

THE BEAUTY EXPERT

allure

APRIL 2014

**GET
YOUNGER,
FRESHER,
FIRMER**

**41 AMAZING ANTI-AGERS
FOR SKIN, HAIR & STYLE**

**PLUS: 5-Minute Tricks for
Looking 10 Years Younger**

**Relax &
De-Stress**

Think Clearly, Feel Happy

**Long Hair
After 40**

**And Other Ways to
Shatter the Rules**

*Lauren
Conrad*

**The Girliest Girl's Girl
(And How to Get Her Rose-Colored Life)**

**WHY SOME
WOMEN CAN'T
STOP WITH
THE INJECTIONS**



& Beauty the Beat

Counterclockwise

Everybody has their own way with numbers when it comes to aging: 40 is the new 30; 70 is the new 50.... We asked New York City cosmetic dermatologist Paul Jarrod Frank to do the math on these stars. Call it the Allure Age Quotient. By Sarah Z. Wexler

Madonna

Actual age: 55

Attitude: "Fuck you, I'm 50. Why's everyone rushing me over the finish line?" she said three months before her big birthday: -3 years.

Lifestyle: Her grueling world tours basically make her an athlete: -4 years. Once worked out on crutches: -5 years.

Family time: She's raising two teens plus two kids under the age of ten: +5 years.

Stress factors: Dates hot men less than half her age: -5 years. Hot men half her age require maternal care: +5 years.

Health habits: Strict macrobiotic diet with focus on "sea vegetables": -3 years.

Allure Age Quotient: 45

Gwyneth Paltrow

Actual age: 41

Attitude: "I don't like Botox. I love how French actresses age but don't really do anything about it," she said: -2 years.

Lifestyle: Believes in periodically getting 15 minutes of sun without SPF: +7 years.

Family time: Sells organic lemonade with her children, Apple and Moses: -2 years.

Stress factors: Smokes (rarely): +2 years.

Health habits: Macrobiotic diet, with cheat days for wine and lobster: -5 years. Works out five days a week: -5 years.

Allure Age Quotient: 36

Cameron Diaz

Actual age: 41

Attitude: "My belief is that it's a privilege to get older. I'd rather be, you know, healthier and stronger and more capable than younger," she said: -2 years.

Lifestyle: The athletic star does lunges while waiting for her coffee to brew in the morning: -1 year.

Family time: No kids to chase: -4 years.

Stress factors: Obsessively checks bodily fluids to ensure hydration: +2 years. Past pot smoking: +3 years.

Health habits: Low-carb diet; avoids white foods: -4 years. Snowboarding, paddleboarding, and surfing: -5 years.

Allure Age Quotient: 30

Julia Roberts

Actual age: 46

Attitude: "The older you get, the more fragile you understand life to be. I think that's good motivation for getting



Madonna performs in Atlanta in 2012.

out of bed joyfully," she said: -4 years.

Lifestyle: Goes to PTA meetings and sews her own dresses: -3 years.

Family time: Three kids under ten years old, including twins: +4 years.

Stress factors: Tried Botox once, but it backfired: +1 year.

Health habits: Runs, swims, cycles, does Pilates: -3 years. Gluten-free diet: -1 year.

Allure Age Quotient: 40

George Clooney

Actual age: 52

Attitude: "There's a certain cruelty to being on a big screen as your eyelids start to sag.... You have to constantly be looking forward," he said: +1 year.

Lifestyle: Boating on Lake Como leads to major sun exposure: +2 years.

Family time: No wife, no kids, no worry? Hardly. Single men worry more: +2 years.

Stress factors: Caught malaria in Sudan: +1 year. Being a humanitarian: -4 years.

Health habits: Hot yoga; hoops with Leonardo DiCaprio: -3 years. Has a go-to "salad lady" at Whole Foods: -2 years.

Allure Age Quotient: 49

Martha Stewart

Actual age: 72

Attitude: "70 is the new 50! Maintaining a tiny waist is a very important factor in successful aging," she has said: -3 years.

Lifestyle: Balances career with crafting, cooking, and home decorating: -5 years.

Family time: Has said her only regret in life is not having more children: +1 year.

Stress factors: Her dogs: One left her with stitches on her lip and another bit a staffer in the face: +1 year.

Health habits: Starts every morning with a green juice: -2 years. Uses fancy facial serums on her entire body: -3 years. Avid gymgoer and yoga practitioner: -3 years.

Allure Age Quotient: 58