is there *anything* better?" **ON THE IMPORTANCE OF PERFUME:** "My wrists are in other people's faces all day, so I have to smell good."

### RITA'S BEAUTY RULES

**ONE SHE FOLLOWS**  
"I cover  
my grays."

**ONE SHE BREAKS**  
"I still get  
tan in the sun."

### RITA'S 3 MUST-HAVES



**FREDERIC MALLE**  
**CARNAL FLOWER** is a  
rose-based scent; \$250,  
FREDERICMALLE.COM



**CRÈME DE LA MER**  
contains hydrating  
natural extracts;  
\$170, LAMER.COM



**RITA HAZAN WEEKLY  
REMEDY** delivers a double  
dose of emollients;  
\$42, ULTA.COM

## ANASTASIA'S BEAUTY RULES

### ONE SHE FOLLOWS

"I always take off my makeup before bed."

### ONE SHE BREAKS

"I break most of them, actually. I come from a Communist regime—so I don't really like rules!"

## ANASTASIA'S



## MUST-HAVES



**KÉRASTASE**  
**MASQUINTENSE THICK**  
*deep-conditions*; \$63,  
KERASTASE-USA.COM



**ANASTASIA TWEEZERS**  
*grasp hairs precisely*; \$28, SEPHORA.COM

## FUN FACT ABOUT ANASTASIA

**SHE HAS  
5.8 MILLION  
FOLLOWERS ON  
INSTAGRAM.**



## ANASTASIA SOARE, 57

FOUNDER OF ANASTASIA BEVERLY HILLS

**T**HE DAUGHTER of tailors, Anastasia says she "grew up between sewing machines." Her love of fashion led her to attend technical design school in her native Romania, where she studied drawings by Leonardo da Vinci. "We learned that by simply altering a brow in a portrait, da Vinci could change the emotion of his subject." **ON THE BIRTH OF HER BUSINESS EMPIRE:** "In 1992, I opened my own brow studio at the Juan Juan salon in L.A. But they didn't sell any brow products, so I began making them

myself. By 2000 my products were being sold at Nordstrom." **ON HER FIRST FAMOUS CLIENTS IN LOS ANGELES:** "Cindy Crawford, Michelle Pfeiffer and Naomi Campbell. I remember thinking, How can God make people so beautiful?" **ON BEING A BEAUTY HOARDER:** "I think I've tried every piece of makeup on the market. I also use a lot of Murad skin care and Kérastase hair products." **HER FAVORITE QUOTE:** "More is more and less is a bore."—Iris Apfel **A FEW ITEMS SHE CAN'T LIVE WITHOUT:** "Phone, Amex card and tweezers."

HAIR: MARK ANTHONY USING PHYTO PARIS FOR JUDY CASEY INC. MAKEUP: DANIELLA AT WORKGROUP LTD. FOR NARS COSMETICS. MANICURE: MICHELLE MATTHEWS USING DIOR VERNIS AT ROMA REPRESENTS. ON SOARE: JACKET: ELIZABETH AND JAMES; STOCKINGS: WOLFORD; BRA: LA PERLA; ACCESSORIES: HER OWN. PRODUCT PHOTOS: PETER ARDITO

## HER FAVORITE THING



"I love my Tahitian pearls, which I've worn for nearly 30 years. They bring luck and strength."

## PRUDENCE'S BEAUTY RULES

### ONE SHE FOLLOWS

"I apply any facial treatment I use to my hands and neck."

### ONE SHE BREAKS

"I don't believe in cutting your hair shorter as you age."

## HER STYLE ICONS



"I admire **SARAH FERGUSON** for her global service and Robin McGraw for being plain old fabulous."

## PRUDENCE HALL, MD, 65

FOUNDER OF THE HALL CENTER (AN INTEGRATIVE HEALTH CLINIC) IN SANTA MONICA, CALIFORNIA

**S** **TUDYING INTERNATIONAL** relations in college introduced Prudence to the plight of women in developing nations, which ultimately led her to medicine. "I recognized how I suffered when humanity suffered and that I had always been a natural healer." **THE BEST THING ABOUT BEING A DOCTOR:** "Helping people regain their lives." **THE MEDICAL ADVICE SHE GIVES EVERYONE:** "Stay on top of the newest data. Medicine's best practices are often 25 years behind what's going on in current medical studies." **ON HOW HER CAREER RELATES TO BEAUTY:** "I practice epigenetics, which is the study of how genes express themselves. They're not dealt to us like cards; they can be turned off and on and make everything work beautifully or not. To that end, I preach beauty from the inside out. Because when you live healthy, it shows."



