



# 50 shades of glamour

## British media personality Carol Vorderman dishes out some fashion tips for older women

**B** EING 50 YEARS OLD DOESN'T mean women lose their right to dress up, says British media personality Carol Vorderman adding that fashion has no age limit.

In a study conducted by online retailer, isme.com, it was discovered that eight out of 10 Britons think that women over 50 should start "dressing her age" and forget about fashion, reports femalefirst.com.

As a result, 80 per cent of 50-plus females admitted that they have reluctantly changed their wardrobes to steer clear of clothes deemed too "young" for them.

More worryingly, nearly half them have become so self-conscious of their appearance that for fear of what others will think they are actually

terrified of wearing fashion items they would have regularly donned with confidence.

The top 10 fashion phobias that such women experience are figure-hugging dress; fitted skirts; skinny jeans; high heels; sleeveless top; low-cut top; leather-look trousers; animal print; sheer material and jumpsuit.



Carol Vorderman, however, is encouraging 50-plus females everywhere to prove society wrong and shatter the myth that there's an age limit to style, empowering women and showing them that it's not just what you wear, it's how you wear it, reports femalefirst.co.uk.

Vorderman, 52, said: "It's heartbreaking to hear that so many women of my age are now afraid to wear trend-led clothes because of a feeling that society tells them they should 'dress their age'."

"Fashion is about feeling good and having fun; should there really be an age limit to that? The way I see it, there are no hard or fast rules for how to dress when you reach 50, it's about dressing for your shape to feel confident and comfortable," she added. AP

### VORDERMAN'S FASHION TIPS:

- To show off your curves opt for a knee-length figure-hugging dress that fits well to the body.
- A fitted pencil skirt that sits high on the waist and hits below the knee will help create the perfect silhouette.
- Skinny jeans give the illusion of elongating the legs whilst also giving an outfit a more youthful, slimming look - it's all about finding the right cut for you.
- Wedges are the perfect alternative to the stiletto heel and are a lot more comfortable.
- Showing off those arms is undoubtedly a worry for some women but it's all about doing it in the right way with the right fitting top and a colour to match your skin tone - the only limit is your confidence.
- When it comes to showing some skin,

- shoulders are just as sensual as cleavage.
- Fifty-plus women should go hell for leather look trousers with a long length to elongate the leg. Teamed with a nice pair of wedge heels, a crisp white top and a smart blazer give a polished edge to what is, a statement look.
- Animal print is a bold fashion statement but rather than block print, opt for flash panels or animal print accessories to spice up an outfit.
- Pulling off a sheer blouse involves some smart layering. A slip or a classic tank top worn below is a wise choice and one that will keep you looking stylish and sophisticated
- For a stylish change from the dress, opt for black jumpsuit. It's slimming and bang on trend, and with a flared leg, it will flatter you in all the right places.



## Get the glow

### Citrus fruits beneficial for skin

**BRIGHT COLOURED CITRUS** fruits like orange, lemon and lime can make your skin glow.

Bollywood beauty and makeup expert Puja Taluja reveals how these Vitamin C rich fruits, known for their antioxidant properties, work well for your skin.

**Lime juice:** Take a lime, squeeze it and add it to a glass of warm water with honey in it. Take a spoon and mix the contents well. Drink it every morning before breakfast.

**Lemon:** Get glowing skin by simply rubbing a peeled lemon on your skin. But, don't do it for long and be gentle while doing so. It shouldn't be done longer than three minutes. Then wash it off with water.

**Orange:** After eating the fruit, do not throw the skin. It can be used on your face. Dry the peels and grind them. Use the powder with water on your skin. This works as a natural scrub. IANS

## ALIGN YOUR LIFE

### The Season Of Giving

**MY FAVOURITE CHILDHOOD** memories are those of accompanying my mother to a special needs school in Mumbai to distribute toys and gifts during the festive season of Diwali. Though I was young, I knew that in a small way I was part of something different. The joy I felt while playing with these kids and seeing them smile somehow made me feel better than buying new toys for myself. Over the years I saw my mother collect old clothes and sending it to villages in India. She was always doing something within her means to make life better for others.

Even now when I go back home, she is collecting money for someone's school fees or donating books to government schools. She never taught us that we must do charity. She instilled in us that helping others would always bring more joy into our lives. Over the years the way we do charity has changed tremendously. Now we have non-profit organisations that undertake educational drives in underprivileged countries. Many animal welfare societies hold regular galas to collect money to help stray animals or big institutions that collect food and clothes to distribute in war-torn countries.

It has become a lot easier now to find a charity that would appeal to your values and thought process. And yet somehow we are so caught up in our daily mundane life that we forget about others. As long as the war is not happening in our living room - it does not affect us. We live our lives like an ostrich, heads buried in sand.

To make a small change you don't need to be part of a big organisation. Each one of us can do something small that would help someone lead a better life. I live in the community of Al Reef in Abu Dhabi. Just a few months ago we had a flea market organised to help a charity drive. Neighbours baked cakes, children performed songs, and people sold old clothes. The money collected was handed over to one of our residents who is part of a charity that helps children with cleft lip surgeries in under privileged countries. For once we were not neighbours fighting over parking spaces or garbage in the garden. We all became part of something much bigger than ourselves, just by coming together. So let this Ramadan be different. Be part of a community iftar or donate clothes in Red Crescent stalls.

Do something small that will make someone else's life a bit better.

*Shivani Adalja is an Abu Dhabi-based well-being expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall wellbeing.*