## PRUDENCE'S TENETS OF CLEAN LIVING

1

### WATCH YOUR DIET

"Cut down on grains, dairy and sugar. They cause inflammation. And increase your intake of superfoods such as almonds and flaxseeds and greens."

2

### TAKE SUPPLEMENTS

"Your doctor can advise what's best for you. But I like CoQ10—100 to 200 milligrams a day—to keep the skin cells energized and acting young."

3

### MIND YOUR LIFESTYLE

"Stressing your body is anti-beauty. I prefer burst training—going hard on a mini trampoline for 10 minutes, for example—to long rounds of exercise."

4

### MEDITATE

"Our emotions end up etched on our faces. For the last few minutes of every day, try to let go of stress and focus on things that bring you joy."

5

### SLEEP

"Aim for eight hours a night in complete darkness to trigger the production of the antioxidant melatonin."





## ANNA KAISER, 35

CELEBRITY TRAINER, FOUNDER  
OF AKT IN MOTION FITNESS STUDIOS

**G**ROWING UP in Southern California without a TV, Anna looked to nature for entertainment, which led to a life-long love of physical activity. **HER EXERCISE PHILOSOPHY:** “You’re probably not on a Spin bike or treadmill at work, nor are you lifting 80 pounds overhead—so why would you train to be?” **ON HER SIGNATURE EXERCISE CLASS:** “It’s a 60-minute, dance-based interval workout that combines cardio, strength training and yoga—all very functional.” **ON WEIGHT LOSS:** “Anyone can do it, but maintaining those results is where the work begins.”

### ANNA’S BEAUTY RULES

#### ONE SHE FOLLOWS

“I exercise six days a week.”

#### ONE SHE BREAKS

“I don’t believe in deprivation diets for anyone.”



## JODY GOTTFRIED ARNHOLD, 72

DANCE EDUCATOR, ADVOCATE AND FOUNDER OF  
THE 92Y DANCE EDUCATION LABORATORY

**Y**OU COULD SAY Jody has been on point since childhood. By age 13, she was a dance counselor at camp, and by 15 she was an established teacher. **ON HER PASSION FOR TEACHING:** “I taught dance in New York City public schools for more than 20 years and have seen firsthand how children connect with it. It’s a vehicle for self-expression, imagination, improvisation and working with others.” **ON BEAUTY AS A LIFESTYLE:** “I drink lots of water, no alcohol, no caffeine, follow a good diet and apply sunscreen and light makeup every day.”

### JODY’S BEAUTY RULES

#### ONE SHE FOLLOWS

“I believe in spending a bit more for a really good haircut and color.”

#### ONE SHE BREAKS

“I don’t sleep enough, and I never unwind—though I always have fun.”

KAISER: HAIR: MARK ANTHONY USING PHYTO PARIS FOR JUDY CASEY INC.; MAKEUP: DANIELLA AT WORKGROUP LTD. FOR NARS COSMETICS; MANICURE: MICHELLE MATTHEWS USING DIOR VERNIS AT RONA REPRESENTS. TOP: JONATHAN SIMKHA; SHORTS: GEORGINE. ARNHOLD: HAIR: MARK ANTHONY USING PHYTO PARIS FOR JUDY CASEY INC.; MAKEUP: INGEBORG USING DIORSKIN NUDE. MANICURE: MICHELLE MATTHEWS USING DIOR VERNIS AT RONA REPRESENTS. COAT: USE UNUSED; DRESS AND ACCESSORIES: HER OWN



## SHIRLEY MADHERE, 48

PLASTIC  
SURGEON

**T** HIS WESTERN-MEDICINE-TRAINED doctor believes that beauty is a holistic proposition. “I was a dancer before I became a physician. And this instilled in me a profound appreciation for the entire human form.” **HER SPECIAL APPROACH TO ANTI-AGING:** “While I have a traditional plastic surgery practice, I incorporate methods such as homeopathy, nutritional modification, reiki, acupuncture, exercise—core work and cardio—and vitamin supplementation to help people prepare for and recover from procedures, as well as to maintain their looks in general.”

### SHIRLEY'S BEAUTY RULES

#### ONE SHE FOLLOWS

“I express gratitude daily.”

#### ONE SHE BREAKS

“I probably don’t exfoliate as much as I should.”



## ANNBETH ESCHBACH, 56

FOUNDER AND CEO  
OF EXHALE

**A** NNBETH, a fitness pioneer, recognized a void in the exercise market after completing her MBA at New York University. So in 2002 she started Exhale, which she describes as a “modern space in an urban environment that can deliver the kinds of powerful life-changing results that are achieved at destination spas—without having to travel.” **HER FITNESS FAVORITES:** “I do yoga or core fusion barre at Exhale every day.” **ON HER ROSY GLOW:** “I use Tata Harper Volumizing Lip and Cheek Tint in Very Charming [\$35; tataharperskincare.com].”

### ANNBETH'S BEAUTY RULES

#### ONE SHE FOLLOWS

“I meditate and eat a lot of protein and greens.”

#### ONE SHE BREAKS

“I love the sun, wine and cookies.”



## HER STYLE ICONS



"I don't believe in choosing just one icon to emulate, but I've always admired the personal styles of **LOUISE NEVELSON** and Marchesa Luisa Casati."

## MIYAKO'S BEAUTY RULES

## ONE SHE FOLLOWS

"I wear sunscreen daily."

## ONE SHE BREAKS

"Exercise daily."

## HER FAVORITE THING



"A caftan I found in Morocco. I always feel best when I'm wearing something meaningful. It gives me confidence."

## MIYAKO NAKAMURA, 36

DESIGNER OF MM.LAFLEUR

**B**ORN IN Kyoto, Japan, Miyako came to the United States for an undergraduate degree at Kent State in Ohio. A summer internship at Zac Posen was all it took for her to fall in love with design and decide to pursue it as a career. **ON THE FASHION INDUSTRY:** "It looks glamorous from the outside, but it's actually incredibly technical. If you're thinking about getting into it, be sure that you truly love the *work* of it, not the image of it." **ON HER THREE FASHION GO-TOS:** "I rely on my pieces from Shihara [a Japanese jewelry line], Azzedine Alaïa black heels and MM.LaFleur Amanpour shirt [\$145; mmlafleur.com]." **ON THAT HAIR:** "I recently bleached it silver because I think it looks modern. To maintain the color, I use special shampoo and conditioner and hair oil every day." **HER SIGNATURE STYLE:** "Oversize." **WHEN SHE'S AT HER BEST:** "When I'm in tune with the people I'm with, my surroundings or just my outfit."



## MIYAKO'S



## MUST-HAVES



**CLAIROL SHIMMER LIGHTS SHAMPOO** keeps brassiness at bay; \$9, [SALLYBEAUTY.COM](http://sallybeauty.com)



**CLAIROL SHIMMER LIGHTS CONDITIONER** maintains moisture; \$13, [SALLYBEAUTY.COM](http://sallybeauty.com)



**CAROL'S DAUGHTER HAIR OIL** tamps down flyaways; \$14, [CAROLSDAUGHTER.COM](http://carolsdaughter.com)

## ANTI-AGING BY THE NUMBERS

About **50%** of the 17 women we interviewed said they'd "never" use injectables.



## SARA BLAKELY, 44

FOUNDER OF SPANX

**A** **S A CHILD** growing up in Clearwater Beach, Florida, Sara didn't have many opportunities to dress up. It wasn't until she moved to Atlanta after college that she had her first encounter with dress pants—and their oh-so-unflattering cling. **ON HER PROTOTYPE:** “I quickly realized what control-top hosiery did for my body. So I cut the feet off a pair of pantyhose and wore them under pants.” **THE AGAINST-THE-GRAIN ADVICE HER DAD GAVE HER:** “At the dinner table, my dad used to ask my

brother and me what we had done to fail that week. If we had a failure to share, he'd high-five us. So my definition of failure became ‘not trying’ rather than ‘not succeeding.’” **HOW LONG IT TOOK HER TO SUCCEED:** “Two years after I cut the feet off those pantyhose, I was selling Spanx in Neiman Marcus.” **ON HER WAVY 'DO:** “I braid my hair at night and sleep on it.” **ON HER BEAUTY BESTIE:** “Tina Fey. She's a really good friend of mine—in my mind. Women who look comfortable in their skin are beautiful to me.”

### FUN FACT ABOUT SARA

**BEFORE SHE SOLD SPANX, SHE TRIED OUT TO PLAY GOOFY AT DISNEY WORLD.**

### SARA'S BEAUTY RULES

#### ONE SHE FOLLOWS

Treat your tresses with TLC. “I wear scrunchies! They don't rip out my hair, so I don't care that my friends tell me not to!”

#### ONE SHE BREAKS

“I don't wear a bra every day.”

### HER FAVORITE THING



“I've been using **POND'S COLD CREAM** (\$8; target.com) since my grandmother introduced me to it.”

## EILEEN'S MUST-HAVE



**DR. HAUSCHKA**  
**QUINCE DAY CREAM**  
*nourishes and*  
*protects skin; \$40,*  
[DRHAUSCHKA.COM](http://DRHAUSCHKA.COM)

## HER BEAUTY RULES

### ONE SHE FOLLOWS

"I shower daily."

### ONE SHE BREAKS

Get rid of gray hair. "I stopped dyeing mine when I was pregnant with my daughter—who is 22 now."

## HER FAVORITE THING



"My silk blanket. I sleep with it every night. It's the best."



## EILEEN FISHER, 65

CEO OF EILEEN FISHER

**F**OR FISHER, comfort is key. "I've always been slightly awkward. Maybe that's why I had to make comfortable clothes." The Illinois native is a lot less self-conscious now but has stayed true to her iconic design philosophy: "I like clothes that are simple and easy." **ON SUSTAINABLE FASHION:** "I feel responsible for our clothes, from seed until they're done being worn. I don't want them ending up in a landfill. That's why [at participating boutiques] we take our used apparel back and clean it and resell

it [at the company's Green Eileen stores; [greeneileen.org](http://greeneileen.org)], upcycle it or donate it to a shelter." **ON HER UNIFORM:** "I wear similar things every day. I have about 30 pairs of black pants, which I pair with shells, boxy tops or cardigans." **ON HOW SHE UNWINDS:** "A lot of dancers wear my clothes, and many of them work for our company. We have spontaneous dance parties." **ON HER HAIR:** "I've had some variation of this style since I was five." **ON HER MINIMALIST BEAUTY REGIMEN:** "I put on my moisturizer."

HAIR: MARK ANTHONY USING PHYTO PARIS FOR JUDY CASEY INC.; MAKEUP: DANIELLA AT WORKGROUP LTD. FOR NARS COSMETICS; MANICURE: MICHELLE MATTHEWS USING DIOR VERNIS AT RONA REPRESENTS. TOP, PANTS AND SHOES: EILEEN FISHER; ACCESSORIES: HER OWN. PHOTOS, FROM TOP: PETER ARDITO, COURTESY OF GARNET HILL



DEBORAH'S



MUST-HAVES



**PROACTIV CLEANSER**  
*keeps pores clear;*  
\$20, PROACTIV.COM



**DENNIS GROSS  
ALPHA BETA PEEL**  
*encourages exfoliation;*  
\$16, SEPHORA.COM



**TOM FORD LIPSTICK  
IN WARM SABLE**  
*is a suits-all nude;*  
\$52, TOMFORD.COM

HER STYLE ICONS



"A few women whose sensibilities I admire are **INÈS DE LA FRESSANGE**, Victoria Beckham and the Olsen twins."

DEBORAH CAVANAGH, 58

SENIOR VICE PRESIDENT OF MARKETING AT TALBOTS

**R**AISED IN a close-knit family of six children, Deborah was practically born to thrive in a team environment. So it's no surprise that she ended up in senior management at Talbots. **ON HER COOL CUSTOMER:** "She's typically 45 to 65 and focused on living a rich life rather than a life of riches." **ON THE VALUE OF TEAMWORK:** "In business you can't fly solo or expect to be a one-stop solution. Your success is dependent on collaboration." **ON SKIN CARE:** "I love routine and have been using the same cleanser for the past 10 years. I also do a home peel regularly and like a pop of color on my lips." **ON HER SIGNATURE HAIRSTYLE:** "I ask my stylist for the 'young and sexy,' and this is what he gives me." **ON THE ROLE OF FITNESS IN HER BEAUTY REGIMEN:** "Exercise makes me strong and keeps my skin glowing. I've been doing Insanity for three years. To date, that means 1,095 mornings spent with Shaun T on my DVD player."



DEBORAH'S  
GO-TO  
OUTFIT



"My everyday look tends to veer to skinny jeans, a gray cashmere sweater, my black leather motorcycle jacket and my **SAINT LAURENT** BOOTIES."

HER  
BEAUTY RULES

ONE SHE FOLLOWS

"I pumice my heels regularly."

ONE SHE BREAKS

"People always tell you to sleep on a silk pillowcase to prevent wrinkles. I never have, and I'm not interested."

ANTI-AGING  
BY THE  
NUMBERS

1/3

of the 17 women we interviewed said they don't or won't cover their gray hair.

## KATE'S

3

## MUST-HAVES



**ILIA LIPSTICK IN BANG BANG** is good for day or night; \$26, ILIABEAUTY.COM



**GUERLAIN TERRACOTTA BRONZER** provides a touch of tan; \$53, SEPHORA.COM



**LAURA MERCIER POWDER** sets makeup so it lasts; \$35, LAURAMERCIER.COM

## HER STYLE ICON



**"LAUREN BACALL.** She always looked pretty and smart."

## KATE REYNOLDS, 35

PARTNER IN STUDIO FOUR NYC, A TEXTILE-DESIGN FIRM

**T** **WOULD** have been quite surprising if this Columbia, South Carolina, native hadn't landed in the decorative arts. "My mom is an interior designer, and my dad works in real estate. We moved about five times before I was 20 because my parents liked the challenge of renovating. It made a big impact on me." **ON FUNCTIONAL FASHION:** "I need to look nice but also be comfortable because I'm constantly moving rugs and fabrics around the showroom. So I wear a lot of jeans or loose dresses." **ON HER GO-TO MAKEUP:** "I just wear a little powder, a good lipstick and bronzer for some extra color." **ON ANTI-AGING:** "With two little boys, it's hard enough for me to keep a dentist appointment, so I wouldn't have time to get injectables even if I wanted to!" **ON WINDING DOWN:** "I like to relax and goof around with my family because they crack me up. I also love a good gin martini at cocktail hour."



## ANTI-AGING BY THE NUMBERS

About **50%** of the 17 women we interviewed said they'd "never" have plastic surgery.

## KATE'S BEAUTY RULES

## ONE SHE FOLLOWS

"Wash your hair less. I only wash mine two or three times a week, and then I let it air-dry."

## ONE SHE BREAKS

"I should be better about wearing sunscreen daily."

## HER FAVORITE THING



"Any piece of my good friend Jane Pope Cooper's jewelry." Shown: **TEXTURED MAR CUFF**; \$72, janepopejewelry.com.



## CAROLINE GRANT, 40

FOUNDER OF DEKAR DESIGN, AN INTERIOR DESIGN FIRM

**A** NEW YORK CITY native, Caroline “only strayed as far as Washington, D.C.,” to attend college—Georgetown University, where she earned a degree in art history. She found a job in public relations and marketing after graduation, but a year later, she had a change of heart and decided to revisit her lifelong love of art by going to work for a decorative painter. **ON STARTING A BUSINESS:** “About 10 years ago, an acquaintance offered my best childhood friend [now her business partner]

and me a job doing a gut renovation. We learned as we went; we were young, naive and ballsy.” **THE ADVICE SHE GIVES TO ASPIRING BUSINESS OWNERS:** “Look up, down and all around for ideas.” **HER PERSONAL AESTHETIC:** “I’m surrounded by colors and patterns, so I try to wear a lot of black, white, beige and gray.” **HER STYLE ICONS:** “The people I frequently Google are Carolyn Bessette, Elle Macpherson and Jane Birkin.” **ON HER NEXT CHALLENGE:** “Designing a vegan restaurant. I can’t even use wool!”

### CAROLINE’S



### MUST-HAVES



“I love SONIA KASHUK ILLUMINATING FOUNDATION [\$11, TARGET.COM] and lengthening LASHIFY MASCARA [\$7, TARGET.COM].”

### CAROLINE’S BEAUTY RULES

#### ONE SHE FOLLOWS

“Try new things.”

#### ONE SHE BREAKS

“I don’t spend a lot on beauty products.”

### HER ADVICE FOR A BEAUTIFUL HOME

1

#### DECLUTTER

“Give away 10 percent of what you own.”

2

#### RECYCLE

“Use old things in new ways. As in, hang a basket on the wall.”

3

#### PLAY WITH PILLOWS

“Changing the pillows can make a room feel completely redone.”



## HER STYLE ICON



"I admire **GRACE JONES** for her fearlessness. For me, beauty is more about the brain than anything reflected in the mirror."

## SHEILA'S BEAUTY RULES

## ONE SHE FOLLOWS

"As the daughter of a dentist, I would never think of not brushing or flossing my teeth before going to sleep."

## ONE SHE BREAKS

"I rarely wash my face at bedtime."

## HER FAVORITE THING



"**NARS VELVET GLOSS LIP PENCILS** [\$26; sephora.com] make me feel like I'm drawing with crayons. My favorite colors are Happy Days, New Lover and Baroque."



## SHEILA BRIDGES, 51

INTERIOR DESIGNER, AUTHOR, ENTREPRENEUR

**F**OR A WOMAN who found fame and fortune designing new spaces for other people (including the Harlem offices of former president Bill Clinton and his staff), Sheila did not experience many changes in her own home as a child. "I had the exact same bedroom since the day I was brought home from the hospital," says the Philadelphia native. "Not many people can say that." **THREE WORDS THAT DESCRIBE HER DECORATING STYLE:** "Classic, colorful, timeless."

**HER FASHION PHILOSOPHY:** "I love mixing vintage and designer pieces with less expensive things, like J.Crew skinny jeans with tops by Calypso St. Barth, Matthew Williamson, Cos or Alice and Olivia." **ON BEING THE BALD MERMAID** [the title of Bridges's 2013 memoir]: "I no longer have insecurities about my hair, though I doubt that anyone with alopecia wouldn't welcome the opportunity to have hair again. What's hard for those of us who've lost our hair to the disease is that we simply didn't have a choice."

HAIR: MARK ANTHONY USING PHYTO PARIS FOR JUDY CASEY INC.; MAKEUP: DANIELLA AT WORKGROUP LTD. FOR NARS COSMETICS; MANICURE: MAYUMI ABUKU USING DIOR VERNIS AT RONA REPRESENTS; TOP: NIC + ZOE; SHORTS: RAQUEL ALLEGRA; SHOES: JIMMY CHOO; EARRINGS: HEARTS ON FIRE; BRACELET: TIFFANY & CO.; RING: GURHAN. PHOTOS: GRACE JONES; KEITH HAMSHIRE/GETTY IMAGES; NARS LIP PENCILS: COURTESY OF NARS

ISABEL'S



MUST-HAVES



**HOTHOUSE BEAUTY KUBA ROSE** also has peony and musk; \$53, [LANEBRYANT.COM](http://LANEBRYANT.COM)



**CHANEL IN LA BOULEVERSANTE** is a classic cherry red; \$36, [CHANEL.COM](http://CHANEL.COM)



**JOHNSON'S BABY OIL** locks in moisture; \$6, [DRUGSTORES](http://DRUGSTORES)



**HOTHOUSE BEAUTY CRYSTAL HONEY** also has apple and amber; \$53, [LANEBRYANT.COM](http://LANEBRYANT.COM)

ISABEL TOLEDO, 55

ARTIST AND DESIGNER

**IT'S HARD** to put this Cuban-born beauty in a box. Or as she prefers to explain it, "I can't be caged." While she's known predominantly for her eponymous fashion label (she designed Michelle Obama's 2009 inaugural dress-and-coat combo), Isabel—along with her husband and creative partner for the past 30 years, Ruben—has created everything from mannequins to furniture to, most recently, perfume (Hothouse Beauties, two scents that launched in September at Lane Bryant stores). **ON DEVELOPING A STYLE:** "You shouldn't have to search for it; your style should be the product of all the things you've bought and loved." **ON THE RIGHT RED LIPSTICK:** "I'm very particular about reds, in makeup and in fabric. If they're not right for you, they can look cheap." **ON HER FITNESS OBSESSION:** "I Hula-Hoop daily. It really centers you." **ON WHAT SHE LOVES ABOUT BEING 55:** "You get things right faster." ☺



FUN FACT ABOUT ISABEL

**"I DON'T HAVE A SMART-PHONE. NEVER HAVE, NEVER WILL."**

ISABEL'S BEAUTY RULES

**ONE SHE FOLLOWS**

"My mom taught me to hydrate religiously with body oil. I put it on my skin while I'm still wet from the shower. I even use a little on my face."

**ONE SHE BREAKS**

"I cut Ruben's hair for him, and I'm not exactly a hairstylist."



HER FAVORITE THING

"My husband, **RUBEN TOLEDO**. I get to live twice every day, through my love for him and his love for me."